We've got people arriving hello

everyone as you join us is smart Walker

here from abilitynet everyone you're

joining us for a webinar called free and

low-cost software it's part of our tech

solutions for disabled people working

and studying from home I should have

added in there because we're going to

cover some study stuff today so as you

join if you could tell me where they

could hear me can use the Q&A box you

might have to find a Q&A button on your

control bar and then in the questions

and answers if you could just mention

that you can hear me that's distinct

from the chat so chat and Q&A for me at

my end I'd rather you were using Q&A as

much as possible just just to ask

questions and to tell me things as going

along unless that's not working in which

case tell me in the chat box that you

can't use the Q&A but ideally Q&A is

where we keep a record of the whole call

we can record all of the details that go

into it and later on as we're asking you

questions or your asking questions we've

actually got a record then and which we

can go back through afterwards and pick

out useful links and so on so thank you

to everybody there's a lot of you in

there saying thank you yes i I'm not

going to say thank you very great and

this doesn't seem to be yeah you're all

muted somebody's asking about being

muted you're all attendees which means

that you're muted so that we don't get

any problems with feedback and other

things but you can use the Q&A to ask

questions and hopefully that's fully

accessible as well so thank you

everybody for doing that and I hope

you'll understand look at the number of

participants we've got it about 90

people in already we had about a hundred

and seventy sign up so I'll give it a

little bit longer and then we'll get

going I guess the other thing I should

check with you is can you see the

captions clearly on the screen sometimes

they get chopped off in some resolutions

um can you just somebody let me know

whether they can see the captions yes

can see thanks Joanne and we will check

it when we do the captions the only

other thing we'll check is the weather

the other people are panelists can be

heard clearly and for those of you who

have been on our webinars before we

don't have a human doing our captions

today we have a robot which is built

into PowerPoint so I will just say if

there's anything that it isn't clear to

anybody who's relying on the captions

then just let us know in the can just

reiterate anything it does depend on the

sound quality and you know our ability

to speak clearly that seems like I'm

doing okay for the time being but of

course there may be times when somebody

says something that isn't clear so just

let me know in the key of a yes as a

standard feature of PowerPoint somebody

just asked it's I'm gonna have to turn

the caption off to show you

so hopefully that won't confuse anybody

if I just click out of PowerPoint the

actual show in slideshow option always

use subtitles is an option in the actual

software it's just in a PowerPoint slide

and when I come back into the show the

subtitles are now run automatically the

only problem we have with this is we

means we can't show you any web sites or

other content outside PowerPoint it only

runs when the slides are play I'm sure

it will be mentioned in next week's

session which is called how to run

accessible online meetings but this is

just for us the challenge is that we

have to stay in PowerPoint now to get

the pet captions to work whereas if we

have our live captions we can run them

over the top of any content including

video which is probably won't pick up is

it similar option

Acrobat not for live transcribe I don't

think like that it is it is in teams if

you're using teams then you can switch

on live captions and clean teams right

I'm gonna get going we've got five

people on the call today

there's myself mark Lizzie say hello

make sure you're like oh yeah

Adam come here you hi just check-in we

can the captions worked great

and addy I know Eddie's not doing the

call Eddie's offering something else I'm

Robin hi Robin I spell your name wrong

way can we hear you Robin Robins hi guys

I tried the spacebar to current to

temporarily unmute it didn't work so I

had to find the keystroke combination hi

guys

okay well the good news is the

translations popping up like they're the

captions so today is part of a series of

webinars were running that were calling

internet live we've run we run a big

sort of get together last week where we

were really looking across a range of

topics just to see what questions that

were out there it was really helpful

we had a 670 people sign up for a thing

so it's a big event for us in terms of

numbers joining in we've reviewed the

types of topics that people are

interested in I will just run through

briefly the source of things we're

hoping to cover in subsequent sessions

but it's really all about disabled

people having to work from home or study

from home many of whom won't be doing

won't be familiar with that and also the

people who work in the workplace with

them the colleagues and and support

lecturers and others that came last week

about the types of tools that you could

be using to connect with them so the

number one topic and as I say we're

going to run something about this next

week it's hard to run accessible online

meetings and Microsoft is going to help

us with that there are lots of features

in Microsoft to enable accessibility and

we'll have others as well but that in

particular people using Microsoft tools

will find lots of features in there that

you may not be aware of today we're

going to look at freeing low cost

software we're going to cover

topics in a quite a broad way and

hopefully provide you with some tips and

some places to look for free help mental

health and anxiety is a topic that's

popped up in a number of times and we

may wear around something specifically

around that although it is mentioned

today again top tips for home set up we

had the lots of different ideas about

how to do you get your kit set up

properly your laptop or your keyboard

and other things we will probably delve

into that and more deeply in another

session and in legal issues for

employers the place to look for this

first before we get to it really because

we're not specialists in this is the

business disability forum is doing a lot

of work around advice for employers and

they've got some they ran a webinar last

week and they're running other events so

for you they're open to non-members but

I think they haven't a strict limit on

the numbers of people who can attend so

have a look at the business disability

forum and we can try and answer some

questions about that today but that

isn't an area that we know a lot about

so so today session free and low-cost

options as I say we've mentioned we

called the event working from home but

actually lots of people came in from

aichi institutions last week as part of

our network and we're aware the students

will be equally potentially challenged

trying to study from home depending on

what's happening with their courses at

the moment many of them will be

continuous for as I understand it some

fall we're looking at things that are

always free and also special offers and

things that aren't that expensive so it

isn't just free stuff there are some

things that will cost some money in here

but looking at top tips and apps that

we're aware of that we would be prepared

to recommend that can help with lots of

things so just before we get into that I

just want to mention a couple of things

that we're doing in terms of support

from abilitynet

you may not know but we have a network

of volunteers around the country over

300 now who can go into people's homes

and help them with their setup if

they're disabled and particularly a lot

of older vulnerable people um they're

not allowed in people's homes at the

moment of course so we're looking at how

we develop our remote services to

provide them with

they need we're doing webinars about

those on a Tuesday there's a series of

webinars running on Tuesdays it's the

future I need you and April looking at

lots of different aspects of supporting

all the people involved with people in

their homes and we're working with Age

UK and care for the carers on that so if

that's of interest please look at my

website under a abilitynet live and

you'll find those webinars but loads of

free resources in the form of fact

sheets we're just launching a new

service which is working from home

review which is a light touch assessment

service from that's what we would call

it but a half-hour call just to check in

on someone who's working from home and

feeling and they need some support and

extra help that's launching next week

but you can see some details up there

now at abilitynet daubed at UK / WF h -

review we're still doing DSA assessments

for anyone who knows what those are

students who are eligible for DSA can

access those online and we are offering

them online our accessibility services

continue as they were we're doing lots

of testing and reviews and audits for

customers we expect that to change

somewhat depending on how those teams

are working you know in those customer

bases but you can request our services

and we have currently working at how to

do online user testing for example and

then finally we do have some services

specific to Aichi we can do a headline

review and look at Digital Inclusion

issues so business as usual to some

extent for us in particular focus

obviously I'm trying to reach out and

help people who are in their homes and

looking for help with their technology

and then in this case people are working

from home or studying from home trying

to pick out where the disability issues

there are not being picked up by other

advice and which is being shared so I'm

gonna hand over to Lizzy Lizzy can you

tell us a bit about your work and the

tech demo days that you typically

deliver for us yes I post with partner

universities take demo days where we go

over free and low-cost apps around study

but as we've been doing those and the

more we've been doing we realized that a

lot of the apps that we talk about cross

over and not just helpful for students

in their study

but helpful for everybody in in their

day-to-day and working lives and so we

break down our demos into different

areas usually which we've kept as they

are still relevant for in the workplace

so we look at apps to help with focus

note-taking an organization time

management and then mental Health's in

these particular set of demos and we're

gonna do the same today great thank you

so leaders take us away you're going to

cover four areas I think onion so yep so

we'll start with focus note-taking

organization in general time management

and then mental health okay so with

focus so we often find that usually what

people say they struggle with

particularly with regards to focus is

getting in the right mind frame to work

in the first place

once they are in the right mind frame to

be able to stay focused not getting

enough work done which is normally

because of procrastination and

distractions getting distracted so and

then just overall feeling like they

might not have achieved anything in

particular after their working session

is finished still building this slide

okay so the first apps that I want to

talk about our background noise

generation apps and so people often find

that they can't listen to particular

words they don't like to listen to music

but they also don't want to work in

complete silence because it's not what

they're used to especially if they work

in a large office where there's lots of

background noise going on all the time

and so these apps are just some

background noise generators that don't

don't make anything in particular just

some general noises so coffee tivity as

the name would suggest has background

noises of a coffee shop so you just hear

general murmurings and

clattering of some cups and saucers and

things but it's just enough to sort of

break up that silence that you're

probably not used to if you spend most

of your working life in a busy office

and then you're restricted to your home

where you might be on your own and then

another big one for focus as we said

with procrastination and distraction so

these apps are what they call content

blockers and the forest' app is for

phones and tablets and what you do is

you set up a time for which you want to

concentrate so you set it for an hour

and it completely blocks access to your

phone and it will grow a little tree in

the over the hour that you're not using

your phone and if you tap on your screen

or try and enter your phone while within

the hour well it's going the tree the

little tree sapling dies it's yeah it's

very sad some people don't don't care

that they kill trees but it's and then

cold turkey is a web-based version of a

content blocker and so you download the

extension from the website and what you

can do is you can set up cold turkey to

block specific web pages the specific

amount of time so you might need access

to the Internet to do your job

so you don't want to turn your internet

off completely but you don't want to be

on you know your Facebook page every

every five minutes so you set your

content blocker on the web on cold

turkey to not let you on facebook.com

for an hour and it won't let you on

there either so just a quick mention on

this one the forest app is one of the

chargeable ones on iOS so if you've got

an Apple device it's gonna cost you

$1.99 for that one if you're all Android

it's free and then another great method

for focus is called the Pomodoro

Technique and so the workings behind the

Pomodoro Technique is that if you break

down your working time into smaller more

manageable chunks it makes you more

efficient in your time and

so traditionally the way Pomodoro works

is a 25-minute work section followed by

a three to five minute break and you

carry that out in four rounds and then

after you've done the four rounds of

Pomodoro's you can take a longer break

of fifteen to twenty minutes and it just

helps you manage your workload and you

don't have to think I'm gonna have to

work for an hour solid without doing

anything because your concentrations

gonna wane but with a 25 minute

working trunk it's much more manageable

and your brain just thinks yes I can I

can sit down and work for twenty five

minutes because I know that I'm gonna

get a break in five minutes and I can

you know go make a drink or do what I do

I need to check my phone go on my apps

so these apps on the screen now are just

two counting apps so they just have all

of the presets in there you can change

the work time so it's kind of preference

if you don't feel like you can work for

25 minutes you can set the work time for

20 or 15 it's adaptable around that or

if you feel like you need a slightly

longer break there are a lot more

flexible and there's loads of different

Pomodoro apps out there there's also

web-based ones and it's also built in

skill on your Alexa so it's already

there you can ask it's there enable they

call it the tomato helper on the neck so

rather than Pomodoro and but it's

already there built-in as a skill so you

can ask it to run and it will just run

in the background for you hands up if

your Alexa just pinged notetaking an

organization is is a big one so again

concentration comes in with them with

note-taking being able to keep up

especially in a lecture or a meeting

that you're trying to follow being able

to listen and write at the same time in

education and if you were in a meeting

with a lot of people

then being able to organize the notes

summarize them properly and then in a

Haiti environment definitely being able

to see any screen or board or if you're

in a meeting not so much now we're all

working at home but if you were in a

meeting with a screen or a board being

able to see and write down everything

that was on this um can I just ask a

question and somebody maybe there's a

question here from Claire that she's

just sent in and somebody may be able to

help because I actually ate clay you

just asked about how to cover up the

captions thing I just actually realize I

don't know what you're watching it on

we've got um is the resume my zoom bar

button bar is all uh not the same is all

on the time in this seminar so I can see

only the top line of captions how can I

make the bottom bar disappear um as you

can if you could just indicate what

platform you're on that will be helpful

if you're on a Mac or a PC or whatever

because I'm on a Mac for me I can just

make the bar disappear I can click on it

to take it away have you got have you

got your on a PC on you Lizzie yes my

bar is actually up as well though I'm

I'm trying to work out how the bar sits

along the bottom and yeah you only see

the top line of captions so if anybody's

got any top tips on that this is a

perfect example of hands on accessible

meetings actually the bar just

disappeared after I type the question

Claire said that's good so obviously

he's got intelligent it knows what

questions you're asking about it there

are some few options at the top and you

can change the zoom percentage so you

can fit it to 100% and I think that

might change the ratio enough to bring

it into view but that's not very

different for everybody that's not

moving it around is it and then it might

be something under the more buttons as

well that I mind says hide video panel

for example other things that's the best

I could offer at the moment afraid I

think it does depend on the platform you

know zoom has become so prevalent

suddenly in the last week or two that it

there's all sorts of things popping up

as top tips on there somebody's

asking a fish on a Mac does it follow

the position the dock and it doesn't I'm

on a Mac and it's stuck at the top of

the page for me so which exactly where I

want to write so I can't help much more

than that but I think if you have a look

at top tips was it the zoom will be good

and there's a few people asking about

running meetings for people with hearing

impairments and vision impairments and

when teaching and running meeting next

week's session is definitely the thing

for you because you're gonna run through

it in detail but I would say that we

would mention it when we can and that's

a good example just then that we've used

them the captions that are on PowerPoint

this is actually the first time we've

tried to run this session that we would

usually have had a human and that we pay

for we're trying the automated ones

because the cost and it seems to be

working but you can immediately see one

of the questions is for anybody trying

to follow this with a hearing impairment

they need to be able to see the captions

so that's a question about how soon puts

the doc on it I'm from a vision

impairment point of view we're making

sure that we're describing everything

that's on the screen so you don't have

to be able to see the screen and there

is a section a moment about vision

impairment as well and we'll always

mention that within the stuff we do and

there are I'm sharing the slides

afterwards and other things like that

make it easier for people to pick up

notes and follow things so but that as I

say next week's session is very much

focused on that so sorry Lizzie we

interrupted you okay next to the content

to the next and so the main apps that we

like to talk about for note-taking you

know ask organization from the Microsoft

perspective this office lens and OneNote

which are two apps that work really

really well together office lens as the

name would suggest is a camera app but

it's a specialized camera that concerned

you can set two different settings based

on what you're taking a photograph of

and so normally from a lecture

perspective which everyone isn't doing

at the moment it has a whiteboard mode

which is really good for taking the

sheen off a whiteboard and putting

things in perspective so you can take

the picture from any angle but it also

has a

document mode so you can take a picture

of a document it gives you a red box

around the document so you can line it

up from any angle and it pulls the

document straight and takes a really

clear photo of it then what you can do

is drop it you can drop it straight into

from the app you can drop it straight

into any of the Microsoft Office

software so it can go straight into

Microsoft Word or PowerPoint or wherever

you would need it but when it's

particularly when we're talking about

note-taking it you can drop things

straight into OneNote so OneNote is in a

digital notebook from Microsoft the

great things about it for for home

working purposes is you can set

notebooks and then within those

notebooks set a section and then within

those sections you can set different

pages

so it's really easy to track all the

different things that you might be

working on all the different meetings

that you might be in you can set up as

individual notebooks

and then it's a really simple and easy

way of stepping through the program to

be able to find where you last those

notes so you're not gonna have scraps of

handwritten paper all over your desk

that you can't find or that you've left

in the house somewhere else and it works

across all platforms and is connected to

your Microsoft account and so you can

get the desktop version you can have the

web version and you can have the the app

for tablets and phones and any notes

that you make on any of the platforms

will be available because it's all

stored in in the cloud so if you make

notes on your iPad during a meeting on

your OneNote you can then go in your

OneNote on your desktop and all your

notes will be there so you can hand

scribble notes all over OneNote on your

iPad and then you can get them up on

your computer on the desktop version

when the meeting is finished and you

could type your notes up to make them

make sense so it's got some loads and

loads of features that we just haven't

got time to go into today but it's

really really extensive and a really

great way of keeping everything

organized can I just ask them just to

check on the free bit it's office is

free for students isn't it yes

to chip in on that one yes it's that one

note is free with a with a standard of

Outlook account so if you sign up for

hotmail or outlook.com

for free then you will also be able to

access one note doesn't need a full

subscription but could you use word at

all no the programs are literally just

one they just one that we look at keep

this is one of my favorite apps that I

use all the time see Google keep well as

I always describe it to people as like a

digital post-it note and so you get the

screen come up in the app and it just

creates little notes little square notes

that you can color code and categorize

you can make lists on Google key which

is great and you can tick them off and

it ticks them off on crosses and often

puts them at the bottom of the list for

you when you've done things and it's

just a really great way of making quick

little notes that you might write on

scraps of paper and then lose if you

make them all into your Google keeps

then they never go away you can archive

all your notes when you're finished with

them but it doesn't delete them so if

you ever need to pull them back you've

got them there and it's got again loads

of features that I haven't got time to

go through but loads are really good

little things and again it's it's

multimedia so you can record voice notes

on it you can add pictures to it and if

your tablet you can draw it as well can

I just ask a question here I'm someone's

ass does the office lens produce an

image or does it do image to text

produces an image so it doesn't do a

text recognition over the top of it

Google keep as well also has a basic OCR

function too so if you put text in to

keep you can make it editable too and

there's a question here about Trello as

well do you know anything about Trello

Lizzie Adam uses it more than I do

yeah so how does Google keep compared to

Trello I think they're slightly

different purposes only

yeah I think Trello is it's great for

project work if you're and collaborative

work as well because you get to progress

tasks through a series of stages whereas

as Lizzie said that the perfect analogy

is Google keep is a series of organized

post-it notes you know you can just kind

of organize your thoughts and it's more

of a personal thing you can share Google

keep with somebody else but I would

think more in terms of if you're

organizing yourself it's Google keep if

you're organizing a team then think

Trello and any idea about the

accessibility of Trello

it's a mixed bag so I would probably

look at Microsoft teams first or even

slack as kind of a collaborative working

space sharing documents and keeping

track of projects and things so yeah

look at Microsoft team's first

particularly if you're a Microsoft a

house first and then slack as an

alternative but yeah Trello is not 100%

brilliant in that department that's all

okay thank you

I'm just to remind everybody that I

think that we we're conscious that we're

trying to offer advice specifically

around accessibility and disability so

for us that would always be the the sort

of perspective that we'd come in on

these questions or you may find that

some of these tools work for you because

of the features that they have but then

you may find this accessibility issues

for some of your colleagues or students

back to you so we just had a little

picture before of how Google keep looked

so then the next the next off really

really Coast time management so

prioritizing work and actually waking up

in the first place to do your work in

your normal working hours forgetting to

do things getting tired crass donation

is another one comes up everywhere we

all do it and then sometimes you can

just feel completely overwhelmed with

everything that you have to do in your

day

welcome back and so again OneNote and

Google keep really come into play in

these these sectors so on one note you

have the abate and the ability to do to

do tags on your work so if you have a

particular page or notebook that you

need to look at a certain time you can

flag it as a to-do flag tag and then it

will just be able to remind you and

easily get you to that that work that

you need to do and Google keep has

reminder setting so you can set up your

little notes and you can put a time

reminder on that note and it will ping

you a notification as long as you've got

your notifications turned on at the time

that you've set it for and it will just

bring up the note as a reminder of what

you need to do which is really great way

to kind of plan out some time for doing

your work and this should be one more

I've got the second slides here I've got

the ones we did originally another allow

me it's what we've dubbed the world's

most annoying alarm clock but it's

absolutely fantastic for people that

really struggle with motivation and

getting getting up I think especially in

this home working environment if you're

anything like the situation that we're

having to make do with I'm now working

about three steps away from my bed and

getting up and getting out is really

important and so the way that alarm

works is you set what they call the

missions and in order to turn your alarm

clock off so you have to do things like

maths puzzles

very good maths like me or you can scan

scan a barcode before you go to bed and

then you have to scan the same bark

to turn the alarm off in the morning so

we always say it's like beneficial to go

downstairs and scanner can of beans in

your cupboard and then leave them in

your cupboard and then you have to

actually physically get out of bed in

the morning go downstairs and scan

barcode to turn the really annoying

really loud alarm off so it's just for

those people that would be inclined to

just hit snooze on their alarm roll over

and carry on sleeping for two or three

hours it's just a good motivation on to

be able to get up with cool just before

we jump on I've got a couple of incoming

tips and questions somebody is using

Evernote I don't know whether anybody's

used Evernote and checked accessibility

I'm a user of it and it's very similar

to OneNote it's not tied into either the

Microsoft or Google cloud services but

it's is very similar to OneNote I find

it easier to use but I don't know how

accessible it is any idea how accessible

Evernote is anybody different there are

loads of different platforms and some

aren't great the web born isn't great

okay cool and then somebody saying I use

Trello at work with a screen reader I

use an iPad phone and it's very

accessible with voiceover just so that

that's reassuring erect Trello thank you

for that sorry Alex Keigo so teams so

I'm just gonna talk really briefly about

teams because I'm sure it's gonna be

mentioned on next week in great detail

but and for time management especially

if you're working in a team parts that

we're finding really useful with my own

teams I manage here is being able to

have the group chat going and so you can

set up different teams with different

people in it so we've said for example

in my team we've got a team for working

chat so if it's anything to do with our

actual job it goes on to that team and

with the group chat allows everybody to

see the message at the same time so

everybody in the team is on the same

page with who's doing what but then

separately we've set up another team

which is not worked at so that's where

we can you know keep in touch with each

other keep morale up you know it get

gets a little bit lonely when you're

working on your own and you know and you

used to being we're all used to being

together all the time and now we're not

together and so we have another team

that's for non-work chat and it's just a

really good way of managing all of that

so it doesn't all get mixed up together

and we don't lose something that someone

said about the work and it also has a

file sharing part of the team so you can

we can share documents with each other

and edit documents really easily all

together and it keeps it all in one

place and just keeps us organized and

keeps us on track with managing all of

our workloads so so I'm just getting

back on something there that's that's on

to me I guess yeah so I'm gonna be just

briefly going through the apps for for

mental health no obviously

mental health at the moment is is

something that a lot of people are or

poor mental health is something that a

lot of people are very concerned about

at the moment it's been a big change for

a lot of people a lot of feelings of

isolation but technology is obviously

something that really does play into

keeping us socially connected and there

are also a number of apps that we can

use to manage the feelings that we're

experiencing at the moment so on the

slide we have the kind of key points

that we find normally in the kind of

university environments that we're in

but they're applicable very much to

everybody who's experiencing working

from home for an extended period for the

first time perhaps and as well as just

general mental health so feelings of

being overwhelmed a lack of motivation

again if you're living and working in

the same environment it can be very

difficult to make those clear

distinctions between what is work and

what is home at the moment general

anxiety depression alone in a new

environment is kind of something that is

very much university based but obviously

when we put these slides together we're

now experiencing a lot of us that

the first time for a long time and then

access to support so just move on to the

next one so it should be some more

coming up yep

so these are just some apps that we've

we've looked um they're not a

replacement for humans we need to make

that very clear whenever we're talking

about mental health apps they provide a

low-level an element of support to

people there are a stopgap if you like

but obviously they're really kind of

coming into their own at the moment with

access being difficult there are loads

of options out there it's it's you know

you'll go on to the App Store and you

start searching and you'll find all

sorts being offered so the ones that

we've got here are ones that I would

class as being trusted enough we know

who made them and why they made them

they're free

the for example if I can just get my

notes so we've got catch it which be

very careful I'm not just gonna read yep

let's pick that up but right on the

subtitles there that was by the

University of Liverpool the Institute of

psychology health and society in

conjunction with the University of

Manchester

it's a CBT app so cognitive behavioral

therapy and it allows you to record a

mood diary and it gives you exercises

and support little bits and pieces to

help you with that

Sam Sam app was the University of West

of England brilliant app it will allow

you to track feelings around anxiety and

it will present those to you once you've

recorded them over a period of time as a

graph so you can follow how your moods

have changed throughout longer periods

that you can maybe see when your anxiety

is peaking and whence you know when

you're in a better place

what's up is I think an american-based

app my memory serves I'm not such a big

fan of it it's a little bit gimmicky

it's got some great tools within it

but it's a little bit kind of like it

presents you immediately with her how

are you feeling show me on this emoticon

kind of yeah I'm not such a big fair

mindSHIFT this was something that was

one of the provinces in Canada created

for its citizens and then realized that

it was so useful and the techniques that

was using CBT again based techniques

around forming thoughts around how you

were feeling mindfulness that sort of

thing and then they've released it to

the general population and then just

made it freely available across across

the planet so we know where all of these

have come from we know who's responsible

and where the funding streams are coming

from same with combined Minds and clear

fear this is the same company they these

were made by the charity stem for which

is a teenage mental health charity

combined Minds is it's an app that

connects parents carers

and gives them tools for helping support

teenagers with anxiety issues and

general mental health tips and tricks

and then you've got clear fear which is

about managing anxiety and this again is

for the individual for the teenager or a

young person experiencing it but

obviously all the techniques are

applicable for older people as well

great Thank You Robin I think you're

going to talk to us a bit about physical

impairments and some of the apps or

features that people could use around

physical impairments can you just tells

a little bit first by what what sort of

impairments we're thinking of you

absolutely so and think of everything

from quite profound difficulties you

know motor neurone disease cerebral

palsy Parkinson's where there's very

significant dexterity or motor and

challenges through to RSI you know

particularly when you're working from

home you might be in an ergonomically

unsound

environment and we last week we did a

session about you know how you couldn't

try and minimize the impacts of a

non-optimal working setup and basically

the top tip there is to mix it up to

from one economically unsound works

setup to another on a regular basis and

but yeah RSI for example wrist pain and

so and the full gamut in between and the

slab area here or the focus is really

thinking about what's already built into

those devices now obviously if you can

bring home specialist assistive

technology that you're using work a

particular track ball or even a joystick

that you might be using that emulates

your wheelchair you know how you drive

your wheelchair set up a specialist

keyboard a more ergonomic keyboard or

you know if you've got dragon set up on

your machine at home at work if you can

bring that home etc so a lot of that has

had to have some proactive thinking or

if you can get access to work somehow

and bring those things back if you

haven't got them already but most of the

power of helping people overcome a

particular physical or motor difficulty

is stuff that's built into any device

that you're going to be using and so we

would definitely point at my computer my

Wacom if you go there

everybody shouldn't put up with the

vanilla set up you know how your iPhone

or your tablet or your PC works out of

the box because we're all different

we're not all kind of the same shape and

size and you know you should definitely

check that out

and my computer my Wacom user is a place

where you can explore those by either by

impairment category or by OS so it

covers everything that's built into

those there's a couple of things here

that we've surfaced so an assistive

touch so under iOS for example and

there's loads of stuff that can you can

change to do with you know how readily

you can do so swipe gestures all those

taps or whatever and so that it can

ignore unintended gestures or taps it

can learn a lot more about how you

operate that device but the reason why

I've got assistive touch here flagged in

particular is because a lot of your

children are going to be on iPads while

you're endeavoring to work so this is a

kind of a dual tip 1 is definitely look

at assistive touch it's a way that you

and replaced gestures with different

ones or with on-screen menus that can do

a particular command or set of commands

and it can also lock down things so in

case you accidentally get out of an app

by mistake or your children when you've

given them the iPad to play with a

particular very self-improving

educational app for half an hour or 20

minutes or whatever they're gonna

instantly close it and go onto YouTube

or something in assistive touch you can

actually lock that down so that you can

restrict what they're doing to

particular apps as well so that's why I

have surfaced that one and what else

have we got here

kudos again my name and I'm Robin yeah

thanks

I'm just to let people know who don't

know I'm a voiceover use it myself I

can't see what's going on so

occasionally I'm just gonna arrow down

through my notes so head control hugely

empowering new in a recent version of

iOS you can move your head from left to

right up and down to move the cursor on

your iPad for example or Mac and you can

get an add-on for Windows to help you do

this using the windows hello if you've

got a Windows hello capable webcam and

unlike one it's really cute the way

they've done it you can assign a eyebrow

raise a smile or a ton to three

different gestures so it could be right

click click a left click and a drag

command for example so I'm really

looking forward to lots of videos of

people sticking their tongue out moving

their head to drag something and then

bringing their come back in again to

drop that sort of thing so that's really

really cool and voice control as well

it's definitely worth flagging is a

really good thing that's that's

relatively new to iOS and apologies for

sort of focusing IRS speech full speech

support has been available on Mac and

Windows for some time

sometimes if you'll really want to go

rolls-royce then you have to buy a

third-party solution like Dragon for

example but on iOS it's relatively new

it's still not 100% perfect but it's so

much better than it was so if you've got

relatives or if

people that you know who are now having

to much more self-reliant on the

technologies that are built into the

devices that they're using voice control

is definitely something to look at it's

not just like asking Siri to open an app

or doing dictation into a particular

text box or whatever this is full voice

control including all of the abilities

to number items on the screen or quickly

get to an area of the screen by voice

that would otherwise not you know being

possible in iOS for example so it's

really really useful so yeah

my computer my way has all of these and

much much more

and I would also want to say on the

physical side of things I've been so

tempted to jump in about two dozen times

in Lizzy and Adam was saying and saying

oh there's a an echo skill to do that as

well everything from taking notes to

Pomodoro to getting fit everything being

organized there are so many things that

you can do on the echo as well and I

would definitely say that for the people

with a motor or physical impairment just

being able to talk to the air and very

quickly do those tasks as well is really

really useful so yeah there's a daily

podcast 2159 today guys so there's no

lot to catch up on there and a lot of

that is applicable to people with a

motor difficulty as well because it's

just natural language it's a brilliant

interface so yeah that's physical I'm

just gonna let I'm just gonna do your

commercial break again because I'm on

the captions are gonna wrong this

dot-to-dot

on the well all over your favorite

podcast listener isn't it you can get it

you can ask the echo to play the

dot-to-dot podcast you have to enunciate

it well it'll give you doctor something

I mean you can also ask her to enable

the daily five minutes

skills demo show and that will add it to

your flash briefing and you're

automatically get it every day it's

about two or three minutes on a

different scale or built in function of

the echo every single day so yeah thanks

right and for hearing impairment is that

you that's brands me yeah this is a

slightly older version of the slides but

I'll start with tap SOS now this was an

ability net tech forged awards category

winner and the person who came up with

it became aware that how difficult it

was for somebody who is deaf or hard of

hearing to access the emergency services

pretty much impossible you can't text it

there's there was no way through so she

came up with a tile based access to

emergency services it basically leads

you through a series of screens that

describes the problem that you're

confronted with and then makes that

connection with the analysis and she's

recently got the approval for that to to

go through her things about a year now

actually so recently I'm so it's a

brilliant app and I encourage everybody

just to make people aware of it the

other things that I wanted to talk about

with this slide for hearing impairment

are transcription services essentially

it's the way of turning the the speech

into text now you've seen the inbuilt

PowerPoint presentation

translation going on here I think you'll

all agree it's pretty good it's kind of

80 85 percent accurate and it's probably

just about to print mistake just to

prove me wrong but it's it's a good

enough level of support otter is a paid

for service you get I think a certain

amount of minutes free but I can't

remember how many minutes 600 600 a

month which is pretty good but it one of

the key features of otter that I like is

there will color individual speakers

when you're when you get your

transcription back so you can

differentiate between who's speaking the

other symbol that is up on the screen it

is for google recorder this is an

absolutely magical I can at the moment

it runs only on the pixel devices it

will do live transcription as you record

and so you can actually watch it

subtitling

the same way as you can at the moment

when I'm speaking through the PowerPoint

but when you go back into that

transcription you can tap on the

individual words and it will jump to

that place in the audio and then you can

export the transcription as well the

other one that I just wanted to add is

an honorable mention and part of that

was Google live transcript that's a kind

of it's like subtitling for general

everyday life it will turn your device

your tablet or your smartphone into a

basic subtitling device now again it's a

good enough support one of the instances

where we've talked about using it is

perhaps for university open days where

you can't afford or don't have the

resource to have somebody signing and

traveling around with people who may

need that service so it gives people a

flexibility or something to go to to say

actually I will be able to access this

conversation without needing somebody

obviously if you've got that person we

would always encourage you to use it

it's not a replacement but it's

something that just gives you that that

little bit of an independence from that

and of course we've also mentioned teams

and teams have subtitling in it as well

so need to remember to have popped that

one in as well but we'll be talking

about those sorts of things in the

inclusive meetings so the webinar that

we're doing later on

on to visual impairment Robin where

you're going to talk us just through

these things here with vision and

obviously we're talking about all types

of vision not being able to see at all

through to color deficit conditions and

that sort of thing plenty of information

in my computer are a.com again it's

mostly about building stuff it's so

important to be able to twiddle their

colors and the text size and the arrow

point a size etc on your particular

device and but there's a few things I've

highlighted T and then we could

literally do you know whole afternoon on

things that can help people with a

vision impairment but let's focus on

those who are most visually impaired and

potentially need most support now that

they're working from home and they

haven't got a colleague that they can

just gladly say oh you know can you

click on this capture image for me

captures evil I'm sure you all know

about those those distorted images that

you need to choose a particular one to

subscribe to an invariably important

online service so you know blind people

in particular a very vulnerable in this

particular time that we're living in and

working in at the moment so the first

one is be my eyes it's a really really

useful and important thing to flag to

everyone with a vision impairment it's a

free app on iOS and Android and it just

connects you to a pair of eyes so there

are I don't know how many million

volunteers waiting to just connect to

you and use the camera on your phone to

help you get out of a sticky spot

whether you've got a blue screen of

death or is doing a reboot but it's

taking forever and it's um you know it's

doing a Windows Update for example and

you obviously can't use your screen

reader at that level of OS booter so

that's really really useful being aware

those that you know those are just

random people and you don't want them

necessarily to be reading your you know

bank statements or sensitive information

from the doctor for example that sort of

thing but through my eyes is incredibly

empowering and there are some special

somebodies whenever somebody put

something in the chat it talks and I

can't stop it so anywhere don't put

anything in the chat for a second

so yeah we may always also have

specialist support so you can go into a

section of the app and you can be

connected by video to a Google support

person Microsoft support person I had a

brilliant session the other day with

them and they can talk you through

having a remote setup to control your

computer if you have any difficulties

for example these even one for clear

blue the pregnancy testing people

because blind people don't want to you

know grab a random stranger to ask them

if they're pregnant you know what the

result of their pregnancy test is so

things like that it's really really

powerful seeing AI we've absolutely got

to talk about this one this is also from

Microsoft it's a free app on iOS and

only unfortunately there is one similar

called envision en vision one word AI

which is available on both iOS and

Android

but seeing is another must-have for

people who have low or no vision it does

it basically takes AI and applies it to

everything that you would want to point

a camera at so if you can use it to read

a letter from the bank manager or tell

you what's going on on your computer

screen or recognize someone's face or

read a bar code and tell you what the

product is if you're about to open

dog food versus soup for your lunch etc

etc so seeing AI leverages machine

learning in a big way really really

useful you probably want to use that one

first and if that you know doesn't quite

do it for you then you could fire up be

my eyes for example so those are

must-have apps on every blind person and

low vision person's device then we've

got Lyrae which in a working context if

you want to be able to stay up to speed

on you know what's going on in your area

of interest I would strongly recommend

not yeah it's subscribing to lots of

things to do with the coronavirus and

that sort of thing from a mental health

point of view but if you want to stay up

to speed on you know technology politics

whatever your business area is or just

your general area

could be missing or something then Lyrae

which is an app on iOS is basically an

RSS reader it's very easy to search for

a term or a publication like The

Guardian or The Wall Street Journal or

whatever it is and everything that they

every article that they produce or every

top every article that is published

online to do with crochet or whatever

will come directly to you it's a very

accessible app it's extremely quick and

efficient with a single flick you can

move from one at one story to another

hit or leave the headline and the first

five lines of the article and if you

want more than you can double tap if

you're a voice-over user you can double

tap to go in and read the whole article

but RSS has always been around there are

no adverts or anything like that

very very simple definitely have a look

at Lyrae as a good way to stay up to

speed with all the things in the absence

of you know being able to talk to

colleagues about what's late you know

the latest thing in your particular

business area that you have to stay

abreast of now that you're kind of

working in isolation and finally

downcast so again on a similar theme to

RSS it's really useful too from a

loneliness point of view but also from

an information point of view podcasts

are obviously very hot these days and

you can again search for anything that

you want from politics to you know

fly-fishing whatever is your poison you

can definitely find something a podcast

on that from you know isolated

podcasters to huge you know the BBC have

every single radio program available as

a podcast as well and downcast is my

preferred one there I would certainly

point out that the echo is really good

for accessing radio and podcast and

that's something I would have I would

suggest downcast as a really accessible

one to concentrate on there

and finally jaws which is the you know

go to corporate or you know corporate

environment screenreader

now free to use for 45 days at the

moment so I would only recommend

flagging that to people who haven't been

able to take their work laptop home I

faced with you know using a free

solution like NVDA which however

powerful it is it will be like learning

a whole nother language - you know

you've got muscle memory for all of the

keystrokes that drive your work screen

reader and suddenly you're being hobbled

by the fact that you've got are there in

a different way of doing everything when

you're using the same applications at

home so you could fire up jaws and have

a free working period whilst you know

we're weathering this storm and who

knows they might extend that it's

obviously you know movable target at the

moment as to when we're gonna be back to

normal so they may all extend that great

Thank You Robin I'm just gonna mention a

couple of things because you may be able

to help I know we're going on to this

next would be my eyes be suitable for

people with language processing

difficulties as many of the suggestions

so far would be inaccessible for people

with disabilities such as aphasia yeah I

mean it's the language that it's couched

in is about vision impairment but um

print impairment is a thing isn't it and

that that covers vision that covers

literacy dyslexia ESL you know so I

would definitely think so I wouldn't

feel bad about it one thing that'd be my

eyes the developers of it are very keen

to stress is that there are more than

enough volunteers and if anything

volunteer disillusionment where they

don't get enough calls from one you know

month to the next you know there's so

many volunteers on it that people feel a

little bit frustrated because they never

get a call so don't feel like you're

imposing by jumping on the platform and

using it for a very real need it doesn't

just happen to kind of fit exactly what

their messaging around the apps for is

yeah so just to clarify to people that's

be my eyes be my eyes has also got

buttons within it LinkedIn to particular

vendors has me know Microsoft is in

there

and that will link you directly into

specialists help from those from their

discipline my croissant one it's the

Disability Support thank you I think

you're gonna finish this off with new

neurodiversity Adam yeah I can do so the

the apps that we were looking at here

Claro

produce a scan pen that will turn your

mobile phone into a device where you can

scan text and swipe your finger across

it and it will read it aloud that's

something else that Microsoft Office

lens will do as well so any of you

who've heard of the learning tools and

the immersive reader that's now built

into the the office lens app so you can

take a picture of a page of text or a

sign and you can have it read back to

you text help this is something that we

use a lot within the that we recommend a

lot within DSA along with Carrie Reid

they also run web-based tools to help

you read or to help read out the content

on a on a web page I believe there are

various companies at the moment who are

just like jaws offering license periods

but I don't want to get into sticky

ground by saying that text help was one

of them but I know I've heard of various

assistive tech companies who are

offering extended trial periods to help

students and and other people at home

who are struggling at the moment without

the assistive tech that they're perhaps

used to in the workplace so just to

clarify that's why they're on there

actually Adam because we got a note from

them yesterday I think from texthelp so

asking us to highlight a 30-day trial I

think is brilliant and it's a good

example because it's so common that

you're recommending there

and that is available free for the time

being so gives a chance and you're right

there's some really great features

within it as well so yeah really helpful

piece of software great thank you so

thanks everyone for your input all the

Lizzy Adam and Robin I'm just checking

back to see if there's any questions in

here that might crop up that I think

we've covered a lot of it often I think

given the time probably just ants or

anything else that's popped up in

questions Oh either directly back or in

the notes from the event afterwards so

if you do have any questions please do

put them in now we won't necessarily

answer them right away but at least

we've kept track of what it is that you

wants to know that we haven't covered um

we've mentioned some of these things as

we go along so there's a list of links

here all of the slides will be available

afterwards the video has been recorded

and will be shared our shared afterwards

and we'll also do a quick roundup of

links that we've shared them these will

be amongst them I'm just going to go

through them briefly just to explain the

types of things you can get these are

all free and some form my computer my

way Robins mentioned that that's an

ability net tool that shows you all the

changes and features that you can adapt

in your phone laptop tablet whatever

based around different impairment types

but also operating systems and other

adjustments my study my way is a free

tool and also available for universities

the license which provides direct sort

of recommendations to students about

adaptations for their educational

setting clear talents at work does the

same but does it in the workplace

mobility net involved in both my study

my way and clear talents at work in

terms of the content I want free

resources all sorts of stuff that

they're fact sheets in particular I

think so those fact sheets around how to

how to talk to your computer or control

your computer with your voice there's a

good example of something that runs

through various advice we've given there

I mentioned working from home review

that isn't free but that we'll be

launching next week and it may be of

interest some the business disability

forum has a huge range of resources in

there primarily focused on employers

often looking mainly at corporate

organizations but not only then and

actually the moment I was looking at

something

today lots of just good advice about the

sorts of jargon that's coming up that

we're hearing about because of the

coronavirus situation so that's

definitely useful for employers HR legal

type people and clear talented workers

to duplicate their so um thank you

everyone for joining us we've got a

series of these running this was the

first one we've done at this time more

interning to stick to the 1 p.m. on a

wins Bay for the time being we know this

is going to be very popular next week's

all about accessible online meetings

there's been lots of questions today

about that that relates to it and then

there is some some other sessions that

are running as well in something we're

calling abilitynet live which has a lot

of communications tools we've got one

final question here sorry as somebody's

asked this earlier is there an easy way

to learn how to create a website

does anybody have any advice for a

visually impaired person to create a

website I don't know how accessible

WordPress is I think it often has its

problems then if you have any insights

on that Robin I think the I think it's

relatively accessible it changes quite a

lot so I'm hesitant to say that I know a

lot of blind people who use the app to

update their content but whether they

were able to set it up seamlessly that

way as well

I don't know but yeah Oh Amy's just said

that yeah um so a Squarespace I'd love

to say Squarespace but I find that

really challenging so yeah that would be

the go to one of the ways yeah I don't I

think that the answer unfortunately is

that their platforms the websites they

create may be accessible the platforms

may not be and that's part of the

challenge isn't it so but thanks the

question we'll see if we can find some

more information for you about that so

thank you for joining us thank you to

our panelists and please do join us next

week join our mailing list if you

haven't done because that's the way

we're going to be announcing all of

these events there's plenty more coming

up in the next few weeks and if you have

any further questions then we have a

helpline and you can go to our website

and use the contact us form or call us

on our 800

just to get some advice thanks everyone

in the meeting see you soon