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## What assistive technology is

Assistive technology is equipment or a device that helps you complete tasks you might not be able to because of your disability. Assistive technology can help in many areas of your life, including mobility, leisure and self-care.

Having assistive technology can help build your capacity and increase your independence.

## What low-cost assistive technology is

Low-cost assistive technology costs less than \$1,500. You can usually buy it from a store or online because it doesn't need to be custom-made or modified. You generally won't need advice or set up support to start using it safely.

Even if the assistive technology is low-cost, you still need to make sure:

- it is directly related to your disability
- will help you work towards your goals
- something our rules say [we can fund](#)
- it is safe for you to use
- it is supported by evidence, for example, a recommendation from your allied health professional.

You can buy low-cost assistive technology with your 'consumables' budget. You will need to tell us what types of low-cost assistive technology you might need so we can include it in your plan.

When the assistive technology costs less than \$1,500 and it is a low-risk item, you don't need to:

- give us quotes
- evidence
- assessments
- ask us for approval before you buy it.

## **Tip: If you are using low-cost assistive technology for the first time**

We suggest everyone gets advice before buying assistive technology, even if it's low-cost. This makes sure the item is right for you. Speaking to an [assistive technology advisor](#) can help you find assistive technology that is value for money and works for you.

## **What low-cost assistive technology is like**

There are many types of low-cost assistive technology. What you need depends on your situation and goals.

Some examples include:

### **Mobility aids**

- walking sticks or canes
- four-wheeled walker frames
- short portable ramps.

### **Communication aids**

- screen magnifiers
- text to voice apps.

### **Bathing and toileting support items**

- shower chairs
- hand showers
- handrails
- incontinence alarms.

### **Household support items**

- modified eating utensils
- washing line adaptors
- talking kitchen scales
- adjustable-height chairs.

## Related information

[What is mid-cost or high-cost assistive technology](#)

[What is an assistive technology advisor](#)

[What are NDIS supports](#)

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