Striving and Thriving in a Plug and Play World

Martha E. Rust MS CRC ATP
Tools for Life
www.gatfl.org
www.amacusg.org
“Sometimes I just cry”

“I hate being different!”

“My [mom, dad, brother] does my homework”

“I can’t do this!”

“I’m so frustrated”

“I hate school, its not fun for me “

“Why is this so hard for me?”

“I like Math and Science- less reading”

“Is there anyway that homework doesn’t take me 4 hours after school”

“I don’t know anyone like me”

“I know what I want to be when I grow up but it doesn’t matter because I can’t do the schoolwork”

“I’m just stupid”
My sister Nancy
• Knows her study habits
• No study groups
• Completely quiet/ music
  – Noise reducing headphones
• Laptop
  – Software
• Surface Pro/ Kindle
  – Software
• Samsung phone
  – Apps
• Scientific Calculator
Kevin

- Has Cerebral Palsy
- In 2nd Grade
- Dysgraphia
- Used a laptop
- Used a Communication Device
- Heavy!
- Lots to carry!

Picture used by permission
Agenda

• Understanding the Difference between Android & Apple
• Closer Look at Tablets
• Considering Accessibility
• Access the Tools For Life AppFinder
• Exploring a Few of Tools for Life Favorite Apps
• Future of technology
AMAC Accessibility is a social change organization on a mission to create affordable services for governmental, private and non-profits organization working with individuals with disabilities. Services include e-text, braille, captioning, assistive technology, office management software and consulting.
AMAC creates practical solutions that work, with a focus on utility, ease of use, and high quality.

- **Accessibility Consulting** focuses on organizational accessibility needs with evaluation, technical assistance, customer support, and website accessibility solutions.
- **Braille Services** produces customized projects from both print materials and electronic text including partial books and chapters or graphics only using cutting-edge technology.
- **Captioning Services** makes classrooms, meetings, labs and other audio environments fully accessible for deaf or hard-of-hearing.
- **Professional E-Text Producers** provide high-quality e-text in many formats such as PDF, DOC, DAISY, and HTML.
- **Certified Assistive Technology team** provides on-site and remote assessments, demonstrations, training and technical assistance for education, work, and daily living environments.

For more information, please visit our website at [www.amacusg.org](http://www.amacusg.org)
Tools for Life Mission

We’re here to help Georgians with disabilities gain access to and acquisition of assistive technology devices and assistive technology services so they can live, learn, work, and play independently in the communities of their choice.
Tools for Life
Georgia’s Federal AT Act Program

• TFL developed Georgia’s Plan for AT
• We serve individuals of all ages & all disabilities in Georgia
  • Over 50,000 thru various activities throughout the year
• TFL Network
  • Assistive Technology Resource Centers
  • Lending Libraries
  • Training and Demonstrations
  • AT Reuse
  • AT Funding Education/Assistance and Resources
• Online Resources
  • www.gatfl.org - 12,000 unique visitors a month
Technology Changes Fast

- June 2007 - 1st iPhone
- Sept 2007 - 1st generation iPod Touch
- October 2008 - 1st Android phone sold
- April 2010 - 1st iPad
- 2010 - Google launched its Nexus series of tablets and smartphones
- 50 billion downloads!
Welcome Class of 2026!

2.8 Million school age children have a Disability
- Ages 5-17
- Majority will need accommodations for school
- Census 2010

What does mobile technology mean for schools?
Schools

- Cheaper assistive technology
- They already know how to use
- Opportunities for Inclusion
- Promotes depth of learning
- Million of Apps
- Portable
- Like to use
- Equal access in educational settings
Schools Jump On Board!

- Gibbon Fairfax Winthrop High School in MN
  - 1st non college/university school to purchase iPads to students
- Positive response from students
  - “They’re easy to work with. I can do so many things with them instead of shuffling books and papers in my backpack.”
  - “Easier to take notes”
- By 2014 Los Angeles County all students will have an iPad
  - 30 million dollars

http://www.macgasm.net/2010/04/20/first-u-s-high-school-to-buy-ipads-for-their-students/
Which One???
Android & Apple
So how do you like that new iPad?

http://www.youtube.com/watch?v=R6WuHzE-1fk
LET'S TAKE A LOOK AT SOME OPTIONS
Microsoft Surface

- Windows 8
- Slim and has a USB port
- Moveable Tiles
- Built-in Accessibility
  - Speech-to-text
  - Narrator
- Thin pressure sensitive cover that doubles as a keyboard
- Starts at $349
Samsung Galaxy Tab 3

- Android System
- 7, 8, or 10 in screen
- Camera
- Micro card
- Wi-Fi
- USB for computer
- Some built-in accessibility app
  - Download others
- Starts at $199.99
Nook HD

- eBook Reader and mobile tablet
- No Camera
- Access to shop both Google Play Store and Barnes and Noble
- Purchase apps
- Starts at $129
Kindle Fire HD

- eBook Reader and mobile tablet
- Front facing camera
- Access to Amazon apps
- Free cloud storage for Amazon purchases
- Purchase Apps
- 7inch or 8.9 inch screen
- Starts at $199.99
Apple iPad

- Multi-touch screen
- New iOS 6
- Millions of apps
- Surf web
- iTunes
- Videos
- Organization
- Accessibility
- Books
- Photos
- Speakers
- New iPad had 5.0 megapixel camera
- Starts at $499/$399

Height: 9.50 in
Width: 7.31 in
Depth: 0.37 in
Weight: 1.44 lb
Apple iPad mini

- Multi-touch screen
- New iOS 6
- Millions of apps
- Surf web
- iTunes
- Videos
- Organization
- Accessibility
- Books
- Photos
- Speakers
- 5.0 megapixel camera
- Starts at $329

Height: 7.87 in
Width: 5.3 in
Depth: 0.28 in
Weight: 0.68 lb
Apple iPod Touch

• 5 Megapixal Camera
• Millions of apps
• Videos
• Surf Web
• Voice Over
• Organization
• Speakers
• Bluetooth
• Variety of Colors
• New iOS 7
• Starts at $299 / $199 4th gen
Refurbished Tablets

- If you do not need the latest and greatest consider an older models for a discount
- Want to make sure that refurbish tablets have been certified
- Look for at least 1 year warranty
- Many places now sell
  - Apple
  - BestBuy
  - Amazon
CONSIDERING ACCESSIBILITY
## Comparing Tablets

<table>
<thead>
<tr>
<th>Property</th>
<th>Android</th>
<th>iOS</th>
<th>MS Windows</th>
<th>Amazon Kindle</th>
<th>Barnes and Noble Nook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number and variety of Tablets</td>
<td>Over 11,000</td>
<td>iPad and iPad mini</td>
<td>Several</td>
<td>Kindle Fire and Fire HD</td>
<td>Nook HD</td>
</tr>
<tr>
<td>Operating System</td>
<td>Android (Jelly bean)</td>
<td>ios7 (Sept 18, 2013)</td>
<td>Microsoft Windows 8</td>
<td>Modified version of Android ICS</td>
<td>Modified version of Android- Microsoft bought 2013</td>
</tr>
<tr>
<td>Apps</td>
<td>860,815 (AppBrain.com updated 9/13/13)</td>
<td>900,000 with 375,00 optimized for iPad/mini (mobileburn.com updated June 2013)</td>
<td>104,917 (winbeta.org updated July 4, 2013)</td>
<td>50,000 in Amazon App store also shop in Google Play Store (theverge.com updated August 2013)</td>
<td>10,000 in Barnes and Noble and have access to Google Play store (barnesandnoble.com updated August 2013)</td>
</tr>
<tr>
<td>Software Updates</td>
<td>As it becomes available on Google</td>
<td>Apple releases updates</td>
<td>MS releases updates</td>
<td>Amazon releases updates</td>
<td>Barnes and Noble releases updates</td>
</tr>
<tr>
<td>Interface</td>
<td>As designed by manufacturer</td>
<td>Icons and widgets designed by Apple</td>
<td>Metro style designed by Microsoft</td>
<td>Modified version of regular Android</td>
<td>Modified version of regular Android</td>
</tr>
</tbody>
</table>

[www.bluebugle.org](http://www.bluebugle.org) updated by TFL 2013
Layout of the iPad
Built-in Accessibility Features

- VoiceOver
- Zoom
- Large Text
- Invert Colors  
  – (white on black)
- Speak Selection
- Speak Auto Text
- Mono Audio
- Assistive Touch
- Guided Access
- Home-Click Speed
- Switch Access
- Braille Displays
VoiceOver

- Standard feature on iPhones, iPads, and iTouches
- World’s first gesture-based screen reader
- DOES NOT WORK WITH ALL APPS
  - Does not work with many eBooks or textbooks
  - Works with built-in apps
- Built-in voices that speak 36 languages
- Adjustable speaking rate
- Echoes each character as you touch it when typing or can speak completed word instead.
- Speak Auto-text
- Has the rotor
- Works with all built-in applications
Helpful tips for VoiceOver

- The Rotor
  - Virtual control
  - Rotating 2 fingers on the screen like a dial
  - Changes the way VoiceOver (VO) moves through a document based on setting
  - Can use to navigate through web pages
Zoom & Invert Colors

• Zoom
  – Magnify entire screen of any application
  – Double-tap with 3 fingers
  – Can magnify 100%-500%
  – Now work with VoiceOver on!
    • iOS 6 September 2012

• Invert Colors
  – Reverse video effect works in all applications
  – Can be used with Zoom and VoiceOver
More Features

• Tactile buttons
  – Easily discernible buttons

• Large Text
  – Increase font size up to 56-point text in alerts, Calendar, Contacts, Messages, and Notes
Assistive Touch

- Lets you enter Multi-Touch gestures using one finger or stylus
  - Create custom gestures
- Supports the use of adaptive input devices
  - Headsets and switches
- Change Tracking Speed
Creating Keyboard Shortcuts

• Go to General => Keyboard and make sure Shortcut is turned on
• Go to Add New Shortcut
• Put in your Phrase
• Create Short Cut
• Example:
  – Phrase : Martha E. Rust, MS CRC ATP
  – Shortcut is: MER
  – So when MER is typed it will put in the above Phrase
  – OMW => On My Way!
Reader for Websites

- Read articles and web pages without distractions
- Clutter disappears
- Add link into Reading List and finish later
Guided Access

• Helps remain on task and focus
• Limit to one app / turn off home button
• Restrict touch input on certain areas of the screen
New iOS 7 Features

- September 2013
- Automatically turn on captioning and subtitles
- Fingerprint Security – iPhone 5
- Switch Source under Accessibility – Allows user to control devices by head movement
Surface

• 2 types
  – RT
  – PRO
• RT
  – Cannot download software
  – Does not support digital pen
  – Built in MS Office
    • Word, PowerPoint, Excel
• Pro
  – 30 day trial of MS Office
  – Ability to download software
• Open 3 Windows
• Tiles
  – Start screen
• Charms
  – Right hand side
Layout of Surface

- Power Button
- Camera
- Speaker
- Micro USB
- USB
- Charger

On Left Side
  - Speaker
  - Headphone Jack
  - Volume control
Accessibility of Surface

- Uses Windows 8
  - Ease of Access
- Narrator
- Magnifier
- On-Screen Keyboard
- Windows Speech Recognition
Some Surface Apps

• Maluuba
  – Personal assistant app

• Apollo
  – Can be a calendar
  – See when the sun sets and rises

• Barcode Generator
  • Free way to create your own barcodes
Layout of the Nook HD

- Volume
- Head phones
- Power
- Home Key
- Charger
Nook HD

- Download Books and Movies
- Access to Barnes and Noble Store
- Access to Google Play Store
- No Camera
- Does not read books out loud

- Note taking features
- Can Change:
  - Font
  - Line Spacing
  - Text Size
  - Background color
Kindle Fire HD

• Download Books and Movies
• Access to Amazon
• Front Facing Camera
  – Skype
• Can Read Books out loud
  – If book has this feature enabled
  – Check on product details page
  – Whispersync for Voice
  – Immersion Reading

• Can Change:
  – Font
  – Line Spacing
  – Text Size
  – Background color
Layout of the Kindle Fire HD

- External Speakers
- Power Button
- Charger
- Headphone Jack
Android Device Fragmentation

July 2012: 3,997 Different Android Devices

July 2013: 11,868 Different Android Devices


Ben Satterfield
Android Version History

Android 1.5  Cupcake
Android 1.6  Doughnut
Android 2.0  Eclair
Android 2.3  Gingerbread
Android 3.0  Honeycomb
Android 4.0  Ice Cream Sandwich
Android 4.1  Jelly Bean

Android 5.0  Key Lime Pie ???

Ben Satterfield
Android Tablets

- Accessibility features are not built in
  - Talkback, Kickback, and Soundback
  - Gesture Feature in Jellybean
  - Eyes - free keyboard
  - IDEAL Web Reader for internet
  - No zoom or contrast right now
- What operation system is tablet running
  - Jellybean, Ice cream sandwich, Honeycomb, Gingerbread
- Google Play Store to buy apps
  - Must have Gmail address
  - Can use Amazon gift cards
- Not the best to use with someone who has low vision and/or blind or cognitive disabilities
**Samsung Galaxy S4**

- **Air Gesture**
  - sensor at the top of the device, allows you to answer calls just by waving your hand
  - browse through photo albums and web browser tabs by using left and right hand gestures

- **Air View**
  - preview photos in an album, for example, by hovering any one of your fingers a few centimeters above the screen

- **Smart Stay and Smart Scroll**
  - Uses your eyes
  - Pauses when you look away or continues to scroll following your eyes
Accessible Android Apps

- Big Launcher- icons look darker and text is larger
- Vlingo Virtual Assistant and iris. (alpha)- voice command apps
- Text to Speech Toy- Text-to-Speech
- Eyes-free keyboard
- IDEAL web reader
- Code Factory - Mobile Accessibility Suite for AT&T users
  - 12 different apps / 30 day free trial -$99
- www.androidaccess.net
TFL AppFinder

Search by:

- ✔️ App Name
- ✔️ Categories
  - Book
  - Education
  - Environmental Adaptations
  - Hearing
  - Cognition, Learning, Developmental
  - Navigation
  - Personal Care and Safety
  - Productivity
  - Communication
  - Therapeutic Aids
  - Vision
Welcome to Tools for Life

Tools for Life, Georgia’s Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

Tools for Life and the TFL Network work collaboratively together to accomplish our mission through:

- AT Demonstration
- AT Evaluations and Assessments
- AT Funding Options & Education
- Access to the TFL AT Lending Libraries
- AT & Durable Medical Equipment Reuse
- AT Training (Individual)
- AT Training (Groups)
My Favorite Apps

You searched for: Learning, Cognition, and Developmental

<table>
<thead>
<tr>
<th>Logo</th>
<th>Name</th>
<th>Category</th>
<th>Device Type</th>
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</thead>
<tbody>
<tr>
<td><img src="logo.png" alt="Tango Video Calls" /></td>
<td>Tango Video Calls</td>
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<td>iOS</td>
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<td><img src="logo.png" alt="i-promt" /></td>
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<td>Learning, Cognition, and Developmental</td>
<td>iOS</td>
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<td>iOS</td>
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<td>iOS</td>
</tr>
<tr>
<td><img src="logo.png" alt="Say Text" /></td>
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<td>Learning, Cognition, and Developmental</td>
<td>iOS</td>
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No Ratings

WEBINARS

<table>
<thead>
<tr>
<th>APR 18</th>
<th>Free for All Resources for Teachers and Students</th>
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<tbody>
<tr>
<td>APR 24</td>
<td>Assistive Technology and Adapted Recreation: A Perfect Match</td>
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</tbody>
</table>

Current Webinar Schedule
Webinar Archives

APP FINDER

...for Living, Learning, Working, and Playing.

AT ONLINE EXCHANGE

gTRADE eTRADE... Georgia's Online Equipment Exchange, encourages members to offer AT and DME for sale or donation to others who may benefit from using technology unneeded by others.
SelfControl

- Free Mac Application
- Allows you to block access to websites
- Distracting websites
- Timer
- Works even if turn off/on computer or delete application
Cold Turkey

- Free application for PC
  - donations
- Blocks distracting websites
- Add additional website
- Set timer
  - Keeps track of time even when asleep
  - 10 mins up til 1 month
SOME OF OUR FAVORITE APPS!
Apps for Writing and Reading
Types of Reading Apps

• There are over 27,000 reading apps and over 500,000 books and publications

• Active Reading Apps
  – Studies show that comprehension improves by 38%-70%
  – Defined as eyes are on the screen following the words
  – Highlighting of words, sentences, and paragraphs

• Passive Reading App
  – No pictures
  – Usually synthetic Computer Generated Voices/ VoiceOver

  – Therese Willkomm
Voice Dream

- Text to Speech
- Highlights as it reads
- Import
  - Bookshare
  - Dropbox
  - Gutenburg
  - Word Doc
  - PDFs
- Buy different voices
- Change rate of speed
- Download for later reading
- $9.99
• News read to you by real people
• Make a playlist of articles
• Download to listen to offline
• Upgrade to premium for $3.99/month
• Free
BARD Mobile

- Access directly to the National Library Service for the Blind and Physically Handicapped (NLS)
- Must be registered
- Settings
- Can use with braille display
- Free

http://www.loc.gov/nls/find.html
WebReader

- Text to speech technology for reading web page content
- Web pages can be read as soon as they are loaded or use Cut, Copy, & Paste to read only sections of webpage
- Highlights as it reads text
- Speaking rate control available
- $1.99
Say it & Mail it Pro

- Email voice memos
- Attach pictures
- Set preference to start recording as soon as app opens
- Add location
Voice Pad

- Record lectures
- Tag the audio with notes
- Tap the audio tag next to the note to recall exactly what was said during which a specific note was taken
- Free
iWriteRead

- TextHelp
- No internet needed to use
- Text-to-speech
- Word Prediction
- Phonetic Spell Checker
- Homophone and Confusables Checker
- Dictionary
- Picture Dictionary
- Customizable Background and Text Colors
- Choice of Voices and Fonts
- Importing and Sharing documents
Voice Reader

- Copy and paste text into the app or drag text in using iTunes file sharing feature, then play back or email the resulting audio file.
- 32 Voices to Choose from
- Can open PDFs and Text Files
Talk Text to Voice

• Convert text to voice using the Text-to-speech engine on your smartphone
• Allows importing web pages directly from the browser to listen to them
• Can also import selected text from other apps
Ginger App

• Free
• Grammar and Spell checker
• Personal Assistant
• Use it to correct text messages, Whatsapp messages, Gmail and Outlook emails, and even social media apps such as Facebook
Dragon Dictation

- Voice Recognition
- Free
- Dictate notes, emails, Twitter, and Facebook
- Supports many languages
- Cut, Copy, Paste
- Android
  - Dragon Go!
  - Dragon Hands Free Assistant
AudioNote

- Records your notes, meetings or lectures
- Can take notes by typing, stylus, or drawing
- Time stamps so you can go directly to where you want to hear
- Highlights notes when read back
- $4.99
FBReader TTS+ Plugin

- Free
- eBook Reader
- Text-To-Speech plugin for FBReader for Android
- Can highlight whole sentences or paragraphs
- Change settings for voice and download voices
Perfect OCR

• $3.99
• Uses the built in camera to scan documents
  Edit, copy, store, email documents
• Upload to online storage is as Evernote
• Does take practice for picture
Reading Apps

- **Learning Ally**
  - DAISY
  - Membership required
  - over 75,000 audiobooks, audio textbooks, and other recorded books

- **Audible.com**
  - Over 100,000 titles
  - Works on both Android and Apple
  - $7.00-$22.00 per month
iScroll

- Free!
- Word-for-word narrated audio by real people
- Adjustable reading speed without pitch distortion
- Visually fast-forward and rewind through synchronized text
- Search eBook text and Audio by keyword or phrase
Read 2 Go

- Documented Disability
- DAISY eBook reader for iOS.
- Control over visual choices for font size and color, background and highlighting color, and text-to-speech preferences.
- Features word-by-word highlighting for multi-modal reading.
- App - $19.99
Reading Apps

• Free Books
  – Free
  – Over 23,000 titles
  – Audiobooks

• Newspaper
  – Free
  – Newspapers from 150+ countries
  – Over 20,000 newspapers

• Overdrive Media Console
  – Free
  – Must have library card
  – Download ebooks and audiobooks on the go
ClaroSpeak US

- Text-to-Speech
  - import documents and PDFs into ClaroSpeak from apps such as Mail, or import PDF, Word, Pages and other files directly from Dropbox using
- Change font and color
- Save text as an audio file
- Visual Tracking
- Send Text
FREE

Turns Android phone into a digital magnifying glass with built-in flashlight

Can use gestures anywhere on the screen:
  – Double-tap: Zoom out/in
  – Single-tap: Focus
  – Long-press: Turn light on/off
Catch Notes

- Free
- Capture ideas instantly with voice, photo, and text notes
- Use online AND offline on your mobile phone or tablet
- Share checklists to collaborate on to-do lists
- Set reminders
ThumbPad

- Type with your thumbs on the iPad as you do on the iPhone
- Adjustable keyboard
- Customizable
  - Adjust key width
  - Height
  - Spacing
- $3.99
Brevity

• Word Completion App
• Automatically add words if not in list
• Remembers how often you use words and offers the most frequently chosen options to you first
• E-mail Support - Send e-mails from directly within the application
• Text Message Support
• Remove misspelled or unwanted words
• Set prediction font size and window transparency
SwipeIt and Swype

- Swipe across the keyboard to type words instead of tapping each key

- Free
- .99
Story Patch

• Create your own picture book
• Hundreds of included images
• Ability to import pictures
• Easy to use
• $2.99
USA Today

- Current Events
- 3rd grade reading level
- Save and read for later offline
- Breaking stories
- Free
Apps for Math
Everytime I see a math word problem it looks like this:
If I have 10 ice cubes and you have 11 apples. How many pancakes will fit on the roof?
Answer:
Purple because aliens don’t wear hats.
Mathmeeter

• 56 different math missions.
• Each mission has touchable objects floating in space
• Missions range in difficulty from even/odd numbers all the way to square roots
• Free or .99
Talking Calculators

Simple Talking Calculator
• Can do percentages
• Square-root
• Square and Cube
• Big buttons

Talking Calculator HD
• Hear numbers on the screen
• Works for someone who may have a vision loss
MyScript Calculator

- Use your handwriting to write any arithmetic formula
- Write and calculate mathematical expressions in with no keyboard
- Scratch-out gestures to easily delete symbols and numbers
- Portrait and landscape operation
- Redo and undo functions
Money Counter Calculator

- iPad only
- Enter amount of coins and dollars and total is provided
- Free
Apps for Organization
Idea Sketch

• Mind and concept mapping
• Create flow charts
• Brainstorm ideas
• Convert flowchart to text outline and vice versa
• Free
iHomework

- Keep up-to-date with your school work, grades, to-do's, teacher's information

- School organizer that can be with you anywhere you go, whether that be on your iPhone/iPod touch, iPad, or Mac
Picture Scheduler

- Create visual tasks with attached audio, video or picture
- Tasks can have alarms
- Alarms can be repeated daily, weekly, monthly or you can select specific weekdays
- Tasks can be organized into categories with a picture
- Can hide task and reveal later
• Free
• Keep track of your cash and credit cards
• Pay your bills
• Real-time alerts and reminders about upcoming bills, overage charges, and suspicious transactions
• Understand your debt
MyMedSchedule

- Keep track of medication
- Reminders
- Refill Reminders
- Healthcare Provider Profiles
- Insurance Information
- Allergies
- Works across Platforms
- Free
- www.mymedschedule.com
• Use Bump™ to share contact information and photos by simply bumping two phones together.

• Just open Bump, hold your phones, and gently bump your hands together

• Free!

Demo
Reminders

• Built-in App
• Works with VoiceOver
• Organize your reminders
• Siri if have iPhone 4s or 5
• The new iPad
Bread and Milk

- Keep up with your grocery list and menus
- Shopping cart cost estimate
- Red "badge" on home screen icon as a reminder
- Arrange aisles in the order of your grocery store.
- Share your shopping list via email
Apps for Navigation
HopStop

- Get detailed subway, bus, taxi, walking & biking directions along with official transit maps, a nearby station finder, and schedules in 100's of cities throughout the US, Canada & Europe
- Biking routes available
- See how many calories you have burned
- Wheelchair and stroller accessible routes
- Works with Voiceover
Favorite Navigation Apps

- **Around Me**
  - Identifies where you are
  - Lists what is around you
  - View route to place from where you are
  - Add information to contact list

- **Talk and Drive Waze**
  - Operate your map applications simply by talking
  - Launch the application, say your destination
Navigon North America

- Voice guided directions for driving and walking
- GPS runs in background to save battery life
- Day and night modes
- Text-to-Speech
- Route Planning function
- $39.00 Apple
- $59.99 Android
Apps for Relaxation
Breathe2Relax

- Portable stress management tool
- Detailed information on the effects of stress on the body
- Instructions and practice exercises to learn the stress management skill called diaphragmatic breathing
Pandora

- Free internet radio
- Create custom stations based on genre
- Free
iZen Garden

- Choose from 100s of objects, plants and creatures to place in your garden
- Rake the sand and share your creations
- Helps you to center your mind, relax your psyche and relieve your stress
Future

• Evening out the playing field
• More school Bring Your Own Technology (BYOT)
• The Future is Contextual
  – GPS apps
  – Ads on Internet
  – Smart watches
  – Social Media
    • Proust.com
A way for you and your family to share and preserve your memories, one question at a time.
The Iowa Program for Assistive Technology (IPAT) helps Iowans find out about and get the assistive technology (AT) they need as part of their daily lives to learn, work, play, and participate in community life safely and independently.

IPAT serves Iowans of all ages with all types of disabilities, including persons who are aging.

AT includes items that individuals use to assist them in daily activities, such as canes, wheelchairs, communication devices, hearing aids, keyboard alternatives, learning software and vision aids.

Go to our Services page to learn more about what IPAT has to offer or see the links to the left.

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When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.

Confucius
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