

CDC Cat 3 Webinar 1
Apps for Safety & Independence
2:00 pm - 3:00 pm
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Welcome everyone so glad that you are joining us today. Good to see so many people on, we will get started at 2 o'clock eastern, in about three minutes.

MODERATOR: Welcome everyone. We are so glad you are with us today. We will get started in about two minutes.

>> Welcome everyone. We are so glad you are with us today. We will go ahead and get started. We have a lot of good information to share with you. I want to make sure you have time to listen to all great information we are going to be sharing.

>> Our topic today, this is very exciting series we have going focuses primarily on COVID-19, getting information to you so you can help spread. This is focusing on apps to promote independence and safety. A lot of you all have requested this topic in particular. Thank you for great idea. We have some solutions we will be sharing with you.

>> We move to next slide. I have great pleasure of introducing you and welcoming Danny Housley who has presented on this and so many other topics when it comes to looking at safety and independence, and specifically around COVID-19. He's awesome member of our team along with Ciara Montes. I will give another shout out to Ciara, she's person who has taken our app founder and has grown it exponentially. A lot of you have provided apps for us. Please know we are open to that. This is really about collective brilliance. Danny, will you introduce yourself.

>> DANNY HOUSELY: Good afternoon, I'm Danny, AT Acquisition Manager.

>> CIARA MONTES: Hi everyone I'm Ciara Montes, AT Support Specials for Tools for Life. I work a lot with one-on-one with clients providing loans demonstrations, and evaluations.

>> And you do such a great job with all of that.

>> CAROLYN PHILLIPS: I'm Carolyn Phillips, Director of Services and Education for Tools for Life. We also have Cassandra who will be helping us when it comes to American Sign Language as our interpreter. We also have Lorea Spicer who is helping and providing awesome captioning. We believe in nothing about us without us and making our education as accessible as possible. Feel free to point out as we move forward.

>> We have awesome team that's created this series. Thank you to Sam Peters and Tori Hughes. I will turn over to Liz.

>> LIZ PERSAUD: Hi everybody. My name is Liz Persaud. Just a couple of quick tips for today's session. Just want everyone to know we are recording today's webinar. This and Power Point will be made available to everyone and anyone who wants to view recording. As Carolyn mentioned, we

practice what we teach and captions are available in Zoom by selecting show [Inaudible] or you can click on this link in Streamtext if you need to show captions. I need to remind people, if you are not actively speaking, please mute your microphone so folks can hear all of our presenters and awesome information.

>> Please, if you have comments or questions feel free to put in chat. We will be reading all day long. There is opportunity for you to use your opportunity, and also to use the raise your hand feature. We will be doing that at the end of today's presentation.

>> Also want to let folks know continuing education credits are available for this webinar and any others that we offer. This webinar is approved for CEU's by [Inaudible]. If you are interested in receiving CEU's or CRC's please send e-mail to here. Training at gatfl.gatech.edu training at [Inaudible] eligible participants will typically receive credits between two to three weeks after live webinar. Just reach out if you have any questions moving forward. With that I will turn microphone back over to Carolyn.

CAROLYN PHILLIPS: Thank you. We are enjoying sponsors CDC this webinar series is made possible due to funding from them along with CDC Foundation helps mobilize philanthropic and private sector resources to support the Centers for Disease Control and Prevention's critical health protection work.

>> Life does look a lot different for folks as we continue to navigate through this. We want to be timely and get this information out to you when it comes to staying safe. There is a lot of apps a lot of people don't realize is in their pocket, on their computer, built into different platforms that can help you and other folks that you care about stay safe. We are thrilled that you joined us today to learn information. We would love to hear from you if you have apps that can connect with others, decreasing socializations, shopping in [Inaudible] environment and ways we can relax. We do have learning objectives, also be able to access accessibility features with organizations and decrease stress on multiple levels during this COVID-19 crisis and discuss two apps that can assist with mindfulness.

>> We are here at CIDI, there's whole cycle of research and education that informs practice and informs policies that's great place we get to work in, that includes our braille services, captioning, E-text producers, assistive technology team which you will hear from.

This is Assistant Technology Program, Tools for Life. A lot of members of our team you have just heard from. Tools for Life is funding through HHS, and HC . Our project is really mission focused and really tied to law. It is focused on making sure we can increase access to assistive technology devices for all Georgians so everyone can learn to play independently with greater freedom of their choice.

>> There's image here my colleagues from Tools for Life doing another presentation. I just love image of that. This is in my office at Georgia Tech. Danny take it away.

>> DANNY: We really want to make sure everybody has good foundation. We want to start by covering what definition of assistive technology is, this is part of definition that comes directly from AT Act: It is any item, piece of equipment, or product system, whether acquired commercially, off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of a person with a disability. It can be something designed for that individual, something related to their disability or something

improvised. That definition is intentionally broad so nothing is disqualified. It really allows individual to decide what is going to work best for them to increase their independence. With this definition it often leads us into what is right AT? We have a coffee mug with, "It Depends ". This is not often solution people want. I have visual disability, and what works well for me may not work well for someone with this diagnosis. You really have to rely on making connect and finding out from individual what it is and letting person choose what is going to work best for them rather than taking fits all approach.

>> Right here we always like to talk about working towards goal. That's very important, especially with finding technology solution. You really want to dig down and figure what are barriers you are facing, what's tool. This is individual who is getting ready to walk across bridge and they are holding missing piece and moving to their goal.

>> When we talk about being prepared, especially with AT for disaster. Blue Skies day is where everything is great, when there is not a storm or pandemic or something going on. You want to make sure you are getting ready for before something happens. We want to make sure we are prepared before it happens. It is important to check your assistive supplies regularly, maybe you don't use that power chair, but you want to make sure it is charged, not overcharged. Having a plan, or contact strategy that you have a plan for people important in your life. Exploring your options ahead of time, not waiting until something hits before you actually know what your assistive technologies are. Knowing what your high-techs are that you know. Know what your local agencies and emergency servicing, being in contact with them and knowing their numbers and who you can reach out to. Keeping important documents so you know what you need to grab. If there's natural disaster and you have to evacuate, you need to make sure you have access to things like social security card, birth certificate, those things are ready do go.

>> When we look at assistive technology, one of things required is battery. Making sure your items are charged from get go, so you are not starting off with 20% battery, making sure there's low tech solution as back up, making sure things in bag that you can tell somebody to use to take place of high-tech solution, and having laminated inventory, schedules or equipment. This is good for medication equipment and also that if you have schedule you can adhere and clearly state to someone what medications you are on. This is picture of battery pack or mobile pack.

>> We are going to delve into some of these apps. I will turn over to Ciara and talk about our app data base.

>> CIARA: Thank you Danny. Tools for app, we have data base. You can search by price, category, operating system, Chrome extension, we have link to our app below, it is really awesome. We are constantly updating it. If you ever have any apps that you would recommend to us, please give us those recommendations.

>> The first app we want to talk about, we use at Georgia Tech. This is available for iOS and Android, it is NOVID. It determines if you have been in contact with someone that may have been exposed to COVID-19. It uses ultrasound. It relies on community to use. At Georgia Tech we are using because faculty and staff are all in relative close contact at times. We want to make sure that you do have a head's up to notify about if someone has tested positive. Had you been in touch with them, it would even tell you how long, which is important.

>> Next up, for current information we do have CDC app. Here you can go and find current information, there's newsroom portion. You can get data where things are currently standing with outbreaks that they are tracking. If you don't have this app, I do recommend. It is very good and informative. I do check it.

>> Another useful app is from American Red Cross. This is their first aid app, image to right is their logo. They do have COVID-19 highlight. It focuses on preparedness. Like I said, you want to be prepared. This is about building up that knowledge. You can find local hospitals. They also have quizzes to test your knowledge on things like basic first aid, what to do in event of various kind of emergency. This is free app, very useful for helping you plan and helping you plan your knowledge of that preparation.

>> FEMA is another great app to keep track of. You can set alerts where you are living, where a family is living, loved one. They have tips for preparing this and access, and you can look at what are some of those different items that you may want to stock up on, to have supply on, things like how much water you need per person per household. You can also set your emergency meeting place. If you have friends and family all connected to that, you can show where you meet up. If you have to evacuate, if everybody is going to go, where are we going to meet up.

>> There's also tips for risk mitigation for responding to disaster, as well as list of shelters with some of different area's highlighted, getting tips, receiving alerts and updating and sharing your disaster document.

>> Weather apps are very important when it comes to getting ready, prepare and keeping yourself informed. Here it says hyper local is best. That means not really just your county, but more of your city or even your neighborhood. Sometimes this relies on individual to provide update on weather that's going on. We do have icon to right. We will go over each. First is Weather Underground, this relies on individuals to give updates, is it raining, hailing, as well as other things like NOI, and satellite.

>> To right we have Dark Sky, this is one that's under Apple app uses, that currently as well as some of other more popular one. Hurricane Hound is one that's specific to hurricane, if you are in area with hurricane it can help you with tracking and what level and trajectory of that storm.

>> Finally, if you want a little bit lighter humor there's fun app, Dark Sky and Carrot Weather does have some in app purchases, but core functionally of live tracking weather is free. Don't forget your built in apps on your smart phone, everyone; Windows, Apple, Android, Blackberry.

>> Danny, I am so glad you are going through all of those. I know we had surge, request and need for sheltering during this time of COVID-19, preparing during this time for all of these major storms. I am so glad you are going over this. So good.

>> Thank you, this is one of these area's that people don't want to think about in time of emergency, but you will be so glad you did.

>> You're right, but navigating it now, when we are practicing social distancing. The 3 W's.

>> Next is communicating, that's multiway street. Sometimes it just means being able to get information. That is why we start with optical character recognition. Sometimes people who cannot [Inaudible] optical character apps can be life saver. What this does, OCR, what it is constantly abbreviated with, it scans and reads text out loud. One of best options you could get was paid app

that was \$100. Now we see a lot of innovation coming out when it comes to this type of functionality. Some of apps can do handwriting. That used to be big barrier for individuals. I work a lot in blind community, there were lot of problems, you were given something handwritten and you had to have somebody read it to you. App to read corresponding to it.

ICE came out on Microsoft, it is fastest iOS app I have ever used. You can get idea what is area going to look like. I took picture in airport terminal, and it was able to tell me there were people with suitcases and it was crowded. There's currency reader, and can do handwriting. Tap tap See. If you have a can, it can tell you whether that can is [Inaudible] or cat food.

>> Finally there's KNFB reader app, that National Federation of the Blind came up with. It is \$100. You can do long or short text, multiple pages, you can also do some object identification and currency as well.

>> Next we will turn it over to Ciara.

>> CIARA: For ICE Medical Standard. That allows us to put your health and emergency contact information on live screen of our cell phone. It is available on Android and Apple devices. They also have auto feature, should you be in accident you can put information to your auto insurance. They have different code colors. If you are someone high risk, they have red for high risk, yellow for medium, and green for no risk at all. Very useful app if you cannot communicate, and have certain disability and something is going on.

>> Ciara, I know you turned me on to this app and I sent out to several folks a while back. I heard just last night someone needed to go to hospital with communication issue and it really did help. I want to say thank you for that. That helped with timing for this.

>> CIARA: Later on we will discuss ICE, kind of bracelet that can be used for people who have communication troubles too.

>> Next up, we have Emergency Chat. This is focused on person who is experiencing sensory overload or melt down. With this what can happen, people with autism or other intellectual disabilities they experience such sensory input that their speech shuts down. They are still communicative but just can't [Inaudible]. It is basic text app, you can change font and background. It is something that can help person who is overwhelmed, but they can still text and express themselves to do things like finding emergency contact and family members, and even maintaining their medication schedule with a person. It is useful app and it is free.

>> CIARA: This is Ciara to talk about some of options with live captions.

>> That gives mean of communication if someone is English proficiency, there's couple of different options and software that use live captioning. It is usually AI, so usually computer generated. It is not like how we have captioner on this presentation actually writing and doing captioning. Some options are Google live transcribe and I believe is available on Android. Ava is very person who is see live transcription.

>> Another software with live captioning is Microsoft Team. Some video call options, that's important for people to stay connected so you can see people in person. A lot of phones have automatic video calling, whether you are on iPhone with face timing or Google Hangouts on Android. There's video messenger, Skype, Blue Jeans and all telework too.

>> Now I will talk about apps for touch free shopping. That's super useful for people who may not be able to go to grocery store. Some of apps we

are going to talk about may not be available in all area's, just depends on where you are, it may be good to check. Some good ones are Instacart, Shipt, Chewy. I know you don't want to pick up a bag of 30-pound dog food you can have delivered to your door.

Food delivery. I am advocator of this UberEats, GrubHub, DoorDash, Postmates.

>> As Ciara mentioned, often times barriers are quite different for urban v. rural, especially when it comes to delivery services. Often times you can call in. If you are in urban area you can have curb side service, but they may not be able to deliver. It can be internet access that's barrier. If I go to South Georgia there's vast swab of state where I have no reception. Food access, we have a lot of food deserts. Across country there is not always a lot of access to grocery, pharmacy. I know if you are in Wyoming you think how much time to get to next town. And your neighbors, where are your closest, and how will you get in touch with them.

>> Service, just recently we had a lot of winds in Georgia. My power was knocked out. People who were 10 miles away were looking at power outages for days up to week. If you look at things like internet coming back, or if your water is interrupted those outages can extend more for rural locations.

>> Those are such good points Danny and Ciara thank you. The other thing we continue to hear when it comes to touchless shopping, just building on what Danny was sharing and what Ciara was talking about, when they go to store they do need to use some of those apps, like Tap Tap See, and CNI, ways to avoid having to touch everything, any ways we can help. A lot of folks in community have asked for those supports.

>> Next we want to look at hardware and software combination that can help improve safety independence. Built in accessibility that exists, many computers come with built in. It did not always used to be this way. It came from people wanting access and companies making access for people with disabilities to have it in consumer base. Most have screen ware built in. For Apple it is called VoiceOver and for windows it is Narrator. They use commands and gestures as well as keyboard to navigate computer nonvisuals. So person with limited or no sight can access their computer, check e-mail, browse web and do all of things anybody else is able to do.

Screen writer software is not just for individual with visual disability, people with learning and others with [Inaudible] disability will also use it. Sometimes people need multiple forms of input, that's one way of getting that. Also, you have display accommodations that come built into most operating systems. You can do things like changing contrast, making it higher, color filter. That can be basically filter that goes over your display digitally. For me, I turn on red filter, because it helps create contrast for me that's idea for me to view things on my phone. You can have different options for different kind of color blindness's. You can make sure they are getting full experience on screen with those options.

>> You also have solution for zooming in on screen, whether it's whole or partial magnification. This can act as virtual magnification. For me I do whole magnification, which can make people sick if they are watching my computer, because I am zooming in and out all the time. You are also seeing more voice control options built in. Computers are having more commands where you can tell it to operate your mail application or close. You can even

dictate messages, that's very popular on global device. It does give you more freedom if you cannot hold a mouse, have fatigue. You can switch to having [Inaudible]

>> Finally video calling capability, people often don't consider this accessibility feature, but for people doing sign language it is really important. It is also good way to keep up with friends, family and loved ones for good connection.

>> I do want to talk about some of features on Apple Watch. This is device I use on daily basis. Recently they added hand washing app. Once you turn on water and start wetting your hands to get soap timer will start. If you have sound on, you will hear timer going down. Once you get to 20 seconds you will get sound coming on. Good thing about this, you don't have to do anything, you don't have to actively start timer, it will do it on it's own. This is really good for someone with intellectual disability that needs that extra reinforcement.

>> Hard fall, if you do have a fall and it detects, you have 60 seconds to respond that you are okay. If you don't respond in 60 seconds it will automatically call emergency services and send text message for your designated contact. This is good for people prone to falling or just want more safety. When it comes to people, we have seen many people who are hiking and falling and can contact emergency services.

>> It also has SOS feature. If you are going down street, don't feel safe. You can hold button down and it will call emergency services. You can also use Siri, it is good for hand's free usability. If you have a flood alert in your basement and water starts rising, it will give you notification. Getting these alerts to phone, if you have connected bluetooth, braille display that will come up so you can read what alert is on your device. Here's image of person washing hands and Apple watch counting down.

>> Another feature that just came out this week is distance alert. This is something only for the iPhone 12. This uses light. It is going to be built in. It is part of magnifier and iOS, you get tactile [Inaudible] to determine distance person is from you. If I am in grocery store this sensor will alert me if somebody is 6 feet away. If they are closing in on you, you will hear a different set of tone and get a different vibration to let you know someone is moving to you. If you are looking at the screen it will also give you arrow pointing to people and showing their distance to you. It is very cool and timely feature. It is only for these iPhone promodels. It is really cool feature. I am glad they made it a part. You will see this sensor is going to be useful along line. You will get things like interior navigation and lot of environmental feedback. I am excited to see where this goes just beyond distance.

>> All right, EpicID, this -- anything you can imagine can go on this thing, including pictures, phone numbers. It is USB, device, waterproof, fully adjustable, you can cut band to make smaller. It is Mac and PC compatible

>> We mentioned earlier looking at low tech solutions when it comes to having a back up. We have four images here. On opposite side you will have alphabet and numbers. On this one you have pronouns, such as where, when, who and why and different features. These are customizable. You have some that's standard, you can mix it up and make your own board. If battery is running low, you can switch and use communication board. Right is info graphics you can put in your house, maybe you have someone, a little one, somebody intellectual [Inaudible]. So you have wet, get soap, rub, rinse, dry.

Again, you are having access to that information from your image. It is not overwhelming and gives you just information you need to accomplish that task. Having a way to organize your pill, this is like morning, noon, night. You can have one of these packed in case something happens. You can grab that and go and have your medication ready. Lower right hand corner we have binocular, little mini telescope, if you are trying to see name of street, something in distance.

>> Smart home solution can make a really big difference for someone's safety. In upper left corner you have smart pod and Google device. A lot of people have these, love them, use for playing music, getting news and also controlling smart devices. To right we have device called flood sensor. You can put under your home, basement. Neat thing about it, if it detects water rising, it will send prompt to phone, also it can turn light blue. So again, flood sensor will help somebody who is blind, deaf, blind to access that light. You can also have your smart lights attached. If you are deaf or hard of hearing it will flash light when doorbell rings, give one alert if somebody is at back or front so person who is deaf will know which door to go to.

>> On right is carbon monoxide detector or smoke alarm. Again, it will send alert to your phone to let you know where device is going off. It has high frequency alert for people hard of hearing, and also have light for people with hearing disability.

>> Smart devices can work to make home and even office a little more accessible and accommodating.

>> Thank you Danny and Ciara. I am so glad you brought up medication and [Inaudible]. There are so many people who have gone through and recovering from COVID-19. I was just talking to somebody the other day who is having a hard time managing medicine.

>> As we are wrapping up, really mindfulness and relaxation. We will move on to next slide. Actually Ciara turned me on to Calm. Thank you Ciara.

In April when I started looking at this along with 40 million others there's free verse, along with breathing exercises, meditation, sleep. It has web browser or app, so multiple ways to access that. We will move to next one, Smiling Mind, this was developed by psychologists and educators. It gives a wide range for ages. This one does go against life span, it is free and helps to manage disruptions in routine, which we know is happening a lot in COVID-19.

>> We move to next slide, Buddhify, another cool app out there. The thing different to this, you can actually set timer. You can connect to your watch. You can tell if you are starting to get stressed and then it will actually help you with realtime, okay, let's relax and do some meditation, all of that. They are pretty sophisticated in some of classes they have. A lot of people who have used, along with other apps we recommend, this one has been successful for a lot of folks.

>> I have a Zen garden, a real one. When I was in Japan I was like I love these. I came back and put one in my yard, there's virtual ones. You can get into that space of Zen and it's free.

>> We will move to next slide to Ciara who will bring it home.

>> CIARA: Balance is available only on iOS, but supposed to come to Google Play Store soon. They have 10-day plans that teach you your [Inaudible] they have plans for people who just need to take a break. It is subscription based. I believe you can pay monthly or yearly. They have

different meditation plans for where you are at. If you are someone at the beginning you can start there. If you are someone advanced they will give you longer meditation tools.

>> Just white noise and relaxing tools, there's a lot of apps available for this. I have picture of dome for sleep. It basically creates a baseline sound. You can do this with smart phones. Pandora has one too.

>> Healthy browsing is a Chrome extension that reminds users to drink water, blink and get up and walk around. It is just kind of these little tool bars, and you can set reminders based on increments that you want. It is only available in Google Chrome.

>> Thank you so much Ciara. We do have some resources. We will move to next slide. Check out great information our CDC has available, also partnership for inclusive disaster strategies and FEMA.

>> If you have a question you sure can ask us now. This is just image of our Tools for Life team just so you can get in touch with us and know that we are here definitely to help. We absolutely want to hear from you and what else needs to be created. Some of things that have been specifically created because of COVID-19 comes out of community. If you have specific app and want to share with us, we will be happy for you to share word. We do want to hear from you.

Thank you you all for participating today. Danny, anything you want to say as we wrap up, or Ciara?

>> No, I think I talked enough.

>> You did great.

>> Thank you all for being here. Any questions that anyone has?

>> None have come through chat as of right now Carolyn, but we can wait just a couple of more minutes to see if anyone chimes in.

>> Do you mind talking about survey, and how we are going to be doing Tori?

>> Absolutely. We do have a survey to get your input on today's webinar as well as anything in future. I will add that link to our chat in just a moment. You are welcome to click on that to what you did like and did not like. We are open to any feedback that you have for us so we can improve our webinar.

>> Thank you. I am getting questions and comments now. Thank you all for positive feedback. Thank you so much, thank you so much Cassandra and also Lorea Spicer, thank you so much. You all take care, stay safe and let us now how we can help. Bye.