



Assistive Technology and Parkinson's

Making Everyday Life Easier:
Tools, Strategies, and Solutions
for Daily Living

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**Living an Active Life with Parkinson's
Disease**

What is assistive technology?

Simple tools



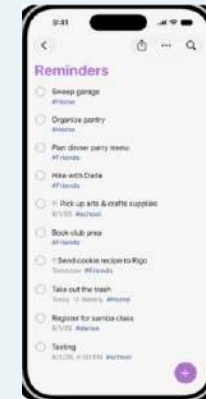
Built-up grips, nonslip materials, adaptive utensils.

Specialized equipment



Alternative mice, communication devices, adapted kitchen tools.

Technology you already own



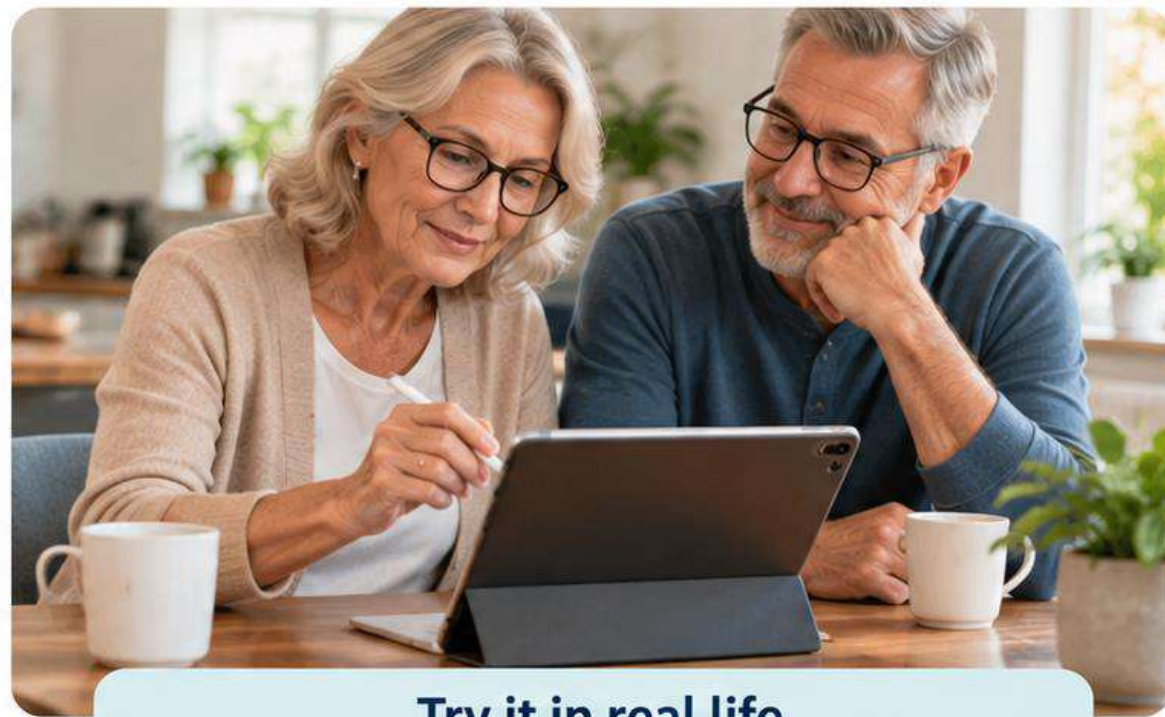
Phone settings, read-aloud, voice dictation, reminders.

AT can be a tool, a device, an adaptation — or a different way of doing an activity.

BEFORE YOU BUY



Weigh the pros and cons



Try it in real life

If possible, trial it for more than one day.
See whether it helps on both typical days and harder days.

Three questions to ask



Will it still help
when symptoms
fluctuate?



Can I set it up
and use it easily?



Is the benefit worth
the cost and effort?

Where to try technology before you buy

Start with a loan or demonstration; use a professional assessment when the fit is more complex.

BORROW • DEMONSTRATE • COMPARE

1 AccessCNY TRAIID Center

Syracuse • 1603 Court Street

Free short-term equipment loans, device demonstrations, comparisons, and training.
BEST FOR Adaptive utensils, mobility, communication, and everyday AT.

315-410-3335

2 ARISE Medical Equipment Loan Closet

Syracuse • 635 James Street

Free short-term loans of walkers, wheelchairs, shower chairs, benches, and other adaptive equipment.
BEST FOR Mobility and home-safety equipment.

315-472-3171

ASSESS • MATCH • TRAIN

3 SUNY Upstate Outpatient Rehabilitation

Syracuse • 505 Irving Avenue

OT and PT evaluations, functional assessment, equipment recommendations, and seating support.
BEST FOR Individualized or higher-tech recommendations.

315-464-6543

4 Engage Therapy & Wellness

Liverpool • 4886 West Taft Road

Neurologic OT, PT, and speech therapy with functional assessment and equipment recommendations.
BEST FOR Parkinson’s-focused daily-function strategies.

315-810-2423

5 CABVI — Syracuse Low-vision rehabilitation, OT, and assistive-technology training **315-797-2233**

Where assistive technology can help



Self-Care

Eating, dressing,
grooming



Phone / Computer Access

Devices and settings



Handwriting

Writing and
alternatives



Reading / Leisure

Staying informed
and doing what you enjoy



Speech / Memory

Communication
and daily routines

Self-Care: Making mealtimes easier

Wide-handled utensils



Larger handles can reduce fine-motor grasp demands. Compare a regular utensil with built-up or weighted options.

Solutions for carrying items



Dycem nonslip material



Helps stabilize plates, bowls and other objects. Show how stabilizing the task can be as helpful as changing the utensil.

Self-Care: Cooking with less juggling

One-handed cutting board



Spikes or corner guards stabilize ingredients during food preparation.

Rocker knives



A rocking movement can reduce the need for conventional knife coordination.

On-stove pan holder



Helps stabilize a pan during stirring; assess fit, heat exposure and safe installation.

Self-Care: Dressing & grooming

Magnetic zippers



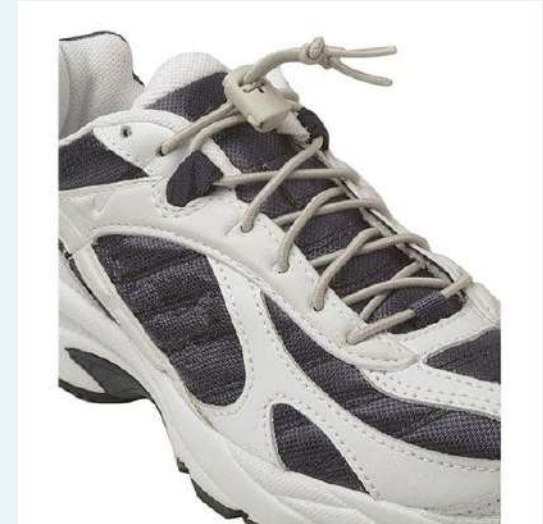
Reduce the precision required to start or fasten clothing closures.

Hands-free blow dryer



Frees a hand and may reduce sustained arm effort. Position securely and consider heat safety.

Elastic laces



Reduce tying demands and make shoes easier to slip on and off.



Self-Care: More Product Examples

Shown by picture

Lazy Susan



Beverage Pourer



Kizik Shoes



Magnetic Clothing



GUIDE Beauty Makeup Applicator



Lancôme HAPTA



Computer Access: Mouse Emulation

Joysticks



Alternative way to control the pointer.

Track Ball Mouse



Moves cursor through rolling the ball. Allows forearm to remain stable.

Tremor Dampening Software



Software for tremor-related pointer filtering.

SteadyMouse Through Active Hands





Computer Accessibility Settings

Mouse Options



Enlarged Cursor



Makes the mouse cursor larger so it's easier to see.



macOS: Larger Cursor



Windows: Pointer Size



Change Cursor Color



Adjusts the cursor color for better contrast and visibility.



macOS: Cursor Color



Windows: Pointer Color



Cursor Trail and Shadow



Adds a trail or shadow to the cursor to make it easier to follow on the screen.



macOS: Cursor Trail/Shadow



Windows: Pointer Trails/Shadow



Mouse Speed and Mouse Keys

Tracking speed



Use Mouse Keys

Adjusts how quickly the cursor moves and allows you to control the mouse using the keyboard.



macOS: Tracking Speed, Mouse Keys



Windows: Pointer Speed, Mouse Keys

Make Typing Easier

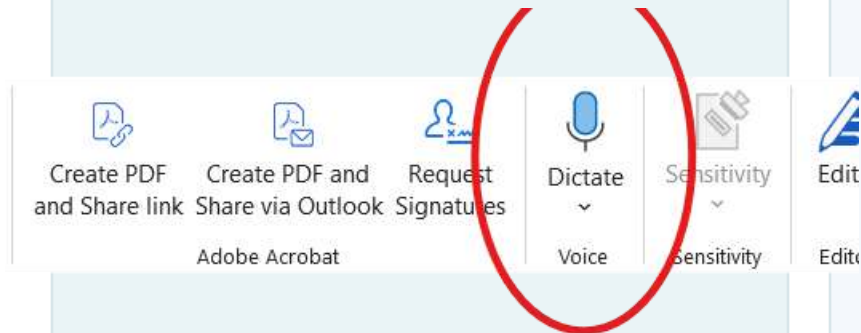
Different tools help with different typing challenges.

		iOS	Android
ON-SCREEN KEYBOARD			
Voice typing	Speak rather than type	✓	✓
Predictive text	Offers word suggestions as you type	✓	✓
Swipe typing	Slide a finger across letters	✓	✓
EXTERNAL / PHYSICAL KEYBOARD			
Slow Keys	Hold a key briefly before it registers	✓	✓
Sticky Keys	Use keyboard shortcuts one key at a time	✓	✓
Bounce Keys	Ignores rapid repeat presses of the same key	—	✓

iOS alternative: Key Repeat settings • Android physical-keyboard controls: Android 16+

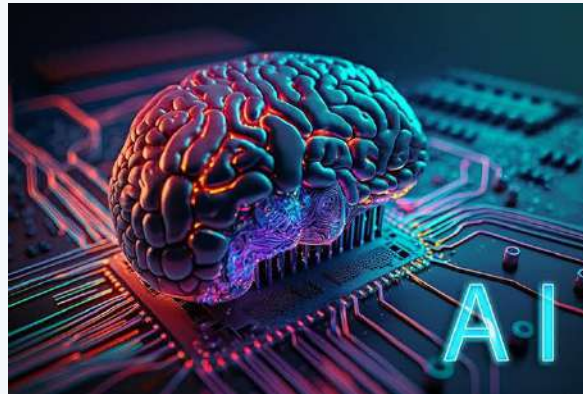
Phone / Computer: Less typing

Voice dictation



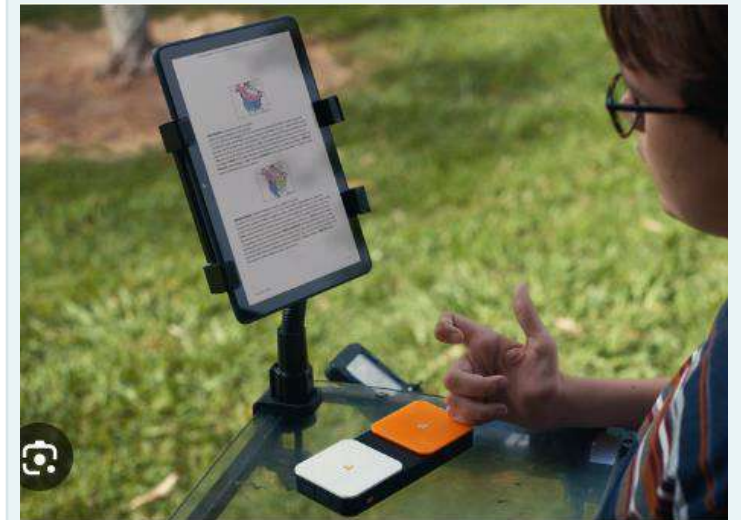
Speak messages, notes, searches and emails rather than typing every character.

Artificial Intelligence



Dictate freely without concern for accuracy

Other access methods



On-screen keyboards, Voice access, switch access, head control or eye gaze may be appropriate after AT assessment.

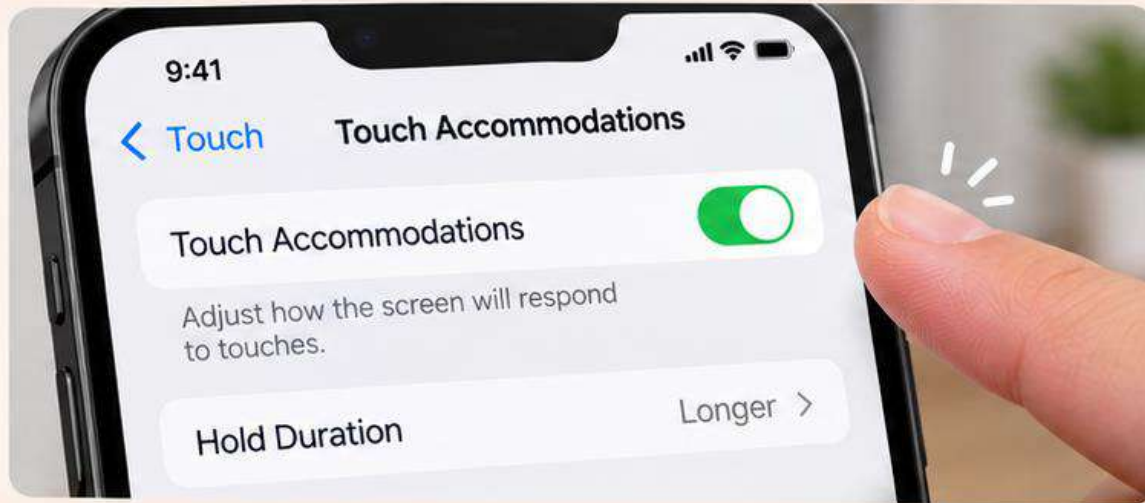


Phone/Tablet Accessibility Features

Touch and Layout Options



Touch Accommodations



Adjust how the device responds to touch, such as requiring a longer press or ignoring repeated taps. Can help reduce accidental touches.

Examples

iPhone: Touch Accommodations

Android: Tap Duration, Ignore Repeated Touches



Simplified Layouts



Provides a cleaner, easier-to-use home screen with larger icons, less clutter, and fewer choices to make navigation simpler.

Examples

iPhone: Assistive Access

Android: Easy Mode (Samsung), Simple View (Pixel)



Handwriting: More Examples

Shown by picture



Signature Stamp



Speech-to-Text





Reading: More Examples

Shown by picture

These tools can read text out loud and make reading easier.



Speechify



- Reads text out loud (any document, website, or book)
- Helps you listen while you follow along
- Can adjust the reading speed



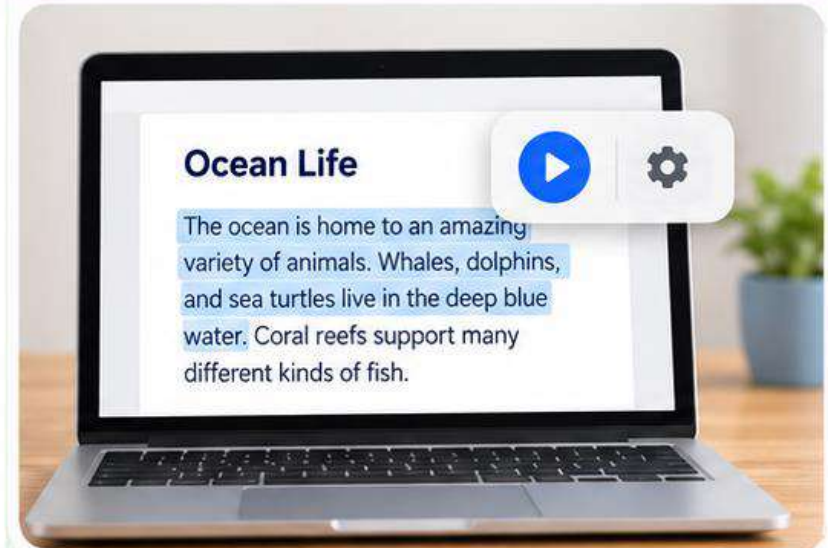
Kindle



- Change text size, font, and background color
- Read books, articles, and documents
- Built-in text-to-speech (reads out loud)



Digital Text-to-Speech



- Reads web pages, articles, and PDFs out loud
- Helps you listen while you do other things
- Useful for school, work, or personal reading



Leisure: More Examples

Shown by picture



Xbox Adaptive Controller



Accessible Smart TVs



Large Remotes



Alexa for Music / Games / TV Access



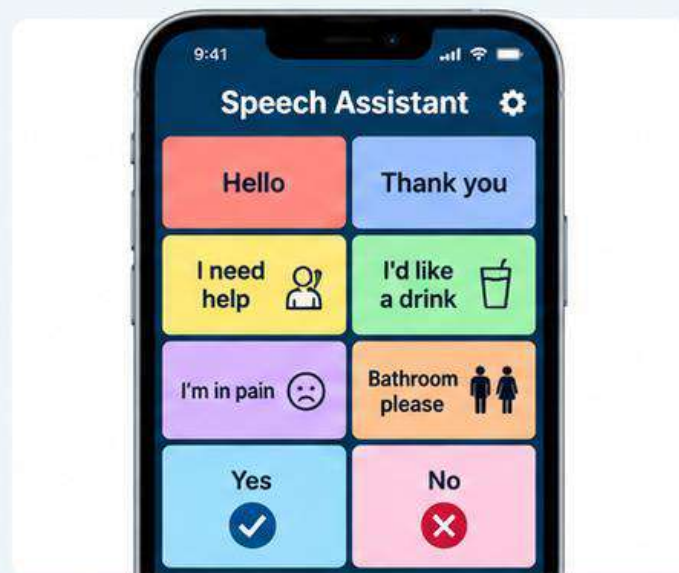
Speech: Help your message get heard

Portable voice amplifier



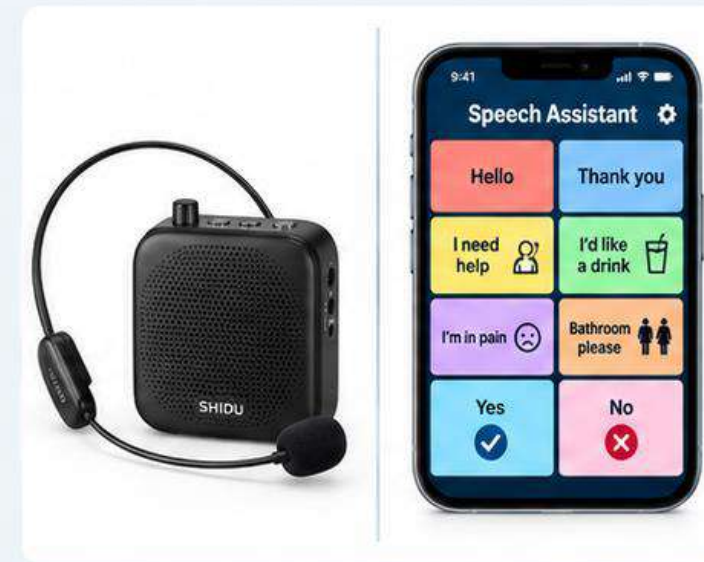
SHIDU-style microphone and speaker can make existing speech louder. PHOTO ONLY.

Speech Assistant AAC



Type or select saved phrases; the phone speaks aloud. AVAILABLE FOR LIVE DEMO.

Different tools, different goals



Amplification makes speech louder; AAC offers an alternative when speech is difficult to use or understand.

Memory: Let technology remember

Reminders and alarms



Medication schedules, appointments and important routines.

Checklists and routines



Use familiar notes, task apps, or a smart speaker for step-by-step prompts.

Capture information



Voice notes or dictation can save instructions without handwriting.



AI Is Already Making Everyday Technology Easier

Practical tools you can try today



Speak instead of typing

Draft messages, notes, and emails.



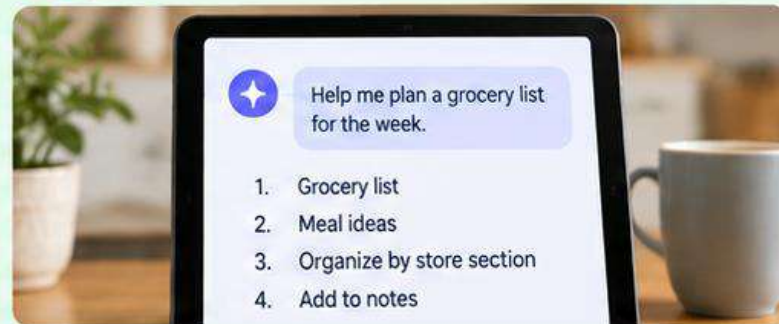
Listen instead of reading

Read printed text, articles, or documents aloud.



Help with everyday tasks

Break tasks into steps and organize ideas.



Always check important information; voice recognition may struggle with soft or unclear speech.



What's Next? Smarter, More Personalized AT

Promising advances — not one-size-fits-all solutions



Adaptive communication

Technology learning to better recognize individual speech patterns.



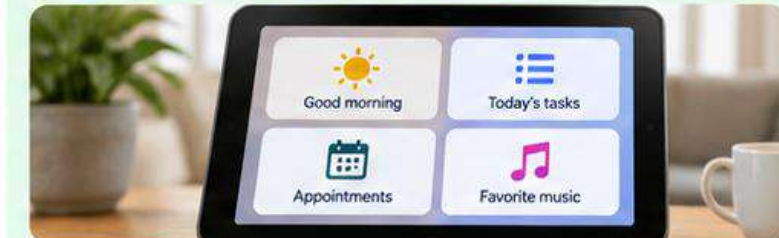
Hands-free control

Smarter access when a mouse or touchscreen is difficult.



More responsive support

Devices that adapt to patterns, preferences, and routines.



These technologies are evolving; availability and evidence vary.

Finding funding and support

Insurance

Some medically necessary equipment may qualify; everyday consumer technology often does not. Ask your plan.

Employment-related AT

NYS ACCES-VR may help eligible people obtain technology needed for an employment goal.

Disability-specific grants

Parkinson's Wellness Fund: mobility, therapy, access, home-care and care-supply grants. NYS Access to Home: qualifying accessibility modifications via local partners.

General / non-specific aid

Disability Opportunity Fund offers AT loans. Also check Modest Needs emergency grants, Help Hope Live medical fundraising, and local charities.

Start with the activity, not the equipment. One size does not fit all.

Programs, eligibility and funding change—confirm current availability before applying.