
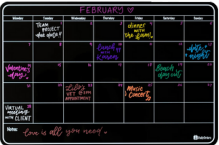







# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

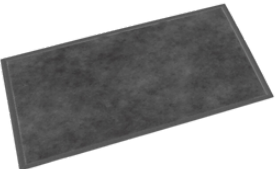

Item	Description	Where to Buy	Good For:
	<b>Tiles or Nut Tags</b> – Electronic tags that can be attached to items (e.g. keys, bags) so they can be tracked via Bluetooth on a mobile app, so you can find your things when you lose them.	Officeworks / JB Hifi / tile.com nuttag.com.au	Executive Function Emotional Regulation
	<b>Planner Boards</b> – Various options with bright coloured chalk pens to organise your commitments / plans.	dailyorders.com.au	Executive Function
	<b>Noise Cancelling Headphones</b> – Some headphones allow you to adjust the level of noise cancellation or have ambient sound features.	Various retailers	Executive Function Emotional Regulation Sensory Regulation
	<b>Loop or Flare Earplugs</b> – Discrete earplugs for noise cancellation/reduction in a variety of noise reduction levels and textures	au.loopearplugs.com flareaudio.com earjobs.com.au	Executive Function Emotional Regulation Sensory Regulation
	<b>Hidrate Spark</b> – Smart drink bottle that glows when you haven't taken a drink for a while. This gently reminds you to remember to drink water and tracks your water intake.	Various retailers e.g. JB Hifi	Executive Function Health and Wellbeing



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.






Item	Description	Where to Buy	Good For:
	<b>Mellow Mat</b> – A thick memory foam mat that is soft, calming, and absorbs sound.	<a href="http://neptuneblanket.com.au">neptuneblanket.com.au</a>	Emotional Regulation Sensory Regulation
	<b>Constructive Eating Sets</b> – The textured handles on the utensils make it easy to hang onto. Also great for people who find mealtimes boring.	<a href="http://sensorytools.net">sensorytools.net</a>	Fine motor skills Coordination Health and Wellbeing
	<b>Menstruation Underwear</b> – Reusable and disposable period underwear.	Various retailers <a href="http://modibody.com">modibody.com</a> <a href="http://rudiebaby.com.au">rudiebaby.com.au</a>	Executive Function Sensory Regulation Health and Wellbeing
	<b>Easi-Timer</b> – simple to activate traffic light timer to help keep on task. Set the designated time, press the start button and the timer will shine different coloured lights as time passes.	<a href="http://disabilityequionline.com.au">disabilityequionline.com.au</a>	Executive Function Time Blindness
	<b>“Chewlery”</b> – Chewable necklaces are a safer sensory alternative to chewing on pencils, shirts, fingers, etc.	Various Options	Emotional Regulation Sensory Regulation Executive Function



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.


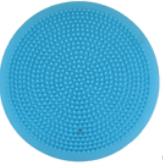



Item	Description	Where to Buy	Good For:
	<p><b>Smart Wall Plug</b> – Put electrical items on a timer and manage your power usage from a mobile app.</p>	<p>Various retailers</p>	<p>Executive Function</p>
	<p><b>Google Home Hub / Echo Show</b> – Voice prompts, keep track of your lists/schedules, control your smart devices and show you tutorials to learn new skills.</p>	<p>Various retailers</p>	<p>Executive Function</p>
	<p><b>JettProof Clothing</b> – provide proprioceptive input and can be worn as clothing or undergarments.</p>	<p><a href="http://jettproof.com.au">jettproof.com.au</a></p>	<p>Emotional Regulation Sensory Regulation</p>
	<p><b>TV Protector</b> – To avoid damage of TV's in the home.</p>	<p><a href="https://tvscreenprotectors.com.au/">https://tvscreenprotectors.com.au/</a></p>	<p>Safety Coordination</p>
	<p><b>Bumpers and Corner Protectors</b> – to reduce injuries linked to coordination difficulties.</p>	<p>Various retailers Kmart, Bunnings</p>	<p>Safety Coordination</p>



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<b>Crash Mat</b> – A safe way to engage in big body movements and receive proprioceptive input.	<a href="http://sensorytools.net">sensorytools.net</a>	Sensory Regulation Emotional Regulation
	<b>Wobble Cushion</b> – Assists with balance and coordination. Can also provides sensory input and can help with focus.	Kmart / various retailers	Executive Function
	<b>Pea Pod</b> – Inflatable canoe style chair that provides full body relaxing deep pressure or soothing and sensory input.	Various online retailers	Sensory Regulation Emotional Regulation
	<b>Assistive Sheets</b> – labelled loop straps on each corner to easily change sheets.	<a href="http://theladcollective.com">theladcollective.com</a>	Executive Function
	<b>Body Sock</b> – unique tactile, proprioceptive and deep pressure experience.	<a href="http://therapiststore.com.au">therapiststore.com.au</a>	Sensory Regulation Coordination



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<b>Sensory Toothbrush</b> – simple back-and-forth brushing makes oral care faster, easier, and more efficient for those with coordination difficulties and sensory preferences.	<a href="http://sensoryspace.com.au">sensoryspace.com.au</a>	Coordination Sensory Regulation
	<b>Hoodie Chew Chew</b> – Attach to hoodie strings as a safer sensory alternative to chewing on pencils, shirts, fingers, etc.	<a href="http://theraplaykids.com.au">theraplaykids.com.au</a>	Emotional Regulation Sensory Regulation
	<b>Kloundsac</b> – comfortable and relaxing floor seating.	<a href="http://kloundsac.com.au">kloundsac.com.au</a>	Emotional Regulation Sensory Regulation
	<b>Non Slip Place Mats</b> – keep bowls/plates/cups steady on the table.	Various online retailers	Executive Function Fine Motor Skills Coordination
	<b>Rocketbook or Remarkable tablet</b> – Reusable smart notebook to hand write information that can be uploaded to cloud storage so it is never lost.	<a href="http://getrocketbook.com.au">getrocketbook.com.au</a> <a href="http://remarkable.com">remarkable.com</a>	Executive Function

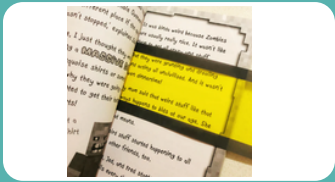


# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

## Item



## Description

**Reading Ruler** – Helpful to read a few lines or a paragraph, hide the text above and below so you can see what you are reading better and focus attention.

**Livescribe** – A smart pen that brings together written and typed notes. Pens are equipped with a camera that takes snapshots and captures your writing.

**Lock Laces** – easily tie shoes.

**Zubits Magnetic Laces** – easily tie shoes

**Reader Pen** – Read scanned text aloud or via headphones. This promotes independent reading and assists with focus when reading. Includes dictionary to provide definitions.

## Where to Buy

[mydyslexiashop.com.au](http://mydyslexiashop.com.au)

[us.livescribe.com](http://us.livescribe.com)

[locklaces.com](http://locklaces.com)

[Novitatech.com.au](http://Novitatech.com.au)

Various retailers

## Good For:

Executive Function

Executive Function

Independence  
Executive Function

Independence  
Executive Function

Executive Function  
Independence



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.


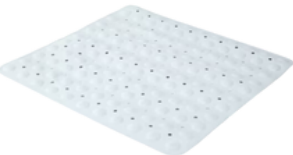
Item	Description	Where to Buy	Good For:
	<b>Zip Sheets</b> – help to stay covered all night when zipped up, to help keep warm and comfortable for a good night’s sleep.	zipsheets.com.au	Executive Function Health and Wellbeing Sensory Regulation
	<b>Wardrobe Separating Tabs</b> – to separate different types of clothing between coat hangers in the wardrobe.	Various online retailers	Executive Function
	<b>Drawer Dividers</b> – Assist with organisation.	Various retailers	Executive Function
	<b>Smart Door Lock</b> – Unlock the door with your finger print (save fumbling for keys), can automatically lock the door behind you.	JB Hifi, various retailers	Safety Executive Function
	<b>Smart Door Bell</b> – see who is at the door before you answer it, can be good for social anxiety.	JB Hifi, various retailers	Independence Safety Executive Function



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<p><b>Smart Light Bulb</b> – Set lights on a timer so they automatically turn off after a set time. Use voice control to change settings/meet sensory needs quickly.</p>	<p>JB Hifi, various retailers</p>	<p>Executive Function Sensory Regulation</p>
	<p><b>Non Slip Shower Mat</b> – avoid clumsy accidents in the shower.</p>	<p>Various retailers</p>	<p>Motor Planning</p>
	<p><b>Apple Watch / Smart Watch</b> – Set reminders, track body signals, noiseless alarms, location tracking, monitor sound levels in environment.</p>	<p>Various retailers</p>	<p>Executive Function Emotional Regulation Sensory Regulation</p>
	<p><b>Senseez Vibrating Cushion</b> – A lightweight, cushion that offers a gentle vibration when it's sat on, hugged or squeezed encouraging the body to calm and relax.</p>	<p><a href="http://therapiststore.com.au">therapiststore.com.au</a></p>	<p>Executive Function Sensory Regulation</p>
	<p><b>Lycra Bed Sheets</b> – Deep pressure input that helps to calm over stimulation and prepare for a good night's sleep. They slip over the whole mattress.</p>	<p><a href="http://therapiststore.com.au">therapiststore.com.au</a></p>	<p>Sensory Regulation</p>





# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<p><b>Shoe Goo</b> – for those who drag their feet and damage their shoes, apply to shoes to protect them and add to durability to make them last longer.</p>	<p>Various retailers</p>	<p>Coordination</p>
	<p><b>Smileflex Mouthguard</b> – For those who clench, grind, or bite the inside of their cheek.</p>	<p>Dentist, or <a href="http://smileflex.com.au">smileflex.com.au</a></p>	<p>Sensory Regulation Self-Harm Minimisation Health and Wellbeing</p>
	<p><b>Wedge Cushion</b> – For sitting on hard chairs such as dining chairs or school chairs. The wedge shape helps sit steadier and use more energy efficiently.</p>	<p><a href="http://sensorytools.net">sensorytools.net</a> Various retailers</p>	<p>Sensory Regulation Executive Function</p>
	<p><b>Floor Seat</b> – A good option to traditional seating. Provides good support while sitting on the floor.</p>	<p><a href="http://elizabethrichards.com.au">elizabethrichards.com.au</a> Various retailers</p>	<p>Sensory Regulation Emotional Regulation Executive Function</p>
	<p><b>Weighted Lap Mat</b> – Receive proprioceptive input while sitting. Described as “grounding” and can help with focus</p>	<p><a href="http://sensorytools.net">sensorytools.net</a> Various retailers</p>	<p>Sensory Regulation</p>



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<p><b>Visual Timer</b> – Helpful for those who lose track of time. This can make it easier to “see” time.</p>	<p>therapiststore.com.au Various retailers</p>	<p>Executive Function Time Blindness</p>
	<p><b>Hokki Stool</b> – for those who like movement and want an alternative way to sit.</p>	<p>therapiststore.com.au Various retailers</p>	<p>Sensory Regulation Executive Function</p>
	<p><b>Whizzy Dizzy</b> – for those who need vestibular input i.e. spinning around, being upside down, swings, moving around.</p>	<p>therapiststore.com.au</p>	<p>Sensory regulation Executive Function</p>
	<p><b>Spiky Ball</b> – This super spiky ball provides tactile input that can provide painful pressure without piercing the skin.</p>	<p>refreshingmemories.com.au</p>	<p>Sensory Regulation Emotional Regulation Self-harm Reduction</p>
	<p><b>Anti-Anxiety Spring Bracelet</b> – A satisfying coil that can roll up and down the arm. Can provide painful pressure without piercing the skin. Also available in rings.</p>	<p>refreshingmemories.com.au Various retailers</p>	<p>Sensory Regulation Emotional Regulation Self-harm Reduction</p>



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.




Item	Description	Where to Buy	Good For:
	<b>Tinted Glasses</b> – relief from harsh/artificial light and also remove visual stress for people with reading difficulties!	Various retailers	Sensory Regulation Learning Tools
	<b>Dental Floss Picks</b> – for those who find it difficult gripping dental floss	Various retailers	Coordination Health and Wellbeing
	<b>Herb Scissors</b> – A safer alternative to a knife – also saves time cutting and getting a chopping board out.	Various retailers	Safety Fine Motor Skills Executive Function
	<b>Push-Down Whisk</b> – helpful for those who struggle with fine motor skills using a whisk (less mess!) or if the noise of a blender/electric whisk is too overwhelming	Various retailers	Coordination Sensory Regulation
	<b>Pill Box Key Ring</b> – to take spare medication with you incase you forget to take it	Chemist Various retailers	Executive Function Health and Wellbeing



# Assistive Technology for Autism and ADHD



This resource provides general suggestions that may be useful. If you are planning to use NDIS funding to purchase assistive technology, it is important to ensure that it meets the reasonable and necessary criteria of the NDIS and items are relevant to your goals.

Item	Description	Where to Buy	Good For:
	<b>Thermomix</b> – Makes cooking less overwhelming and gives one direction at a time whilst cooking a meal	thermomix.com.au	Executive Function Learning Tools
	<b>Power Bank</b> – for back up power if you forget to charge your phone	Various retailers	Executive Function
	<b>Mp3 Player</b> – Music/meditation for night time routines to avoid getting distracted by your phone.	Various retailers	Health and Wellbeing Sensory Regulation

**Check-in again soon, we add to this list regularly.**