



# Tech Solutions Plan Overview

A Tech Solutions Plan is a place to organize current technology solutions, as well as future needs and ideas. The Plan can be categorized by life area. Use the Conversation Worksheet and input from the team to fill out the chart on the next page. For ideas, here are some examples of Tech Solutions:



## Tools & Technology

A **TOOL** or piece of **TECHNOLOGY** may help someone be more independent. For example:

1. Someone who is sensitive to loud noise uses sound reduction headphones.
2. For reminders, someone uses alarms and reminders on their smart phone.
3. Having a picture choice board on a slant board makes it easy to see and select meal options.



## Strategies

Sometimes a simple **STRATEGY** can be very effective. For example:

1. Someone who does not use speech taps their leg to show they have something to say. Their caregiver responds and says “Do you want your communication book? Or is it something else?”
2. After asking someone a question, you pause for 30 seconds to give them time to process what you said.



## Environment

Setting up the **ENVIRONMENT** could help someone do something for themselves, instead of others doing it. For example:

1. Clearing the floor of rugs and rearranging furniture can make it easier to walk independently.
2. Putting a big bowl by the front door may help with finding and remembering keys.

# Tech Solutions Plan



Tools & Tech



Strategies



Environment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Life Area	Current Solutions	Future Needs & Ideas
<b>Example Daily Living: Cooking</b>	<ul style="list-style-type: none"> <li>• Chooses recipes on YouTube</li> <li>• Uses electric can opener, adaptive knife, &amp; non-slip cutting board</li> <li>• DSP opens packages</li> <li>• DSP reminds to set timers</li> </ul>	<ul style="list-style-type: none"> <li>• Needs help with remembering clean up steps</li> <li>• Can't reach some pots and pans</li> <li>• Research automatic stove shut off options for safety</li> </ul>
<b>Communication</b>		
<b>Mobility</b>		
<b>Sensory</b>		

# Tech Solutions Plan



Tools & Tech



Strategies



Environment

**Life Area**

**Current Solutions**

**Future Needs & Ideas**

**Fine-Motor  
Access**

**Vision**

**Hearing**

**Safety**

# Tech Solutions Plan



Tools & Tech



Strategies



Environment

**Life Area**

**Current Solutions**

**Future Needs & Ideas**

**Emotional  
Regulation**

**Social &  
Relationships**

**Activities of  
Daily Living  
(ADLs)**

**Budgeting**

# Tech Solutions Plan



**Tools & Tech**



**Strategies**



**Environment**

**Life Area**

**Current Solutions**

**Future Needs & Ideas**

**Work  
&  
School**

**Recreation  
& Leisure**

**Smart Home**

**Getting  
Around the  
Community**

**Planning  
&  
Time**

# Tech Solutions Plan



**Tools & Tech**



**Strategies**



**Environment**

**Life Area**

**Current Solutions**

**Future Needs & Ideas**
