Helpful Tech for Everyday Challenges

Tech can ease the everyday challenges that slow us down—whether it's staying focused, reading long texts, or juggling tasks.

You don't need a diagnosis to benefit from tools designed to make work feel more accessible and manageable.

Share this resource with your team to support a workplace that works for everyone.

National Organization on Disability

5 Mindset Shifts for Inclusive Tech at Work

1 **Accessibility is not an extra.**

It is a driver for innovation. Inclusive tech often sparks creativity and new workflows that benefit everyone, not just those with disabilities.

2 **Tech should adapt to people's needs.**

Look for tools and processes that mold around diverse working styles instead of the other way around.

3 **Everyone's experience is unique.**

Don't assume you know what someone needs. Instead, invite input and collaborate on solutions.

4 **Cultivate a psychologically safe environment.**

Technology alone doesn't create inclusion, culture does. True inclusion requires psychological safety, where people can share their needs without fear of judgment.

5 **Small changes can unlock big potential.**

Simple tweaks, such as enabling captions in virtual meetings, can transform inclusion and productivity at work.