

# Assistive Technology For Mental Health

Assistive Technology (AT) refers to any device, software, or system that helps individuals perform functions that might otherwise be difficult. AT can be a powerful tool for increasing independence, improving daily functioning, enhancing safety, and support goals.



## The Roll of AT in Supporting Mental Health

### 1. Enhancing Daily Structure and Routines

For those who struggle with time management, organization, or motivation, AT tools can provide structure and reminders to support daily living. Smartphone Apps, Smart Home Devices, and Wearables such as smart watches can help to enhance daily structure and routine.

### 2. Supporting Emotional Regulation

AT can offer tools for self-regulation and managing emotional distress. For example, mood tracking apps allow individuals to monitor their mental health and detect patterns, biofeedback devices can help individuals understand signs of stress and practice relaxation techniques, and sensory tools can help reduce sensory overload.

### 3. Promoting Social Connection

Social isolation can worsen mental health symptoms. AT can help foster and maintain important social interactions through video calling platforms, peer support apps, and online therapy platforms.

### 4. Improving Medication Management

Adherence to medication schedules is vital, yet can be challenging. AT available to assist with medication management include automated medication dispensers, medication reminder apps, and smart pill bottles.

### 5. Increasing Safety and Independence

Mental health conditions may lead to safety concerns. AT can offer peace of mind and support greater independence through GPS tracking devices, smart locks, sensors, safety check in apps, and more.

If you or someone you support is living with a mental health condition, assistive technology may help improve quality of life, independence, and emotional wellbeing. For more information, visit the ND Protection and Advocacy website at <https://www.ndpanda.org/resources/assistive-technology>.



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