

# Assistive Technology for Trauma Resource Guide

## The Michigan Assistive Technology Program

**Please feel free to reach out to us!**

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To request a demonstration or loan of Assistive Technology

[www.tinyurl.com/MATPDemoRequest](http://www.tinyurl.com/MATPDemoRequest)

Phone: 800-578-0280 | Email: [AT@mymdrc.org](mailto:AT@mymdrc.org)

Our website

<https://mymdrc.org/assistive-tech>

MDRC general email: [info@mymdrc.org](mailto:info@mymdrc.org)

The ATXchange

<https://atxchange.org>

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Please take a minute to fill out our quick survey:

Here is the link: <https://forms.gle/4nWyTc4V8jyzMqfc6>

# AT for Self-Regulation

- [Sensory Sock](#)
- [sensory swing](#)
- [Hammock Chair](#)
- Bubbles—help children extend their exhales longer than inhales which activates calming centers in the nervous system.
- Rocking horses and hammocks/swings– activate the vestibular (body positioning) system to help with grounding knowing where your body is in space.
- Drums—rhythmic, repetitive movements are soothing and activate the brain in ways that are therapeutic. This can also be seen in biking, running, yoga, and other rhythmic activities.
- Maracas and other toys that create a shaking movement when used—shaking off is a physical response that is seen in other animals too—discharging the fight or flight energy. I frequently know my dog is calming down when I see him doing a full body shake.
- Stress Balls
- Heart Rate Monitors
  - [How TouchPoints Work – TheTouchPoint Solution™](#)
- Apps for Calming and Thinking
  - [GoNoodle](#)
  - [Zones of regulation app](#)
  - [breathe2relax - Apple](#) - [breathe2relax - Google Play](#)
- Self Regulation Games
  - [mightier game app and device](#)
- [Journaling](#)
  - [Apps for Journaling](#)
- Coloring Books and Pages
  - [The Calm Coloring Book](#)
  - [Adult Coloring Books](#)

# Sensory Supports

## AT for Touch

- [Fidget toys](#): spinners, blocks, pop its, balls
- Slime, Dough, Putty
- Tactile Activities
- Touch Screen Devices
- [Sensory Friendly Clothing](#)

## AT for Smell

- Humidifiers
- [Diffusers](#)

## AT for Oral Sensory - [List of Oral Sensory Aides](#)

- [Oral Chew Toys](#)
- Gum
- Feeding Tools

## AT for Hearing

- [noise canceling headphones](#)
- [Infant Headphones](#)
- [Sleep band Headphones](#)
- electronic devices: ipads / tablets
- Sensory Apps: Music, Meditation, Learning, and PI

## AT for Sight - Light Sensitivity

- Sunglasses
- Lamps
- Light Bulbs with Various Light Settings

## AT for Sight and Focus

- [Reading Guides](#)
- [Bionic Reading](#)

# AT for Memory

- Smart devices - cellphone, iPad, tablet, watch
- Voice Assistant
  - [Best Voice Assistant Test Video](#)
- Smart Speakers

- Alexa device - [Set Reminders with Alexa](#)
- Google Home - Set Reminders with Google Home
- Recording Devices
  - Pen Friend
- Organizing Apps
  - [Google Keep - Notes and lists](#) - organizing, transitioning, adhd
  - [Todoist](#) - create notes and lists, organizing, transitioning, adhd

## Structure and routine

- Calendar and reminders using smart devices
  - [Google Assistant](#)
  - [Samsung Bixby](#)
  - [Use Reminders on your iPhone, iPad, or iPod touch](#)
  - [Set Reminders with Alexa](#)
  - [Set Up Routines with Alexa](#)
- [Google Keep - Notes and lists](#) - organizing, transitioning, adhd
- [Todoist](#) - create notes and lists, organizing, transitioning, adhd
- [Brili](#) - an app that helps families with routines
- Schedules
- Timers/Clocks
- [Routine Systems](#)
- Checklists

## AT for Sleeping

- [List of Sleeping Aides](#)
- [Sleepsack](#)
- [Weighted blanket](#) - [More information on weighted blankets](#)
- [Compression Sheet](#)
- [Weighted stuffed animals](#)
- [Sonisleep Sleepbar](#)
- [White Noise Machines](#)
- Night Lights - [Best Night Lights and how to choose](#)
- Night Light Projectors - [Best Night Lights from Amazon](#)

- Bedtime Routine
- [Wake Up Light / Sleep Light](#)

## AT for Safety

- [Video Overview of Smart Home](#)
- [Motion Sensor Alarms](#)
- [Ring Doorbell Camera](#)
- Sensor Lights
- [Smart Plugs](#)
- [Bathwater Thermometer](#)

### GPS Tracking

- [Angel Sense](#)
- [GPS Watches](#)
- [Find My iPhone - Location Sharing](#)
- [Apple AirTags](#)

### Technology Safety

- [TechSafety](#)
- [Safety Net Project - Toolkit for Survivors](#)

## AT for Building connections

- [Apps for Communicating and to assist in telling stories](#)
- [Journaling - parent child](#)
- [Companion Pets](#)
- [Alexa - Echo Show](#)
- [Amazon Glow](#)
- Gaming
- Accessible Communication devices
  - [proloquo2go](#)
  - [Go Talk App](#)
  - [Go Talk Device](#)

## Mental Health

Remember to practice self care and make self care a priority

- [Calm](#) - Meditation, anxiety
- [Moodfit](#) - overall mental health and wellness
- [Clear Fear](#) - anxiety
- [Nuna](#) - Virtual Companion
- [The Safe Place](#) - BIPOC Mental Wellness and Self Care
- [Shine](#) - BIPOC Mental Wellness and Self Care
- [Google Keep - Notes and lists](#) - organizing, transitioning, adhd
- [Todoist](#) - create notes and lists, organizing, transitioning, adhd
- [PTSD Coach](#) - PTSD
- [PTSD Coach Online](#)
- [PTSD Family Coach](#)

## AT for Self-Advocacy

- Notes apps
- Livescribe or other recording devices
- Choosing ways to communicate that work for you
- Using internet and social media to connect for supports and information

## AT in IEP

An Individualized Education Plan (or Program) is also known as an IEP. This is a plan or program developed to ensure that a child with an identified disability who is attending an elementary or secondary educational institution receives specialized instruction and related services.

ALL IEP teams are required to consider the need for Assistive Technology (AT).

If AT is necessary, the district must provide the devices and/or services.

## AT in IEP

- [weighted lap pads](#)
- [Sensory Chairs/Seating](#)
  - [Sensory Cushions](#)
  - [Bouncy bands](#)
- Fidgets - Sensory Kits
  - [Sensory Kit Resource Guide](#)
- [Calming corners](#)
- [Revibe Connect: Vibration Reminder Watch – Revibe Technologies](#)

## AT in IEP

- Electronic devices: ipads / tablets
  - Learning apps
  - Sensory and Self Regulation Apps
- Sensory Apps: Music, Meditation, Learning, and Play

## Employment

- Realizing trauma symptoms don't stop at work
- Using regulation techniques, sensory breaks, other tools mentioned here
- Flexible scheduling for appointments
- Set up for feeling safe
- Options for telecommuting
- Work space ergonomics meet body needs
- Supports for memory

## AT for Employment

- [Revibe Connect: Vibration Reminder Watch – Revibe Technologies](#)
- [Best Note Taking App - Organize Your Notes with Evernote](#)
- [To do list app with Calendar, Planner & Reminders | Any.do](#)
- [Any.do + Google Assistant | Any.do Help Center](#)

- [Manage Your Team's Projects From Anywhere | Trello](#)
- [Flipd - Progress Tracking App](#)
- [Asana](#)

## Resources

- [AT for Kids who Experienced Trauma Blog](#)
- [Michigan AT Loan Fund](#)
- [Legal Supports](#)
- [ACEs Quiz](#)
- [Therapy Den](#)
- [Therapist Search](#)
- [Safety Net Project - Toolkit for Survivors](#)

### PTSD and Trauma support groups and forums

- [Support Group Search](#)
- [The Best Online PTSD Support Groups of 2022 - Healthline Picks](#)
- [Top 20 PTSD Forums, Discussions and Message Boards Blog](#)
- [Sensory processing disorder parent support](#)

### Trauma Services

- [MICHIGAN COALITION TO END DOMESTIC & SEXUAL VIOLENCE](#)
- [The Firecracker Foundation](#) - provides holistic healing services to child survivors of sexual trauma under the age of 18 and their families in the tricounty area of Mid-Michigan.
- [Michigan Designated Trauma Facilities](#)
- [Community Mental Health Directory](#)

### IEP Questions or Help Resources:

- Regional parent mentor at [Michigan Alliance for Families](#)
- [Disability Network](#) in your county
- [Overview of AT in the IEP](#)