



What is low-tech and high-tech Assistive Technology?

Assistive technology includes both high-tech and low-tech equipment, devices and products. The more specialized the equipment, the more high-tech it is. An example of a high-tech piece of equipment would be a customized seating system with built in positioning pads that is purchased from a company specializing in therapy equipment. An example of a low-tech assistive technology solution is the use of rolled up towels to support a child in her high chair. Low-tech assistive technology might be a better option for many children because it involves incorporating furniture or toys that a family already owns and with which the child is already familiar. Low-tech assistive technology can be adapted quickly to meet the different needs of children as they grow and change. Family members can make these changes as they need to do so, without relying on a specialist. Low-tech is usually less expensive and requires fewer repairs. By trying out low-tech options first, families can help their children participate more naturally in family routines and activities.

Low-tech options can be developed as families work with interventionists, and don't necessarily require special mention in the IFSP. However, the entire IFSP team needs to determine if high-tech assistive technology may be the more appropriate long-term solution to help a child meet the goals listed in the IFSP.