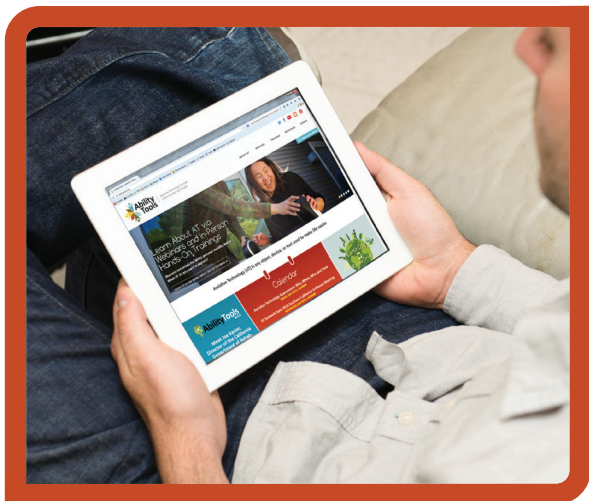


## What is assistive technology (AT)?

Assistive Technology (AT) is any object, device or tool used to make life easier.



## What can AT do for me?

AT enables people to live, work, learn and play as independently as possible. AT includes low-tech items like a reacher or a magnifying glass and high-tech equipment like tablet apps or systems that allow a person to control a computer using their eyes. From communicating, learning, working, and playing to physically getting around, chances are that if you struggle with a task, there is an AT solution for you.

Ability Tools connects Californians with disabilities to assistive technology devices, tools and services to make life easier.

Ability Tools provides a variety of services: short-term device loans; an online marketplace to find free or low-cost used devices; a financial loan program; a toll-free information and referral line; online and in-person trainings; an informational website with resources and search tools; AT listservs and connections via social media.

Ability Tools is a project of the California Department of Rehabilitation and the California Foundation for Independent Living Centers, with funds allocated by the Assistive Technology Act of 2004.



Toll-Free: (800) 390-2699

TTY: (800) 900-0706

Web: [abilitytools.org](http://abilitytools.org)

Email: [info@abilitytools.org](mailto:info@abilitytools.org)

# Assistive Technology (AT) Advocates



Based at Independent Living Centers throughout California, AT Advocates assist community members with a variety of assistive technology (AT) issues.



### **What are Independent Living Centers (ILCs)?**

ILCs are community-based, cross-disability, non-profit organizations designed and operated primarily by people with disabilities. ILCs provide:

- Assistive Technology Information and Services
- Housing Assistance
- Information and Referral
- Independent Living Skills Training
- Individual Advocacy
- Systems Change Advocacy
- Peer Support
- Personal Assistance Services
- Transition Services
- Youth Transition Services



### **AT can help you:**

- Expand your ability to get around your home or out into the community
- Improve your ability to see the TV, computer or read books and recipes
- Help you read and learn better
- Provide reminders and help you organize your space and thoughts
- Increase your ability to hear conversations in person, on the telephone, or on your favorite TV show
- Expand your computer access with an adaptive mouse, keyboard, software or other equipment
- Remain living in your own home and community or return home from a nursing facility
- Engage in fun activities like community events, sports and recreation



### **AT Advocates can:**

- Provide information on the types of AT devices, tools and equipment that exist to help you become more independent
- Locate and assist in developing funding resources to purchase AT
- Provide referrals to qualified AT professionals for evaluations, assessments, training, repair and other services
- Lead AT presentations for groups in your community (just ask)
- Find specific devices and equipment for consumers to borrow for free from one of Ability Tools' Device Lending Libraries
- Help with your donation of AT equipment so it may be of use to community members who need it

There are 28 Independent Living Centers with many additional branch offices around the state. Contact the AT Advocate near you by visiting our website and clicking on the nearest city, or call us at 1-800-390-2699 and we will find the nearest AT Advocate to you.