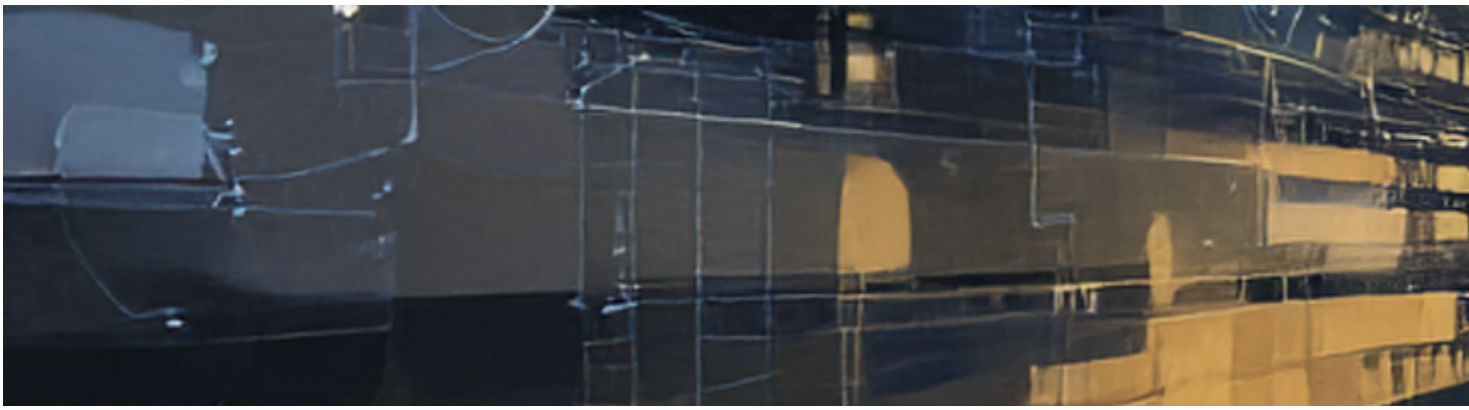
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# Types of Assistive Technologies for Cognitive Disabilities
[1]



## Memory Aids

### Digital Reminders and Calendars

**DESCRIPTION:** Applications and devices that send reminders for appointments, medication, and daily tasks.

**HOW THEY WORK:** Users set reminders or alarms for specific times or tasks. Many apps sync with smartphones or smartwatches.

**BENEFITS:** Helps individuals remember important events and manage their daily schedules effectively.

### Electronic Memory Books

**DESCRIPTION:** Devices or apps that store and display personal photos, names, and descriptions of people, places, and events.

**HOW THEY WORK:** Users input information into a digital format that can be accessed when needed.

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**BENEFITS:** Assists in recalling personal memories and recognizing family members or significant locations.

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# Communication Aids

## Speech-Generating Devices (SGDs)

**DESCRIPTION:** Devices that generate spoken words based on user input, which can be text or symbols.

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**HOW THEY WORK:** Users select words, symbols, or phrases from a screen, which the device then vocalizes.

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**BENEFITS:** Facilitates communication for individuals who have difficulty speaking or are non-verbal.

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## Picture Exchange Communication Systems (PECS)

**DESCRIPTION:** A system where users communicate by exchanging picture symbols representing words or phrases.

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**HOW THEY WORK:** Users select pictures from a book or device to convey their needs or thoughts.

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**BENEFITS:** Provides a visual means of communication, which can be particularly useful for those with limited verbal skills.

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# Cognitive Training and Rehabilitation Tools

## Brain Training Apps

**DESCRIPTION:** Mobile applications designed to enhance cognitive skills through exercises and games.

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**HOW THEY WORK:** Users engage in tasks that challenge memory, attention, problem-solving, and other cognitive functions.

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**BENEFITS:** Supports cognitive stimulation and can help improve mental agility and memory.

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## Software for Cognitive Rehabilitation

**DESCRIPTION:** Programs used in therapy to help individuals regain or improve cognitive skills through structured activities.

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**HOW THEY WORK:** Provides exercises and activities tailored to specific cognitive challenges, often guided by a therapist.

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**BENEFITS:** Assists in the rehabilitation of cognitive functions and supports goal setting in therapy.

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# Daily Living Aids

## Adaptive Tools

**DESCRIPTION:** Modified utensils and devices designed to make daily tasks easier, such as ergonomic kitchen tools or modified phones.

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**HOW THEY WORK:** Tools are designed to be easier to use, with features like large buttons or simple interfaces.

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**BENEFITS:** Enhances independence in performing daily tasks and reduces frustration.

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### Medication Management Systems

**DESCRIPTION:** Devices that help users manage their medication schedules, such as pill dispensers with alarms.

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**HOW THEY WORK:** Dispense medication at set times and provide reminders or alerts to take pills.

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**BENEFITS:** Ensures adherence to medication schedules and reduces the risk of missed doses.

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## Safety and Monitoring Devices

### GPS Tracking Devices

**DESCRIPTION:** Devices that track the location of individuals, often used for those with wandering tendencies.

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**HOW THEY WORK:** Use GPS technology to monitor and report the user’s location to caregivers or family members.

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**BENEFITS:** Provides peace of mind and ensures safety by helping track and locate individuals who may become disoriented.

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## Fall Detection Systems

**DESCRIPTION:** Systems designed to detect falls and alert caregivers or emergency services.

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**HOW THEY WORK:** Utilize sensors and accelerometers to detect sudden movements indicative of a fall.

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**BENEFITS:** Provides immediate assistance in case of a fall, reducing the risk of injury and ensuring timely help.

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**Groups audience:**
Coleman Institute for Cognitive Disabilities

**Source URL:**https://www.cu.edu/coleman/types-assistive-technologies-cognitive-disabilities

**Links**
[1] https://www.cu.edu/coleman/types-assistive-technologies-cognitive-disabilities