

Examples of Useful Assistive Technology

Assistive tech can be **such a game changer** for so many of us neurodivergent folk. It can help with the executive dysfunction challenges we may face, including with memory, organisation, focus, time management, and task prioritisation.

Here are some recommendations from neurodivergent creatives about assistive tech that they have found useful. Share this list with your neurodivergent colleagues, workers, or freelancers, or help them work through it to find resources that work for their access requirements. Many are free or affordable, and Access to Work might be able to help you with associated costs.

Transcriber Apps



Description:

A transcriber app is a tool that listens to speech and turns it into written text in real time or from a recording. It helps people who prefer reading over listening, need support with memory or processing, or want written notes for clarity.

Examples:



Otter.ai



Grain

Useful for:

- **Understanding spoken information** more easily by reading it
- **Taking notes automatically** during meetings, lectures, or conversations
- **Reducing memory load** by keeping a written record
- **Supporting processing differences**, like auditory processing challenges
- **Making content more accessible**, especially in noisy environments or for non-native speakers

Auto-Generated Meeting Summaries



Description:

Auto-generated meeting summaries are short notes made by software that listens to a meeting and highlights key points, decisions, and tasks - so you don't have to remember everything or rewatch it

Examples:



Zoom



Fireflies.ai

Useful for:

- **Quickly catching up** on what happened in a meeting
- **Reducing information overload** by focusing on key points
- **Supporting memory and attention differences**
- **Making it easier to follow up on tasks or decisions**
- **Saving time** by not needing to rewatch or relisten to everything

Task Management



Description:

Task management means keeping track of things you need to do - like jobs, chores, or projects - using tools or systems that help you plan, organize, and complete them. It can be done with apps, checklists, calendars, or reminders to make daily life more manageable and less overwhelming.

Examples:



Goblin.Tools

Useful for:

- **Staying organized** and knowing what needs to be done
- **Reducing overwhelm** by breaking tasks into smaller steps
- **Supporting memory and focus** with reminders and lists
- **Managing time and energy** more effectively
- **Building routines and creating a sense of control and structure**

Live Captions



Description:

Live captions show spoken words as text on screen in real time. They help make conversations easier to follow, especially if you prefer reading over listening.

Examples:



Caption.Ed

Useful for:

- **Understanding speech more easily**
- **Supporting auditory processing differences**
- **Reducing listening fatigue**
- **Following group conversations or fast talkers**
- **Making meetings and videos more accessible**

Note Taking Apps



Description:

Note-taking apps are digital tools that help you write down, organize, and find your thoughts, ideas, or reminders. They make it easier to keep track of information in a way that suits your thinking style.

Examples:



Jamworks



Evernote

Useful for:

- **Remembering important information**
- **Organizing thoughts and ideas**
- **Breaking down complex info into simpler parts**
- **Supporting focus and memory**
- **Creating a personal system that works for your brain**

Planning and Scheduling



Description:

Planning and scheduling means choosing what to do and when to do it. It helps break tasks into steps and build routines to make life feel easier and more organized.

Examples:



Lunatask

Useful for:

- **Making daily life more predictable**
- **Reducing stress and overwhelm**
- **Breaking big tasks into smaller steps**
- **Managing time and energy**
- **Building helpful routines and habits**

Writing Tablet/Digital Notebook



Description:

Digital writing tablet lets you handwrite notes, sketch, and annotate documents without distractions. You can organize your work into folders, convert handwriting to text, and sync with cloud storage. Its simple design helps you focus and stay creative.

Examples:



remarkable

Useful for:

- **Writing and sketching by hand** without distractions
- **Organizing thoughts** in a clear, paper-like way
- **Reducing sensory overload** with its simple, focused design
- **Turning handwriting into typed text** for easier sharing
- **Supporting creativity and idea flow** in a calm, digital space

Text-to-Speech Software



Description:

Text-to-speech (TTS) software reads written text out loud using a computer voice. It helps people who prefer listening over reading, have reading difficulties, or need support with focus and comprehension.

Examples:



Read&Write



ReadSpeaker TextAid

Useful for:

- **Listening instead of reading**, which can ease eye strain or mental fatigue
- **Supporting reading difficulties**, like dyslexia
- **Improving focus and comprehension** by hearing text out loud
- **Multitasking**, like listening while doing something else
- **Reviewing written work** by hearing how it sounds

Speech-to-Text Software



Description:

Speech-to-text software turns spoken words into written text. It helps people who find speaking easier than typing, have trouble with writing by hand, or want to capture thoughts quickly and naturally.

Examples:



Dragon Naturally Speaking

Useful for:

- Turning speech into written notes or documents
- Reducing the need for typing or handwriting
- Capturing thoughts quickly and naturally
- Supporting motor or writing challenges
- Making communication easier and more accessible

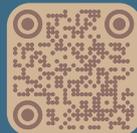
Mind-Mapping Tools



Description:

Mind-mapping tools help visually organise ideas by creating diagrams that show how thoughts connect. Letting you map out projects, brainstorm, or plan in a way that suits visual and non-linear thinking styles.

Examples:



Mind Meister Inspiration SimpleMind Pro

Useful for:

- Brainstorming and exploring ideas
- Seeing connections between thoughts
- Planning projects in a visual way
- Breaking down complex topics
- Supporting non-linear or visual thinking styles

Word Prediction Software



Description:

Word prediction software suggests words as you type, based on what you've already written. It helps with writing faster, spelling, and finding the right words - making writing feel easier and less frustrating.

Examples:



Read&Write

Useful for:

- Typing faster with fewer keystrokes
- Helping with spelling and word choices
- Reducing writing fatigue
- Supporting language and literacy challenges
- Making writing feel more manageable and less stressful

Noise-Cancelling Headphones



Description:

Noise-cancelling headphones reduce background sounds so you can focus better or feel calmer. They help create a quieter space, which can be especially helpful in noisy or overwhelming environments.

Examples:



Loop



Sony



Bose

Useful for:

- Blocking out distracting or overwhelming sounds
- Creating a calm, focused space
- Reducing sensory overload
- Improving concentration in busy environments
- Supporting comfort in noisy public places or workplaces

Reminder App



Description:

A reminder app is a tool that sends alerts to help you remember tasks, events, or routines. It supports memory, time management, and reduces the stress of trying to keep everything in your head.

Examples:



Due

Useful for:

- Remembering tasks, events, or routines
- Reducing mental load and stress
- Supporting focus and time management
- Building habits and staying on track
- Helping with transitions between activities

Writing Assistance



Description:

Writing assistance tools help make writing easier by offering support with spelling, grammar, word choice, and structure. They're useful for organizing thoughts, improving clarity, and reducing stress around writing tasks.

Examples:



Grammarly

Useful for:

- Catching spelling and grammar mistakes
- Finding the right words
- Organizing thoughts clearly
- Making writing easier and less stressful
- Supporting learning and confidence with writing