

# Assistive Technology for Shots and Vaccines

A toolkit for aiding in the vaccination of children with disabilities and special needs

Getting shots and vaccinations can be a frightening and anxiety producing event for children with disabilities or special needs. There are simple devices that may help reduce pain, help calm or sooth the child, or divert the child's attention. These devices are also effective for any type of injection or lab draw. These devices and more can be borrowed free of charge from our Easterseals Iowa Assistive Technology Lending Library.



## .....REDUCING PAIN

There are a variety of assistive technology options that can help reduce pain at the injection site. Ice, vibration, and tactile input are some examples of ways to alleviate feelings of pain.



## .....TACTILE DISTRACTION

Keep children's hands busy and divert their attention with tactile objects such as pop its, fidget spinners, or stress balls.



## .....VISUAL DISTRACTION

Focus children's attention on games, books, and other visual distractions that are fun and rewarding.



## .....AUDITORY DISTRACTION

Occupy and calm children's minds or block stress causing sounds from the office or clinic setting with auditory stimuli such as music or toys.



## .....OLFACTORY DISTRACTION

Create a sense of relaxation using different scents and smells.

Visit our YouTube channel for further explanation and demonstration of these devices. [Easterseals Iowa Assistive Technology Program YouTube Channel](#).

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