

# How Assistive Technology Can Help

Sometimes everyday tasks can become difficult or impossible due to injury, illness, disability, or the aging process. Assistive technology refers to a variety of devices and strategies that can be applied in all aspects of life.

## Thousands of possibilities exist!



- Zipper pull helps with getting dressed.
- Push/pull helper aids those with hand limitations.



- Long-handled toilet bowl brush eliminates bending.
- Card holder eases strain from holding cards.

For more information, visit or call your local K-State Research and Extension Office.

For more information on adult development and aging from Kansas State University, visit [www.aging.ksu.edu](http://www.aging.ksu.edu)

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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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