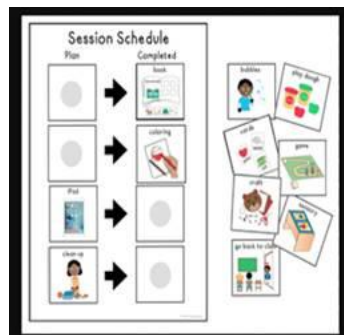**In this week's edition of Tech Spotlight, we dive into the question:** *What is Enabling Technology*?

Enabling Technology (ET) is sometimes referred to as assistive technology. ET is a diverse range of devices that promote access and independence across a person's day. Enabling technologies include home sensors, smart speakers, mobile device applications, communication systems, adapted tools, positioning equipment and much more!

We can break ET into three general categories:

- **Low Tech**: inexpensive, easy to learn, readily available, simple to make and/or replace. Examples include pencil grips, visual schedules and reachers.

- **Mid-Tech**: requires some training, may need personalization, need accessories like power support. Examples include simple communication devices, smart phones, and digital assistants (i.e. Amazon Echo)

- **High-Tech**: more costly, customized, requires training support and/or maintenance. Examples include motorized wheelchairs, advanced communication systems and accessible home environments.

For people without disabilities, technology makes things easier. For people with disabilities, technology makes things possible – IBM Training Manual, 1991

Think about how ET could promote independence in those you support. Even simple tech solutions can make a big difference! The Enabling Technology Department is always here to help! Reach out to Julie Daly julie.daly@kencrest.org or Joe McGuire joseph.mcguire@kencrest.org at any time. Remember "technology is best when it brings people together!"