

# Assistive Technology (AT) & Me Fact Sheet

## Gaining Independence through Technology

### What is AT and me?

AT & Me is a new opportunity for people supported by the Department of Developmental Services (DDS) who want to learn how to use technology to live more independently and improve their daily living skills. Approved participants will receive free Assistive Technology (AT) equipment such as a cell phone, laptop, internet hotspot and wireless headphones.

People who participate in AT & Me will learn how to use this equipment to increase independence while also learning how to train others to use it. This is known as peer-to-peer training. The goal is to accept an initial 200 participants who will go through the program and then be responsible for teaching two more individuals each. Overall, we hope to have over 600 people trained through the AT & Me program!

### Why is it important?

Using technology safely and independently is an important skill to have. Many tasks today can only be completed using technology, like applying for a job, scheduling a covid test, paying bills, or ordering a ride from Uber or Lyft.

### What will I need to do and what are the requirements?

- If you are interested in AT & Me, please get in touch with your Case Manager
- To qualify, you must be able to use the technology from the AT & Me backpack and train two other people.
- After you sign up, you will be contacted within a couple of weeks to attend an hour-long class. This invitation means you have been accepted into the program. The applicants will be accepted based on need.
- As part of the training, you will be asked to list two additional people who receive services from DDS and train them in order to receive a free AT backpack with technology. You will be taught how to provide this peer-to-peer training as part of the program. If you need help identifying two people to train, DDS can help supply names of interested people.

### What will AT & Me participants receive and learn?

- AT equipment including a Chromebook laptop, a cell phone with a case, wireless headphones, a hot spot for internet connection, chargers, and a computer backpack.
- Up to one year of free cell phone and internet service.
- How to use the devices in the AT backpack to become more independent.
- How to use digital media and information communication technology (ICT) on your own in a safe manner.
- Skills to educate others about the importance of assistive technology.

### What's the next step? How do I sign up?

- Contact your Case Manager or the [DDS Help Line](#).
- Reach out to Self-Advocacy Coordinators and Groups for more information.