

### What is Daily Living Assistive Technology?

Often referred to as "adaptive equipment" or "aids to daily living," Daily Living AT helps individuals complete everyday activities such as dressing, grooming, bathing, eating, hygiene, and meal preparation. Activities that would otherwise be difficult or impossible to complete due to physical limitations or other disabilities.

### When and Where do I need to use them?

Daily living tasks may occur in various places throughout the day: kitchen, dining room/cafeteria, restroom/bathroom, bedroom, and classroom.



### Who needs Daily Living AT?

Daily Living AT is appropriate for anyone who cannot complete daily living tasks at the same level as their peers. The inability to complete daily living tasks may be due to a physical or cognitive disability.

### Why is Daily Living AT important?

Daily Living AT can reduce or eliminate the need for human assistance with tasks most people do for themselves. Increased independence with daily living tasks results in increased self-efficacy, which can carry over into other aspects of an individual's life.

Technology has many advantages, but careful consideration is needed to meet an individual's unmet needs in the community, educational, and employment settings. To learn more about navigating the world of Daily Living AT, visit [Daily Living – Explore AT from AT3 Center](#). The assistive technology solutions provided on this site are intended as examples to give an idea of the types of Daily Living AT currently available in today's market. Also, remember to [contact your AT Act Program](#) to learn more and explore services available to help make an informed purchasing decision and obtain the AT needed.

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