Universal Principles of Assistive Technology

Principle of **Parsimony**

"Everything should be made as simple as possible, but not simpler"

- Use the **simplest** device, system or intervention-approach without compromising benefits
- Eliminate unnecessary complexity
- There are situations in which it may be appropriate **not to use technology at all**!

Principle of **Minimal Learning**

"Don't make me think"

- Develop solutions that require **little or no training**
- Use of the technology should be **intuitive** to the user
- Motivation to complete a task should be higher than cognitive load

Principle of **Minimal Energy**

"Minimum effort means maximum comfort"

- Activities should **require little effort** and able to be performed for long periods of time
- The required **physical effort must be lower** than the motivation to complete a task
- Students should be able to use solutions **efficiently and comfortably**

Principle of **Minimal Interference**

"Stop bothering me!"

- The use of the technology **shouldn't distract the user** from the activity they're trying to achieve
- Users must be enabled to **maintain focus** on completing the task at hand

Principle of **Best Fit**

"Is it me?"

- Solution should fit the **personality** and needs of the individual to the maximum extent possible
- Technology should be compatible with **all aspects of the user's life**

Principle of **Practicality and Use**

"Never forget why you started"

- Develop a solution **they can actually use**
- Keep in mind on-going costs, transport and charging considerations

Principle of **Evidence Based Practice**

"Stand on the shoulders of giants"

- Use the best and most current research evidence
- Use a **Multi-Disciplinary Team** approach
- Get **all stakeholder** perspectives

Mike Thrussell

Available online @ accesstechnology.org.uk/blog