



Patient & Family Guide
2026

Access to Technology Consultative Service



www.nshealth.ca

Access to Technology Consultative Service

Many people use technology (like phones, computers, TVs, lights, and more) every day. An injury or a change in your health may affect your ability to use technology.

How can the Access to Technology team help me?

- The Access to Technology (AT) team will work with you to find a new or easier way to use your technology.
- Assistive technology is not covered by provincial government health insurance (MSI). The AT team can work with you to find and apply for funding to help with the cost.
- **The AT team may help you arrange to do things like:**
 - › Use your call bell to talk with your health care team (if you are in the hospital)
 - › Turn on lights in your home using your voice
 - › Improve the way you use your phone or computer
 - › Play video games

What can I expect?

- Your first appointment will be virtual (online) or by phone.
- You will then have 2 to 3 in-person visits at the Nova Scotia Rehabilitation and Arthritis Centre in Halifax.
- **If you cannot travel to Halifax for appointments:**
 - › The AT team may be able to meet virtually with you and a health care provider in your community.

Can I bring a support person with me to my appointments?

- Yes, you may bring a support person with you.

What are your questions?

Please ask a member of your health care team. We are here to help you.

What should I bring to my appointments?

- Bring any portable devices (devices that you can carry) that you want the team to help you use, like:
 - › Cell phone
 - › Tablet
 - › Laptop
- Bring any aids that you use, like:
 - › Glasses
 - › Hearing aids
 - › Manual or power wheelchair

What will happen at my first appointment?

- Your first appointment will take about 60 minutes (1 hour).
- We will talk with you about:
 - › What technology you use
 - › Any challenges you are having using technology because of an injury or a change in your health
 - › Your goals (what you want to use technology for)
 - › Your comfort level and experience with technology

Follow-up appointments

- Each follow-up appointment will take about 90 minutes (1 ½ hours).
- The occupational therapist (OT) will assess your abilities and strengths related to your goals. This will help them find the best way for you to use your technology.
- You will try equipment or software that may help you reach your goals.
- Together, you will make a plan for follow-up services, as needed. This may include:
 - › Trying more equipment
 - › More training sessions

Questions?

Access to Technology Consultative Service

Nova Scotia Rehabilitation and Arthritis Centre

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Learn more:

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