hello everyone and welcome to our

webinar today on tech tips to help

people with Parkinson's thank you for

your patience just while we got started

my name is Mark Gaddes

and I'm the digital marketing manager

here at abilitynet our webinar today is

that tech tips to help people with

Parkinson's we're going to start with

some introductory stats about

Parkinson's we're also then going to

move on to some tech tips so free quick

fixes that you can make to your

technology if you or someone you know

has Parkinson's to make it easier to use

and to allow you to you of your goals

online we're then going to watch have a

case study with one of our volunteers

who's helped a lady with Parkinson's in

in her home to achieve her goals using

technology and at the end of this

webinar there'll be a Q&A session where

you can ask any questions you've had and

will respond to those so you're for

joining this webinar you'll all be on

mute because it's a webinar but if you

have any questions or you're having any

technical difficulties please do go to

the chat feature that's down the bottom

on your panel you can ask questions

there that will then answer at the end

of this webinar there is also the Q&A

options so you can ask questions there

as well can we just move to the next

slide Alex of course so the first one we

do with on this webinar just to start

things off is we are going to start with

a poll just to make sure the

technology's working make sure

everyone's engaged so what I'm going to

do Alex can you launch the first poll

down the bottom on the menu there'll be

a poll function yeah

you

mark I don't so so down the bottom

there's no lift moving at the truck okay

I cannot see anything on my screen I

wrote you know crow okay Alex can you

just on your on your screen can you see

it says Mark Gatiss as under

participants do you have that function

yeah I drew can you right-click that and

make me the host yeah sure just bear

with me I got it no okay thanks Alex see

ya its webinar off just by asking

um do you or just someone you know

actually have Parkinsons on just to get

a sense of we've got on this call and

just okay it's not about how many people

this does impact on the webinar itself

so you should see that the options are

yes no and I'm not sure if you can then

respond and then Alex you should be

seeing sunk on your screen that tells

you how many people are voting on them

and what you can undo access you can

close the vote and then you can share

the results on the screen and so once

you've got enough people have responded

if you can do that works so I'm gonna go

to end ProLiant and then I'm going to go

to results great so that a few people

responded here you can see eight people

are responded yes they have or know

someone with Parkinson's which is about

47% of the people on this um on this

webinar interestingly about 24% said no

and 29% of had said I'm not sure and so

Alex if you can close that poll now yeah

and then and what I'm going to do is I'm

gonna hand you over to my colleague Alex

Barker who's the advice and information

officer here at abilitynet and we just

have seen about how many people have or

know someone Parkinson's

on this webinar but alex is going to

start off just by sharing some top lines

that's about Parkinson's thank you so

much mark

yeah I just want you to show you some

stats because the uncoil interested and

I like lots of webinars and not a blog

some one of the first things that I want

to know is how many people in the UK

have disent it's why I said so the

statistics about Parkinson's is quite

interesting

Parkinson's the UK here in your national

organization that's report people

estimate that there are around one

hundred forty five thousand people was

broken out of Parkinson's in the UK now

that's the correlation of Cambridge so

we're talking about a you know a fairly

small city but essentially nevertheless

initially can say that in England it's

for the mouse 121,000 Scotland's got

12,000 and oils has got 7,000 and

Northern Ireland has got just over that

one just over three and a half thousand

and because we're all getting older with

population growth and aging is like it

increased by 1/5 to around a hundred

sixty-eight thousand people in the UK

were in by 2025 so 1 in 37 people were

alive today would be diagnosed with

Parkinson's and there now have time my

father was or is one of them he was

growing knowledge about 10 years ago and

now he has his difficulties but at the

end of the day he's still my dad so

we're gonna we're gonna move on no no if

you've never gone to a British Network

so I think it's worthwhile pointing at

strong as they're really useful

resources that we've got on it

so we have rap sheets we've got webinars

we've got my computer my way which we'll

come back to in a little bit more detail

later we've got you some useful links

and we also have got some digital

accessibility work resources and some

information on workplace adjustments

this could be really useful if you're of

working age and have have Parkinson's or

any other condition just have a look at

my computer my way it's reminding me to

my way talks about how to customize your

computer your own particular

requirements when we say can future we

also mean your smart phone and your iPad

so we always say a computer comes out of

the factory built for standard people of

course is no such thing as a splendid

person and your time I would point

people towards this and enjoy about help

making your device easier to use it was

not seen you before go and take a look

it's very interesting

now and what we're going to do we're

going to talk about realtor case now

technology cradling technology costs

quite a lot to actually implement

realtor case can help create with

Parkinsons because one of the

difficulties Ecuador Parkinson's have is

a shake in a voluntarily so they're

trying to hit the keyboard and they're

just tap tap tap and they're getting far

too many characters on the keyboard so

what we wanted to show you was how easy

you can it is to change it so you can

see here I've got lots of s and I don't

want to address and really and true for

me what I want to be able to do is held

my hand on the keyboard for exit ages

and I wanna get one character so how do

we do that we have to go into the

control panel

and there's different ways of getting to

it great I think I just hoped in and

heal all sittings or you can even type

in filter case and basically what it

does

so it helped sister windows 10 is very

good actually such as realtor out

created intentional keystrokes

you cannot

so yay

under filter keys you can turn it on or

off

now you can toggle filter Kaiser on but

I did I died I decided that I was going

to set it up as if I had Parkinson's or

know who my dad and he'd want it on all

the time

basically you just toggle it on and then

when you go back to your word document

you said only be able to get one

character at a time now you know this

sometimes is quite a slow in the Boreas

way of doing things but then you've got

the link as someone who might have

Parkinson's

it's also a very slow in the growing

swing to have to go back

and hit little 8k several times to get

rid of characters that you don't want so

what we would say is and realtor case is

one of the go to auxins that we've got

on the axle and keep keyboard so when

you when you put the keys on you just

hit the key as long as they want and you

only get one character so basically that

is quick quick one you can find it on my

computer my way as well

what we're going to do is going to have

a look at quick quick to know lots of

people have difficulties with the mouse

and and

one of the major issues is that amongst

is quite hard to control and it tends to

scuttle off into the corners of the

screen and we want to stop that she

doesn't go into window settings once

again and exactly quite hard quite hard

to find the difficult mouse in you go

into all different sections that you

might not want to so what you have to do

is you have to say point is great so you

just click on point is grade

you

you

and you can see

and that what you've got to do is you've

got to take the mouse and down so you

can see there it's taken me ages just

remove a little tiny way on the screen

no of course there are lots of

alternatives to the standard Mouse and

standard roll your bowl but this is a

really really nice way of being able to

make and changes

so Oh basically what you want to do is

actually you can change it to be snow or

you can join you tree fast and what I

would always say is yet having to

experiment with it and see and see what

you think is going to be really useful

don't let anyone tell you what's with

you we're going at you've got your own

straight so moving on

- quick quick spray not so people now

they don't have windows do though and

they don't have Windows computers

they've got iPads

they've got iPhones and I've got a

galaxy I got a son from Greg at the

phone what I heard for a while and and I

was really interested to see whether I

could change the sensitivity on the

tablet screen so on the left hand side

you've got a screenshot from an iPhone

I believe that talks about accessibility

and it talks about tricks exaggerations

and basically it means that you can

include face the time way to have hold

your finger on your display to get

anything done and you can fiddle around

with it to make it less or more on the

right-hand side you've got a screenshot

of my and my son son

galaxy a6 and this is under the Android

or instrument of course and it basically

means that I can increase the touch and

hold do they know we would say that

anyone who's got Parkinson's maybe a

smartphone my own iPad might not be the

most effective device to use or you

might want to certainly music in a

different way but I think it's a nod

towards the customization of your and of

your touch screen and that's something

that I only come out in the past couple

of years so yeah it's really really

useful no we're gonna go yes

thanks Alex yeah that's really really

interesting um I think it's really great

as you said that all those features are

free kind of inbuilt features and

technology because we haven't mentioned

earlier but a billion as a charity what

we offer a lot of free resources to

people older people and disabled people

so it's good that we're retreating that

those are free features we did have a

question came in earlier on a new x1 and

they were just saying are there similar

features on tablets and iPads fulfil

turkeys suggests to reiterate Alex's

final point on the third quick fix yes

there are those are the touch

accommodations that he's just been

through which are on Apple devices and

on Android it's called touch and hold

delay that's really really good so

revisit that was really interesting Lee

and I've got a us

I've actually got a keyboard that I can

plug into my iPad but it doesn't seem to

be any way at the moment of being able

to change the filter speed of the

keyboard but what I would say is that

and if you're gonna use an iPad your

predominantly going to use it with your

finger in your hand I guess and so there

are ways to get around the difficulty

shaking hands in arms

that's great thanks oh sorry we've had a

few other questions coming for you as I

said I will leave into the end but if

you have if you have your own question

please do make sure you pop it in the

chat or there is the Q&A so that's in

the panel down the bottom of the screen

if you're joining from a desktop device

we do have a second poll now and I'm

going to ask you Alex if you can if you

can run the poll actually did before

just to say somebody has commented to

say that um polls don't appear to work

on if you're on if you're accessing for

a browser so I assume that means if

you're on a desktop device so apologies

if you can't interact directly with this

poll but again if you want to respond in

the chat I'll make sure that I

communicate what people are answering

so if you can go ahead Alex share in the

poll

underst

okay launching the pro now see

just want to follow up on this with and

we've shown you free quick fixes and we

just wanted to get a bit of insight to

see are you are any of you currently

using any of these accessibility

features we've shared on the webinar so

far so the answers are yes frequently

yes occasionally no or I'm not sure so

we're just asking this question to get a

sense of you know are we telling you

something that you already know perhaps

you have your own accessibility feature

that you use as a personal Parkinsons

that you actually want to share if

that's the case then please do include

it in the chat and we'll make sure we

share it with all attendees and I would

be really interested to know if you

could type into the chat boxes ok it

depend on in this but I'm really

interested to know which inbuilt

function you're using and maybe if

you're using something other than a PC I

know yes not so much users out yeah who

might be using called slow you've got

really interested to see what people are

using currently and I'll let you in that

punch em thank you got a few people

responding looking to share one good

great it's a one

I hope that's not you Alex has said that

they're using on the accessibility free

features are equally 14% of people use

them occasionally but 81% of people

always said no so that I hope that's

particularly kind of reassuring for

myself and Alex that hopefully the

information we've just shared is of

relevance to you because these free

quick fixes that we've shared are things

that you can go away and immediately

start using they have their equivalents

in Windows also this thing on Mac and

other devices so that's great

so if you want to close that Alex and we

mentioned about the fact that as a

charity we offer a lot of free experts

of expert resources for older people and

disabled people so I think what we're

going to move on to next is a case study

with one of our volunteers which Alex

can introduce so we have volunteers all

over UK and David Blue is one of our

volunteers in Northern Ireland and he

helped a client out called dollar three

this is quite interesting because

there's been a case study that's

actually been written for one of the

Parkinson's magazines and so this is his

and

zoo

you

you

Alex is the audio playing for use it's

not playing on for the attendees look I

need to try that again

sure I can if you hover over the icon

Arthur

okay it doesn't appear that audio

working Alex I don't suppose you can

you'd be able to summarize what David

said at all yeah of course there is

exactly so annoying because what David

Groot was talking about was that when

dollar fee called she was very upset

because he wanted to use her computer

Chris didn't know how and she thought

yes he had Parkinson's it got to the

stage where she wasn't able to actually

use a computer and I think one of the

things that David had to go and do was

to reassure her that there was

technology out yeah Epogen able dog free

to use her computer and one of the

things that we looked at was a voice

recognition now we looked at David

looked at rakish called Dragon

NaturallySpeaking

it's actually called new ants neck

deletion but a lot which will still call

you dragon and and it took Dorothy a

while but she managed to enroll on voice

recognition very successfully now and if

we've got a client with Parkinson's

trying to get young enrolled on voice

recognition can often be quite difficult

the simple reason that their voice might

change in the morning to the afternoon

but what David successfully did was to

record to voice files for Darvey one

that you could access in the morning

when she was feeling really good and

awake one that's a good news in the

afternoon where maybe things weren't

quite as good maybe she was slurring her

work and finding a little bit difficult

to scream

and from that Dover free as Franklin

gets given her a stern a new use of life

and using technology no all we would

always want to make clear is that don't

we it's just one of our clients that

would help sell what dollar fees done

may not be no suitable or appropriate

for other clients to do but our

volunteers would often go out of their

way to make sure that people who was a

voice change throughout the day could

have access to different voice files

cookers Chris Cook has no voice changes

the day doesn't Wynette you won't

discover using your computer and a en

daad makes a comment about being very

very happy because he could see the

change in dolphins domain and see was

you know if we can access a computer you

could start to engage with all sorts of

things that maybe if I difficulty

engaging before so no Facebook or

looking at the news or planning your

holiday it is all sorts of lenders that

don't know it can help you to do yeah

and I remember listen to the recording

myself we will share the slide deck

round and form from this webinar um so

the good thing is that everyone will be

able to listen to the recording when we

share that slide deck around but I would

just add what I just asked Alex has

already been saying to say I think

towards the end the great thing about

this is the volunteer David it's part of

our volunteering services we offer free

support at home to people with

disabilities and older people and David

went to visit this lady with Parkinson's

regularly it wasn't just one visit and

the common that he also makes at the end

is that he kind

really really encouraged her and and and

supported her through a journey you know

this wasn't just one visit to her and

the problem was fixed instantly it was

free repeat visits they realized her

voice was changing throughout the day so

they did go on a bit of a journey

together and I think it's a really it's

a really nice on testimony for our

volunteers and the great work I do and

just another example of the free support

that you can get from abilitynet if you

or someone you know has Parkinson's I'm

also gonna add you know it is wonderful

to work with so many talented avoiding

digits it's quite easy for us to sit in

an office and just pass the request on

to the volunteers with the volunteers

are they boots on the ground and they

will go out of their way often to cry

and help someone in their local

community do what they need to do it was

we handle canoes technology is it all in

powering and it ties into what we do we

were brilliant in it we adapt technology

and we change lives so I know there are

three questions that people claim you

know if Mark would go to good resume

I'll do my best to answer yes I've got

um I've got a couple of questions that

come in with the other still a bit of

time on the webinar so if anyone does

want to ask a question please do look

for the Q&A or the chat function down

the bottom of the panel and we'll make

sure that we answer as many questions as

possible one of the questions that has

come through and you've kind of already

are acidy Alex but I'm just wondering

there might be something more you want

to add that somebody has asked already

how effective might voice recognition be

for some of our concerns

I know you've already spoken about it we

talked about it on it was an undated

story is there anything more you'd want

to add to your answer but sure I think

it varies from person to person so and

in fact my dad for example so my dad

sometimes stutters when he tries to

speak

find it really difficult to get where

Joe on occasions now voice recognition

would have difficulties understanding

that but for the most part it's really

easy to communicate with my dad so is

his screech is really really good but if

we've got difficulties trying to

instigate works sentence data and voice

recognition we'll try to recognize what

it Fink's you're trying to do and

actually by doing that you could end up

and getting mistakes or getting unwanted

words and what I would say is one of the

difficulties in their critical

Parkinson's 1/2 sometimes is that their

voice is quite quiet now voice

recognition and might be worthwhile

using if only because it helps someone

with Parkinson's make that little bit

more of an effort to speak precisely and

clearly sometimes it's quite easy to get

into a situation where you're not

forming your words as perhaps you you

ought to but voice recognition can make

it can can help you because it can

actually take a snapshot of your voice

and you're more you use voice

recognition you're more it gets to

recognize you we'll certainly had a

great for Parkinson's who's Lou's voice

recognition it just depends on how

affected their how about did their

voices but I would say it's one of me

one of the most useful pieces technology

to get someone could he was irrespective

of whether they've got Parkinson's or

not okay thanks Alex how balanced is

that person's question

I see no message coming from Amanda

she's asking what do we need from our

point of view I'll just jump in on this

one I'm assuming Amanda that mean you're

asking about the free support at home we

talked about earlier there's nothing

that you really need from a from a

referral perspective basically we have a

contact details which are the final

slide which we'll go into once we've

done the Q&A and that includes a URL

where you can request IT support at home

or you can call our free phone number

which is eight hundred two six nine five

four five or you can email inquiries at

abilitynet to orbit at UK and all those

details are on the final slide so before

the end of the webinar you'll see them

on screen and all we ask you to do is

the way we help people is we help them

with an issue they're having with their

technology so some of the common things

we have is somebody with a disability

might want to know how to set up email

so they can contact their family if

their family lives abroad so we would

just want to know what kind of help you

need and perhaps what technology but

those details follow on the next page

Alex I've had a follow-up question about

a voice recognition I'm so so Rob's are

and saying I have cognitive coordination

issues with using this software so

problematic with me he does have a great

and loud voice though so I guess I'm

just wondering

other than voice recognition you've done

these free quick fixes is that is there

anything you could suggest for Rob or

somebody with a cognitive and

coordination issues sure so social

control is improved if you've got good

head movement you could use a head mouth

if you've got if you've got the ability

to hit a switch you could use switch

access and if we'd like to to drop me an

email or or get in touch with we've been

have a a one-to-one conversation or what

I would say is that I am sure that just

at noisy I don't yeah that you can

and it might just be a um as we've been

talking about it might just be that was

the support from someone else like a

volunteer yeah you rob you might be able

to then start using voice recognition

because I'm it was the helped this lady

with Parkinson's to set up Wis

recognition and she was supported the

whole time III always equate sitting up

boys recognition I'm a big music fan so

I know you agreed woohoo I'm really good

guitarist so or you know people plays

they spend ages and ages and ages

practicing to be that good and I always

say to people if they want to sound good

you've got to put the time and you've

got to make sure your equipment is set

up properly sometimes for a now a

multitude of reasons the equipment that

people have hasn't really been set up

that well or an origin issue you know

getting the volunteer out could actually

highlight to you where an issue was but

I am pretty sure that we can help you

Ron okay

thanks Alex I've got two more questions

at the moment so if again if people do

you have more questions please do keep

them coming because we do still have

time on this webinar so one of the

questions I've had Alex I can answer

this but I want to see if you're happy

to answer it yeah someone's asked is

Parkinson's something that Commun quiet

acquired by young people as well as

older people so I guess that's just a

more general question and I wondered if

you wanted to respond or I can answer

this question that's really really an

interesting question Jo so before before

I knew about Parkinson's I was like oh

okay well Parkinson's is assuring that

an uncle or an aunt might get if there

is 70 or 80 but actually there's quite a

lot of people now who are in there

twenties and thirties who have young

onset Parkinson's there are lots of

people who are in work now Parkinson's

and they're going to need to use

technology and to help them what we

would say is that people who have a

disability I have disability myself we

we still need to make money to pay bills

and things like yeah and technology can

can really help you you only got to

hunker people like Michael J Fox there

yep I think he he started to have

Parkinson's strikes in children's when

he was in his late twenties so it can

affect anyone at anytime but it's

normally when you're slightly older but

it won't start younger and I think I

would say when I start working on this

presentation with you Alex the fact but

I found quite hard-hitting

was what we started with in the

beginning of this webinar which was the

1 1 in 37 Stan I personally was quite

surprised to see that 1 in 37 people

during their lifetime will be diagnosed

with Parkinson's yeah an interest in

Univ Mark III pre-shared good morning I

later on during reading it website which

was talking about a lady of 35 who's got

two kids and she's got Parkinson's and

you can imagine the difficulties with

bringing up her now two children and

having a neurological condition like

that so it is affect all sorts of

different kinds of people

absolutely okay next question

a lots this come on quickly and then are

enough one for you Alex

so somebody's just asked does ability to

not have a global presence or is it only

in the UK so we like to think that we

have global reach you know our mission

is to make the digital world as

accessible as possible to all people so

we like to think that we have global

reach and

a lot of what we do you know has an

international audience that said some of

the services we have talked about so

obviously the volunteer the volunteer

services where we support people in

their home that is unfortunately a UK

only thing we have a network of over 300

volunteers in the UK so I'm afraid if

you're listening to this webinar or you

listen to the recording because perhaps

you're from New Zealand yeah we don't

necessarily have a global I will reach

in terms of some of the services and

support we offer another question for

you Alex and this is the last one I've

got other moments this might be the last

one unless I see any more pink fray but

I do have an on an anonymous attendee

asking have you had much success with

eye tracking technology so I think I

think you mentioned this you might have

mentioned this earlier in response to

the voice recognition or you might have

not thought what kind of success have

you seen with eye tracking technology

okay so I'm looking at ironically i

cracking roof the I think

a certain client it is really really

useful and in fact I've seen a client

with several palsy he's actually a

personal friend and he's not got much uh

hand or arm control and he communicates

with eye tracking and it's amazing to

see what I would say is that although

the price has come down considerably

it's one of these technologies where it

is quite expensive however it may be the

only oxen so I would say if you look

over at knowing the tape that doesn't

really work I would say please look at

ID cracking please contact yai tracking

expresses in your country and always get

a demonstration of the technology and I

want to say to Queequeg look you want to

just buy a new car and drive it off of

the phone call or the girls would you

you'd want to go and take it for a drive

around the block from right so it may

your

neither one we like it or not and I

would say let exactly zone was

technology you've got to really go out

and try and a lot of suppliers will only

be too happy to go out and give you a

demonstration

now maybe two or three years ago I

actually went out and to a study day on

I technology I don't have nukes

I control because of my disability and I

don't have much a letter or horizontal

movement but I was able in a person to

get your eye control to controlling the

computer and what I would say is is that

it's very easy to make little changes to

the way that the system is set up so I

would certainly look I can try and I'm

just gonna go back to one of the

question one of the other things that

mark I said it's true

we don't have we don't have went is are

we old in the world what I would do is

that if you've got a query if you're

from States or from Canada or even from

Australia I will go away and do the

research and I will point you towards

the organization based in whatever

country you know in that can support you

so for example we've had calls or we've

had emails from people in America in

Canada I homework so on from night New

South Wales in Australia wanting our

wanting our help and guidance because

that we have we have a really strong

replication any other people overheard a

rover so you get in condo and I'm really

happy to out and I know Alex that on you

know on the email address and phone

number to follow you you're usually them

and on the person that's man in the

phone so it's great that we're getting

these questions come

because I think you're quite used answer

and somebody to just comment just before

we finish the Q&A portion of the webinar

and they did add that help tilt tracking

so this is from Claudio head tilt

tracking is also a good alternatives eye

tracking and is less expensive let's

just sort of things adds this for other

people know webinars consider risking

that isn't where you've got a little

camera on top of your computer and you

have a little red spot that's attached

to your forehead or let's attach to a

baseball cap and after configuring it

when you move your head left the cursor

moves left when you move it right or up

and down the cursor will follow you when

you want to click on a particular you

know pull down menu or your Start menu

you just have to keep your head still

for a couple seconds and your system can

be configured to do a double click for

you so and you can actually get a head

cracking system initially wrote 500

pounds that's great so that does bring

us to the end of the webinar so thank

you Alex obviously for presenting on

this webinar and sharing your experience

I think everyone on this women I would

probably agree it's clearly or very

knowledgeable about this we've talked

about this before but here listed on the

on the end slide at the moment is our

free phone number it's free phone within

UK Oh 802 six nine five four five and

you can call us for free and impartial

advice from our advice and information

team and Alex usually mans that call a

lot of the time so you'll be able to

chat Tim potentially even about this

webinar you've just been on and you can

almost all also email us at inquiries

abilitynet or got UK and then there's

two web websites listed on this contact

us slide one is for our expert resources

at www.wku.edu/oucampus

a particular IT problem that you'd like

to request that support on go to WWE

bility or UK forward slash request

- IT - support and that will take you to

a page with an email address a phone

number and a form where you can request

IT support at home and we will get back

to you about that so thank you again

Alex thank you everyone that's joined

this we're now going to end the webinar

and you will receive a recording and the

slide deck following webinar and there

is also a short survey just to complete

if you would like to give us any

feedback about the web bar but I already

know you've had a few positive comments

in the chat for the chat function Alex

from people saying thank you come on so

that's really great so thanks everyone

bye then bye