

# **Boosting Independence with Budget-Friendly Assistive Technology (AT)**



## My foray into budget-friendly AT

The year was 2017.....

15-year-old client with Ehlers Danlos Syndrome (EDS) and Autism Spectrum Disorder (ASD)

Issue – Couldn't walk to the bus stop with her umbrella on rainy days



## My foray into budget-friendly AT

Google

Search Terms – “Umbrella Auto Open Close”



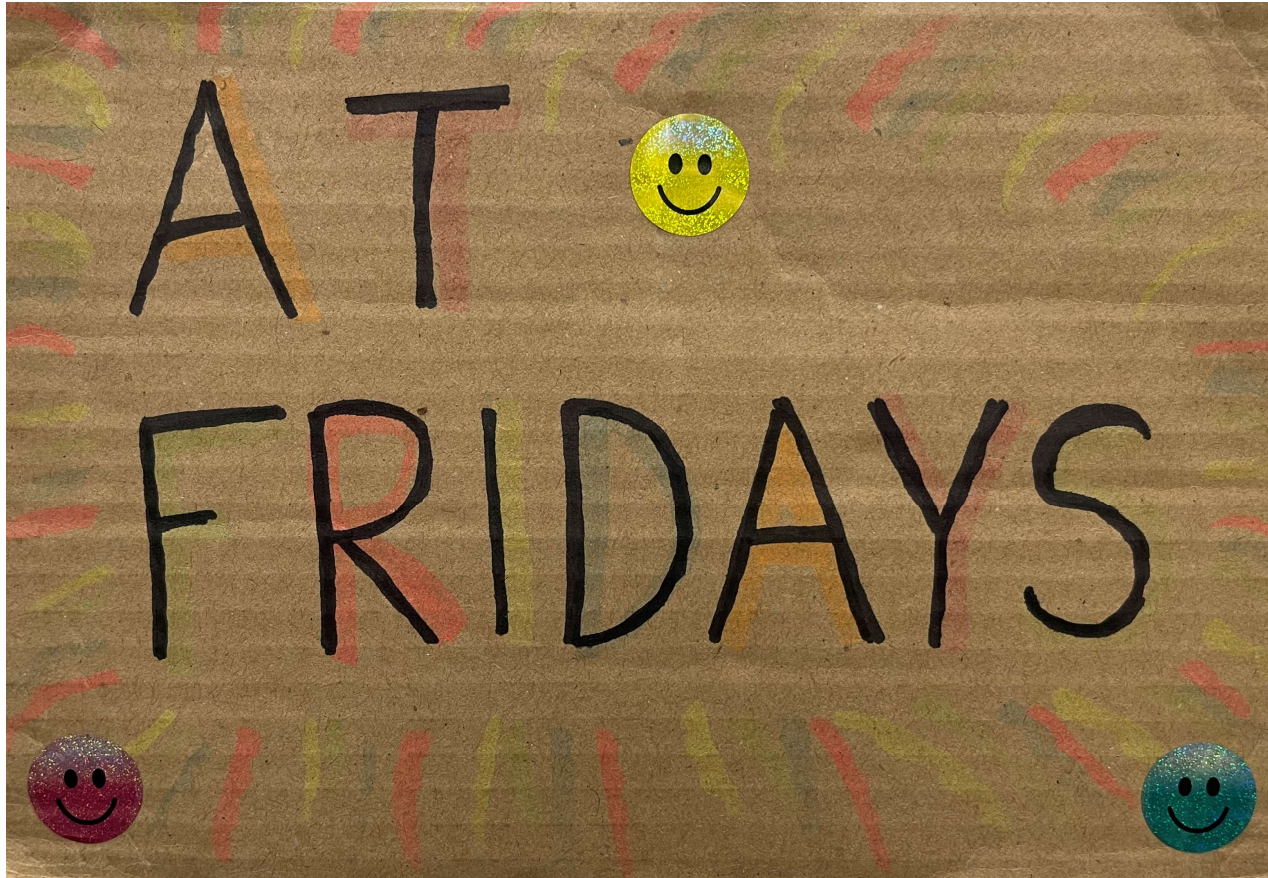
## My foray into budget-friendly AT

What we found - \$26.99



<https://www.amazon.com.au/ZOMAKE-Folding-Umbrella-Windproof-Lightweight/dp/B09WVGBJJG/>





## How Low Can We Go?



## Lightweight Cutlery

Cost - \$100 (set)

Available From - Disability Equipment Suppliers

Suitable For – Anyone with issues impacting on their ability to lift heavy items and feed themselves using regular cutlery



## KandoKutter Adult Safe Knife

Cost - \$50 (or KiddiKutter - \$20)

Available From - <https://kiddikutter.com.au>

Suitable For – Anyone who has concerns they may cut themselves during door preparation





## Sioytoer Building Blocks Tool Kit

Cost - \$45

Available From -

<https://www.amazon.com.au/dp/B0BFQ4KFV5>

Suitable For – Anyone who has issues with fine motor skills and hand/finger strength



## Good Grips Weighted Knife

Cost - \$39

Available From - <https://doability.com.au/good-grips-cutlery-weighted/>

Suitable For – Anyone who has issues with proprioception



## Spreader Board

Cost - \$30

Available From -

<https://ilsau.com.au/product/spread-board/>

Suitable For – Anyone who has concerns with hand/upper limb coordination and proprioception



## Oxo Good Grips Peelers

Cost - \$20-\$23

Available From -

<https://oxoaustralia.com.au/cooking-baking/swivel-peeler/> and

<https://oxoaustralia.com.au/cooking-baking/prep-y-peeler/>

Suitable For – Anyone who has issues fine motor control



## Automatic Toothpaste Dispenser

Cost - \$17

Available From -

<https://www.bigw.com.au/product/automatic-toothpaste-dispenser-squeezer-mounted-toothbrush-bathroom-wall-black-grey-grey/p/9900185560>

Suitable For – Anyone who has concerns with hand strength and/or fine motor control



## Universal Silicone Suction Pad

Cost - \$10

Available From -

<https://boboandboo.com.au/products/individual-silicone-suction-pads>

Suitable For – Anyone who has concerns with hand/upper limb coordination/strength



## Colour-Coded Cutting Mats

Cost - \$10

Available From -

<https://www.woolworths.com.au/shop/product-details/807265/mint-cutting-mat-colour-coded>

Suitable For – Anyone who has concerns with understanding the principles of food hygiene



## Coloured Measuring Cups

Cost - \$5

Available From -

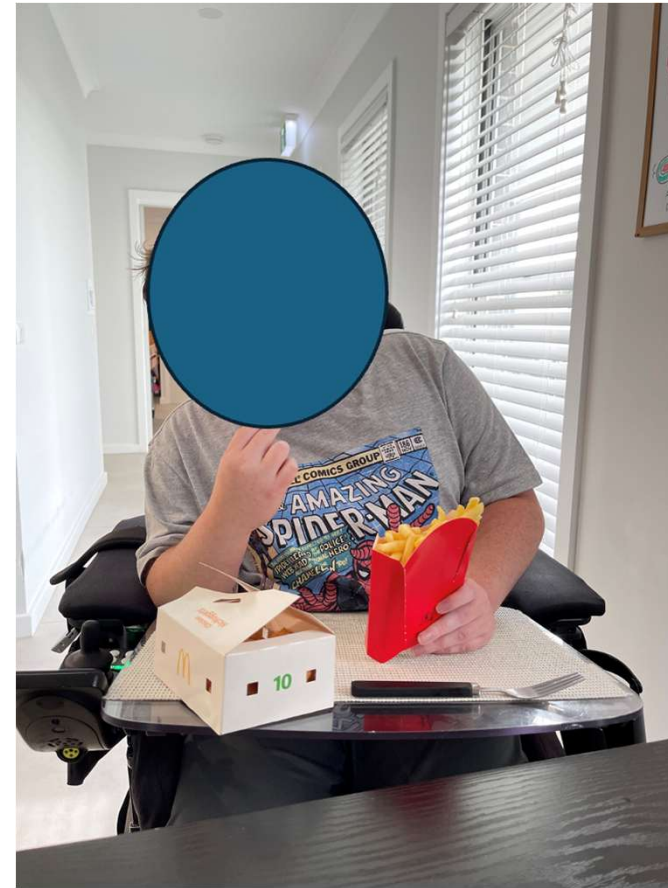
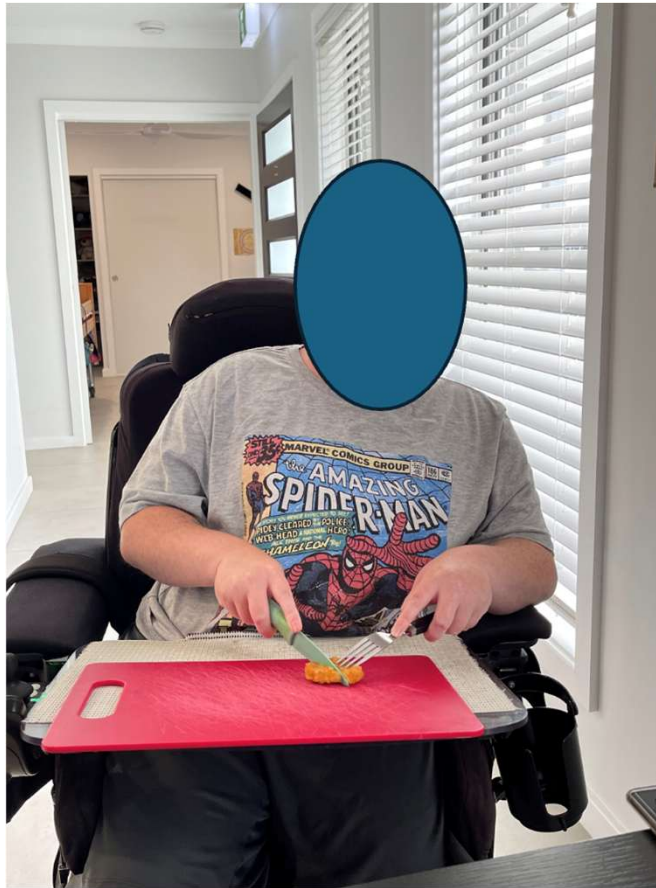
<https://www.piemakerstuff.com.au/products/measuring-cup-set-6-piece-multi-colour>

Suitable For – Anyone who has concerns with understanding the principles of measurement





## Case Study



## Case Study

### Multilink Arm Support



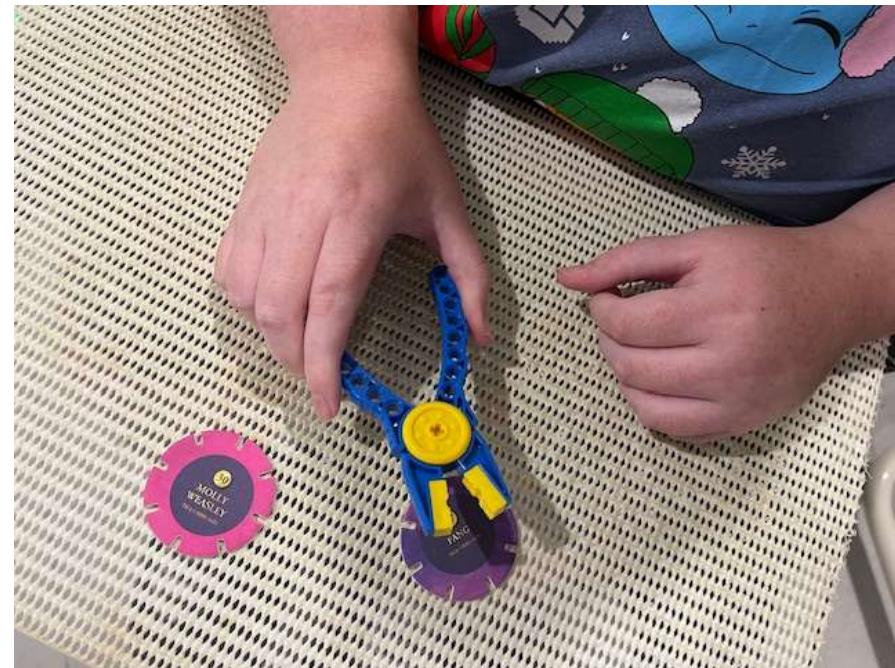
## Case Study

Focal Gowing



## Case Study

Client innovation -  
Picking up crisps and Tiny Teddies



## Case Study

Cost - \$1.75!!!!!!

Available From -

<https://www.bigw.com.au/product/brilliant-basics-stainless-steel-tongs-2-pack/p/432811>



## Take Home Messages

- Google is your friend – try different search words/terms until you get it right!
- Consider options such as Amazon, Temu, Big W Marketplace
- Innovate!
- More expensive doesn't always = better!
- NDIS - Standard Commercially Available Household items



# Questions?

