



# Recreation Assistive Technology (AT) – the What, When, Who, and Why

## What is Recreation Assistive Technology?

Assistive technology for recreation and leisure provides a way for people with disabilities to participate in preferred activities they might otherwise not be able to do. Assistive technology for this category can include devices for billiards, bowling, crafts, cycling, fishing, card games, board games, gardening, sports, and passive activities such as reading, listening to music, and watching television.

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

Everyone has daily opportunities to participate in recreation and leisure activities at school, home, and work. When an individual cannot participate in a typical manner due to a disability, assistive technology may assist them in participating.



## Who needs Recreation AT?

AT for recreation and leisure can benefit people with a wide range of disabilities, including blindness/low vision, deafness/hearing loss, and physical impairments.

## Why is Recreation AT important?

Participation in recreation and leisure activities is vital for physical, mental, and emotional well-being. When someone cannot participate in a desired activity, AT may be the avenue by which someone gains the ability to participate. In other instances, recreational AT introduces an individual to a new activity.

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 Recreation AT, visit [Recreation – 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 Recreation 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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