



Planning Booklet



Planning Area 8: **Equipment and Technology**



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Learning about equipment and technology

Would I like to learn about, or get, equipment or technology which helps me to do the things I enjoy?

Look at the list below. Choose the things below that you want to find out more about.

Switches or other adaptations so I can read books, use appliances or play with toys

A wheelchair or adaptations to my wheelchair so I can play sports or go to the beach

Adapted equipment for art. For example a motorised easel or mouth-stick brush holder

Adaptations for prosthetics, such as a terminal device so I can play sport

A fishing rod with an automatic reel

Adaptations to or a specialist bike, such as a hand operated bicycle

Equipment to help me to swim or exercise in water

Technology which helps me to operate things like TVs or music devices, such as switches, voice activation, a computer or a phone

Is there any other equipment or technology I need to do the things I enjoy?

Equipment and technology for home

Would any of these things help me at home?

Look at the list below. Choose any things you think will help you be more independent at home.

An environmental control unit (ECU) so I can control things in my home such as light switches, air conditioning or door locks

Adapted dish cloths, utensils or detergent dispensers

Adapted cooking utensils and appliances

Alert systems such as shakers or lights to tell me that the phone is ringing or that somebody is at the door

Accessible cooking equipment such as special plates and cups, or a Thermomix

Technology to help me remember things, such as an app on an iPad

Is there any other equipment or technology might help me to be more independent at home?

Products for personal care and safety

There are many products which can help you to be more comfortable, safe or independent.

Do I need products to assist with my personal care or safety?

Look at the list below. Choose any things you think will help you.

An adjustable bed, pressure care mattress or accessories

Continence products such as pads or sheets

Aids for dressing or specialised clothing, such as cooling vests

Equipment for eating and drinking such as syringes

Specialised household furniture such as postural or electric lift chairs

Bathroom and toilet equipment such as shower chairs or commodes

Ways to stay connected to support people, such as emergency call systems, Skype or FaceTime

Flood or gas detectors

Fall detectors

Air conditioning. For example if I need to stay cool to prevent seizures

Is there anything else I need to be safe and have the personal care I want?

Products for hearing

If you have a hearing impairment, there is a wide range of products which might be useful to you.

Do I need assistive products for hearing?

Look at the list below. Choose any things you think will help you.

Adapted telephones or alternatives to phones

A cochlear implant speech processor and coil

A hearing aid or accessories

A device to help me hear the TV or read captions

Specialised equipment which flashes or vibrates to alert me, such as an adapted smoke alarm

Loudspeakers, music devices or personal amplifiers

Devices to help me communicate with people for example an ipad, smartphone or a whiteboard

Are there any other assistive products for hearing I might need?

Products for vision

If you have a vision impairment, there is a wide range of products which might help you.

Do I need assistive products for vision?

Look at the list below. Choose any things you think will help you.

Products for acoustic navigation

Products for drawing and writing

Help with learning and using Braille

A guide dog, or help with the ongoing costs of a guide dog

An image-enlarging video system

Sound recording and playing devices

A tactile computer display

Devices that carry audio books

Word processing software for alternate access

Are there any other assistive products for vision I might need?

Changes to my home

Sometimes you might need to change your environment at home so that you can do more things yourself, be safe and have privacy.

You might also want to look at the Planning Areas on Safety and Home.

Do I need changes made to my home so that I can be independent and safe?

Look at the list below. Choose any things you think will help you.

An elevator or fixed vertical lifting platform

Ramps or grab rails

Bathroom or kitchen modifications

Slip resistant tile coating

A stair lift

Changes to make my home safe for me

Advice, design and coordination of home modifications

Are there any other changes to my home that will help me be independent and safe?

Specialised products for wheelchairs or to help transfer

Do I need specialised seating for wheelchairs or help to transfer?

Look at the list below. Choose any things you think will help you.

Customised cushions

Custom made backrest or seat

A wheelchair tray

A raised bed or chair

A transfer bench, board or pad

A hoist

A sling

A grip ladder

A transfer belt or other transfer equipment

Adaptations so I can mount things like communication devices on my wheelchair

Are there any other things I might need to transfer?

Equipment to help get around

Do I need any of these things to help me to get around and to go to the places I want to go?

Look at the list below. Choose any things you think will help you.

A manual or electric wheelchair (or both)

A powered and tilt wheelchair

A folding or fixed frame wheelchair

A scooter

A specialised stroller

Parts or accessories such as a battery, charger or tyres

A seat walker

Modifications to doors, steps or to the layout of my rooms so that I can use equipment which helps me to get around

Is there anything else I need to help me to go to the places I want to go?

Vehicles and vehicle modifications

Having your own vehicle to get around in, with the modifications you need, can give you freedom and more control in your life. Even if you can't drive, that doesn't mean you can't have your own car or vehicle.

Do I need a vehicle, or modifications to my vehicle?

Look at the list below. Choose any things you think will help you.

A vehicle suitable for my needs

Adaptations to my car, so that I can drive it

A car mounted hoist for my wheelchair or scooter

Help to choose a supportive child car seat

A trailer or rack to carry my wheelchair

A vehicle hoist

Is there anything else I need when it comes to vehicles?

Learning to use my equipment and technology

Once you have thought about what you need, you might need to have help to set up the equipment or technology, learn it or maintain it.

Do I need help to choose, set up and learn to use my equipment or technology?

Look at the list below. Choose any things you think you will need help with.

Help to choose the right option for me

Get training to use the equipment

Engage therapists for selection and fitting

Have my equipment delivered

Read and understand instructions

Remove my equipment from wrapping

Set up my equipment

Adjust or modify to suit my needs

Decide whether I need to rent or buy (I might rent, for example, to try something out)

Get repairs done

Is there anything else I need in order to get, set up, use and maintain my equipment or technology?

Taking action

The main Goal of this Planning Area was to help you think through all the different kinds of equipment and technology that could help you live your life, be more independent and achieve any other goals you have.