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
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.
• **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.
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!

Museums & Zoos

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

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

- **Bunnyeyez**
  - 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

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Center for Inclusive Design and Innovation (formerly AMAC Accessibility)

Georgia Institute of Technology

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