



Solutions for Living, Learning, Working, and Playing

Tools for Life, Georgia's Assistive Technology Act Program

Center for Inclusive Design and Innovation

College of Design

April 2020

Introduction and Goals

- The Tools for Life team is responding to the COVID-19 pandemic by collecting and vetting resources for individuals with disabilities in the community, as well as their family and circles of support.
- The resources in today's presentation are not meant to replace advice or instruction from a doctor or medical team. These resources are here to educate and empower. We encourage you to take this information, do further research, and share what you've learned with your medical and support teams.
- All presentations and resources are accessible and will be posted on the Tools for Life website www.gatfl.gatech.edu. We ask that you share this information with anyone that will benefit.
- We are in this together and together we are stronger. Stay safe and educated!



Contact Your Statewide AT Program



Visit AT3 Center

www.at3center.net/stateprogram

A screenshot of the AT3 Center website. The top left corner features the AT3 Center logo. To the right is a search bar with the placeholder text "search on AT3..." and a "Search" button. Below the logo is a blue navigation bar with a "MENU" icon and the text "National Assistive Technology Act Technical Assistance and Training (AT3) Center". A row of six small images shows various people using assistive technology. Below the navigation bar is the heading "Program Directory - Find Your State Program". Underneath is a link "+ Need help searching?". The main content area contains two steps for finding a state program: "Step Number 1: Select Directory:" with a dropdown menu labeled "Select Directory", and "Step Number 2: Select State:" with a dropdown menu labeled "Select State".

Your Presenters

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Groceries and Food Delivery

Groceries

- **Instacart** - shop online and get groceries from stores in your neighborhood. Same day delivery.*
- **Shipt** - bring the store to your door with same-day delivery.
- **Chewy** - order anything pet-related right to your door.



Food Delivery

- **Uber Eats** - Order from restaurants around you and track easily. Allows for contactless delivery option.
- **goPuff** - Food and drink delivery service, same day, and offers convenience store options such as paper products or over the counter medicine.
- **DoorDash** - Order from restaurants and track easily, no delivery fee, and allows for contactless delivery.

Uber **Eats**

goPuff


DOORDASH



Meetings and Team Collaboration

Virtual Meetings

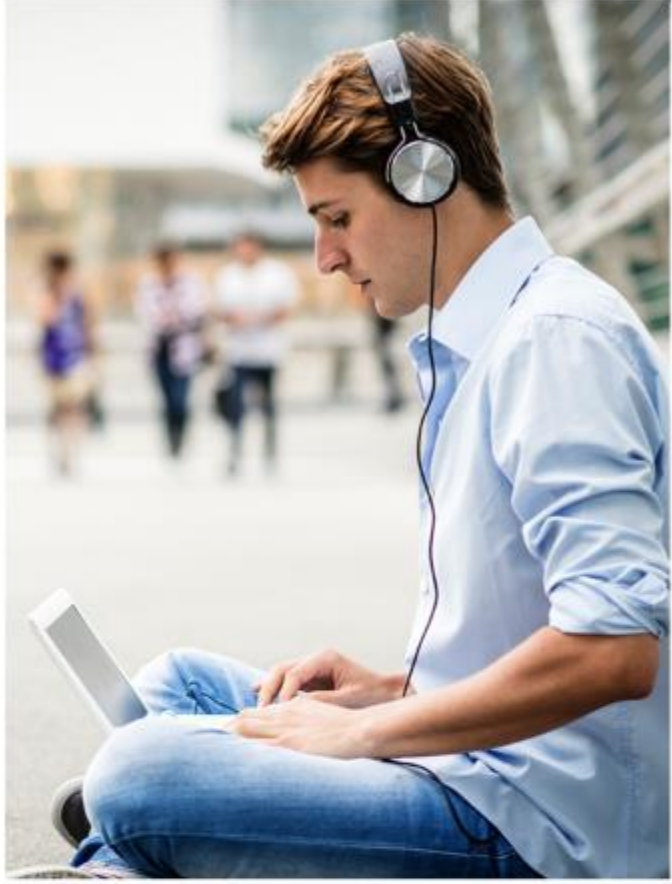
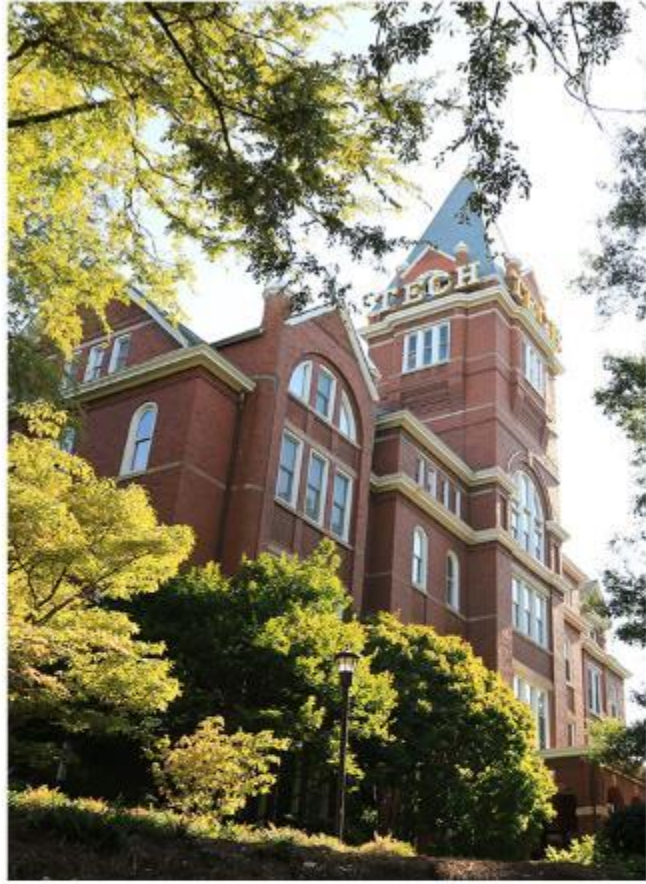
- **ZOOM Cloud Meetings** - A virtual meeting platform that allows users to message, present, and share screens from a distance.
- **Microsoft Teams** - A hub for teamwork in Office 365, Teams allows the user to store files, set up face to face meetings, and instant message.
- **Google Hangouts** - Allows the user to set up group chats of up to 150 people, also allows for voice and video calling.



Team Collaboration

- **Slack** - Use slack to communicate with your team, share files, edit files, and keep the team organized.
- **Dropbox** - Cloud storage platform that allows users to easily scan and share documents, also available offline.
- **Trello** - A visual tool for organizing that allows users to track project management, collaborate on ideas, and set reminders.





Virtual Recreation

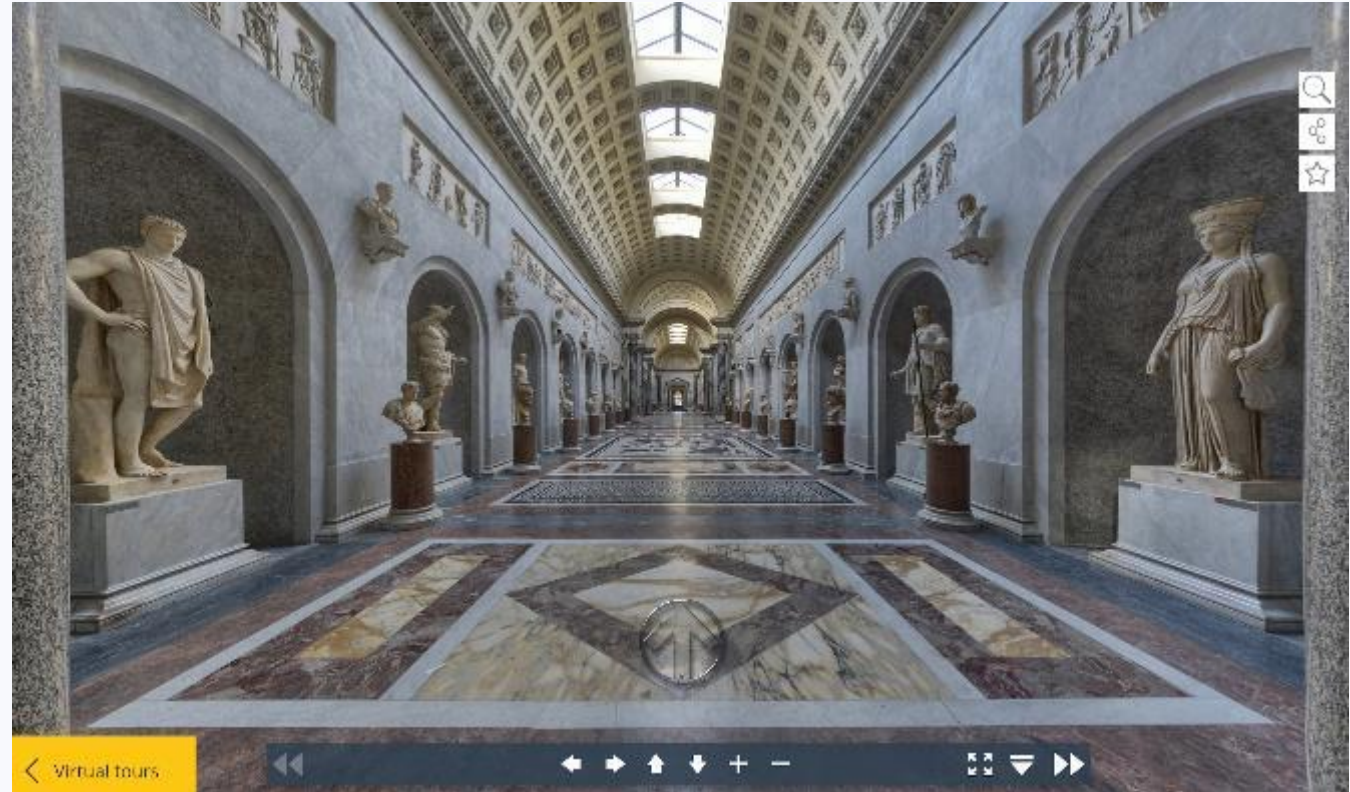
Many National Parks are offering virtual tours
Enjoy opportunities to see sites and learn new things from the
comfort of your location!



https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200318

Museums & Zoos

- Explore History
- Explore Art
- See Animals
- Many of these allow you to turn the camera in 360 views



<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Plays and Musicals

Broadway HD

- See Broadway productions
- Broadway actors
- Offering 7-day free trial



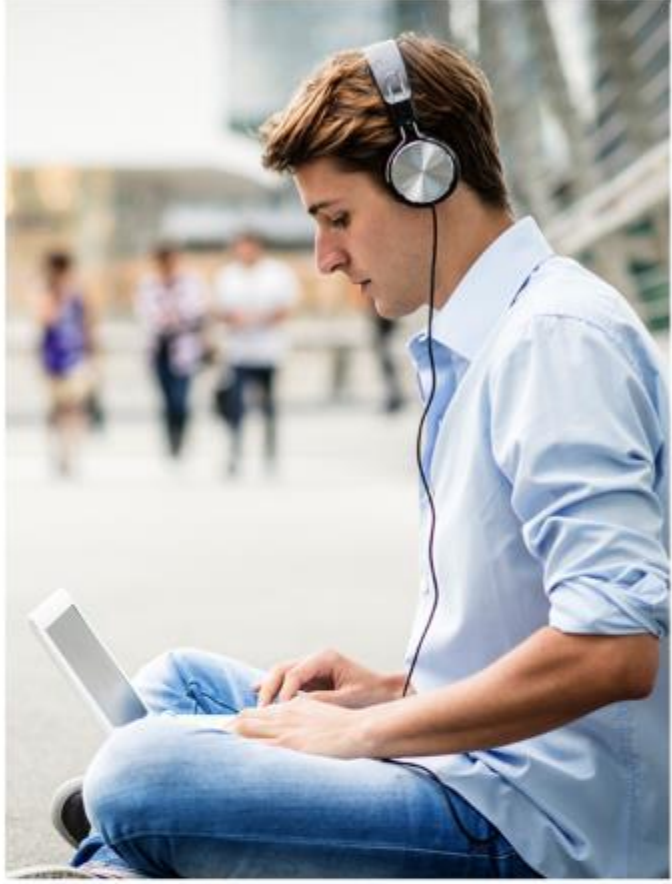
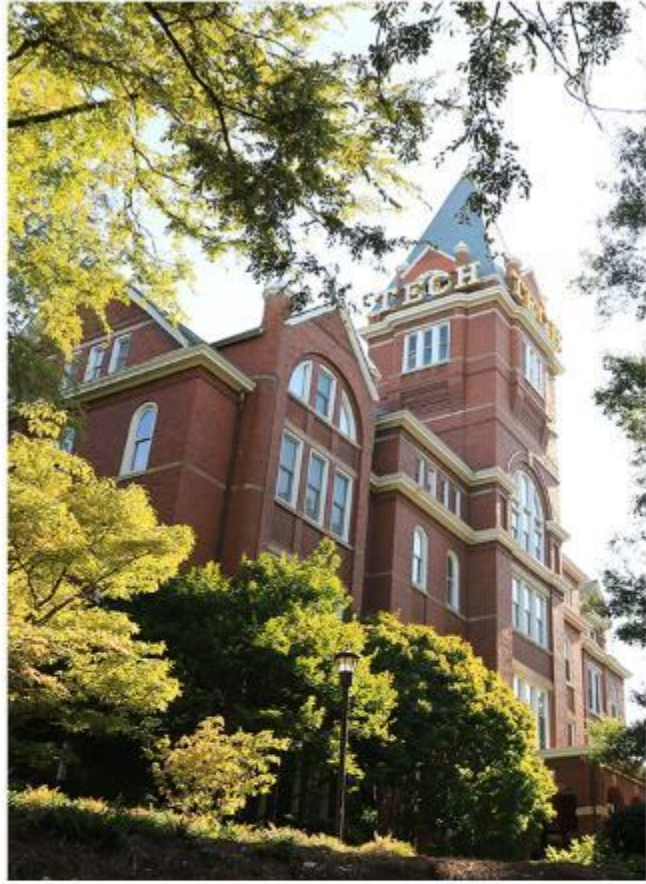
<https://www.broadwayhd.com/>

Free Board and Card Games

Play live with others!

- Bridgebase.com
- Microsoft.com
 - Uno with Buddies
- Trickstercards.com
 - Spades
 - Hearts
 - Pinochle
 - Euchre
- Pogo.com
 - Monopoly
 - Yahtzee
 - Scrabble
 - Risk





Software Solutions

Free Limited Time Software

- Some companies are offering free use of their products to use for the next few months.
- Helpful for online school work and remote working
- Freedom Scientific
 - JAWS
 - ZoomText
 - FUSION
- ReadSpeaker
 - webReader
 - TextAid



Software



- Crick Software
 - Clicker 8
 - ClickerWriter
 - DocPlus
- Dolphin
 - SuperNova
- Kurzweil
 - Kurzweil 3000





Preventing Eyestrain and Fatigue

Reduce Eye Fatigue

- An abundance of digital activity can cause strain on your eyes.
- Blue light coating can help minimize eyestrain and provide a more comfortable experience at your computer.

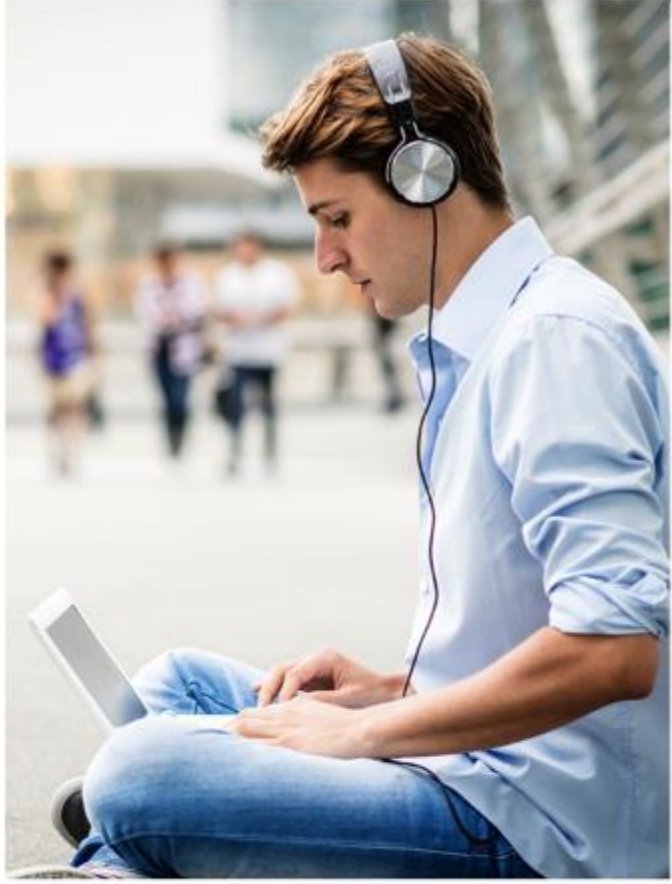


- **Peepers**
 - Blue light, anti reflective coating, UVA coating, fashion selection
- **Bunnyyez**
 - Bluelight
 - Stems are adjustable so can be used when laying down
- **Zenni Blokz**
 - Variety of coatings

Tips for Eye Fatigue

- Minimize glare and reduce ambient lighting (external and internal)
- Adjust ambient lighting to be about half as bright as that typically found in most offices
- Personalize text size and colors
- Blink more often
- Use lubricating eye drops
- Limit screen time





Reduce Stress and Anxiety

Virtual Therapy

- Ask for Help
 - Facebook Chats
 - Online Groups
- Check with your current therapist or doctor
- Many available:
 - TalkSpace
 - Betterhelp
 - Psychhub.com
 - Child Mind Institute



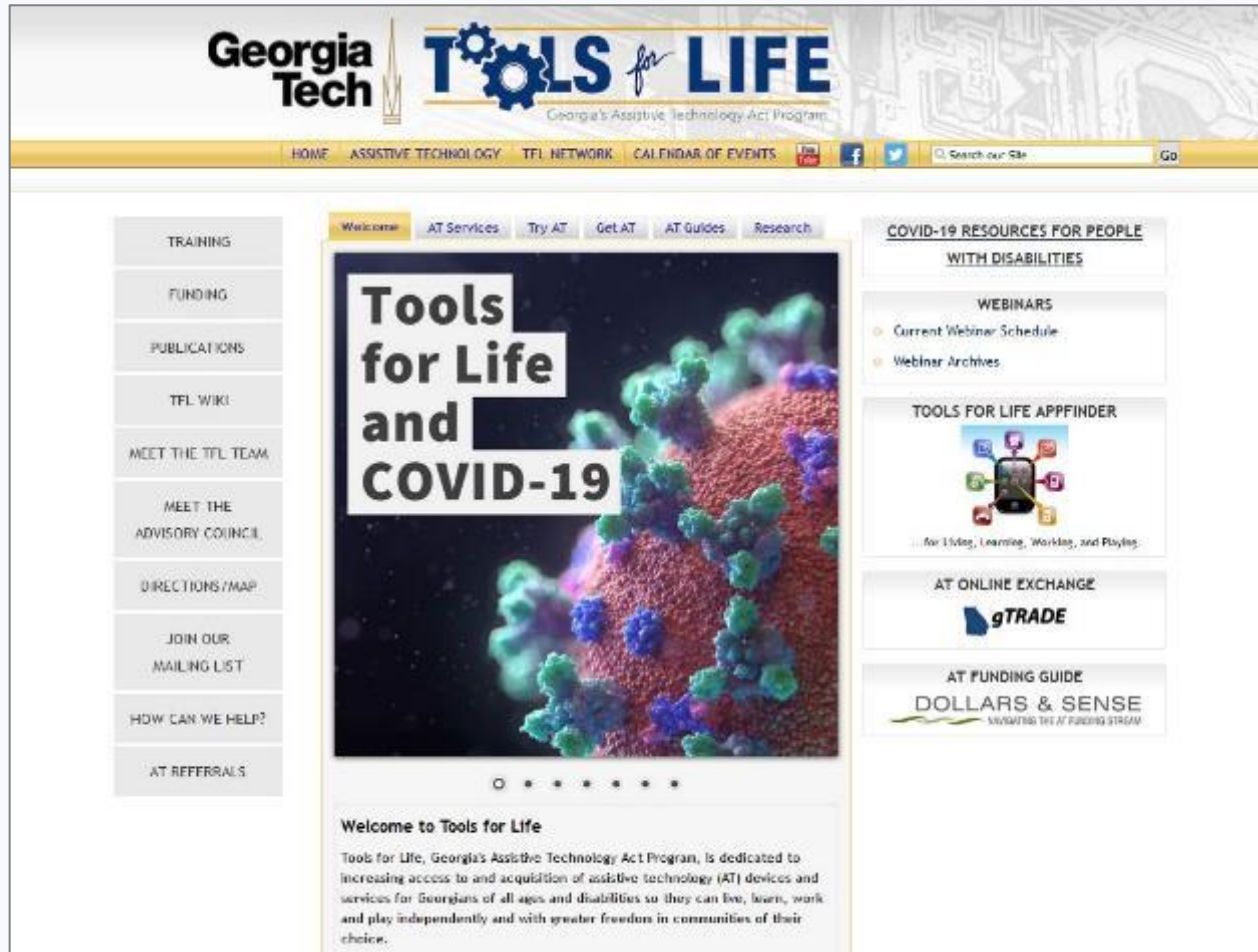
Remain Calm

Find ways to keep calm and positive using these calming and meditation apps.

- **Calm**
 - Two-week free trial
- **Headspace**
 - Weathering the Storm
- **Greatcourses.com**
 - Yoga
 - Tai Chi



COVID-19 Resources for People with Disabilities



The screenshot shows the homepage of the Tools for Life website. At the top, there is a navigation bar with links for HOME, ASSISTIVE TECHNOLOGY, TFL NETWORK, and CALENDAR OF EVENTS, along with social media icons for YouTube, Facebook, and Twitter, and a search bar. Below the navigation bar is a main content area with a large banner for "Tools for Life and COVID-19" featuring a 3D model of a virus. To the left of the banner is a sidebar with a list of links: TRAINING, FUNDING, PUBLICATIONS, TFL WIKI, MEET THE TFL TEAM, MEET THE ADVISORY COUNCIL, DIRECTIONS/MAP, JOIN OUR MAILING LIST, HOW CAN WE HELP?, and AT REFERRALS. To the right of the banner are several sections: "COVID-19 RESOURCES FOR PEOPLE WITH DISABILITIES", "WEBINARS" (with links for Current Webinar Schedule and Webinar Archives), "TOOLS FOR LIFE APPFINDER" (with a smartphone icon and the text "for Living, Learning, Working, and Playing"), "AT ONLINE EXCHANGE" (with the gTRADE logo), and "AT FUNDING GUIDE DOLLARS & SENSE" (with the tagline "MAXIMIZING THE AT FUNDING STREAM"). Below the banner is a "Welcome to Tools for Life" section with a paragraph of text.

[https://gatfl.gatech.edu/tflwiki/index.php?title=COVID-19 Resources for People with Disabilities](https://gatfl.gatech.edu/tflwiki/index.php?title=COVID-19%20Resources%20for%20People%20with%20Disabilities)

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Disclaimer: Produced by Tools for Life (TFL), which is a result of the Assistive Technology Act of 1998, as amended in 2004. TFL is a program of the Georgia Institute of Technology, College of Design, Center for Inclusive Design and Innovation (formerly AMAC Accessibility) and was made possible by Grant Number H224C030009 from the Administration for Community Living. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.