

27<sup>th</sup> Annual GSAT **Guam CEDDERS** Conference: ISTIVE TECHNO **Building Bridges** for Smoother Transitions through **Assistive Technology** 

GUAM SYSTEM FOR

Carolyn P. Phillips, M.Ed, CPACC

**Co-Director | Center for Inclusive Design & Innovation** 

**Creating More Opportunities in a Changing World** 

AKA:
Welcome to
Creative Trail
& Bridge
Building 101!



# Begin with the End in Mind!





# Håfa Adai!

Carolyn P. Phillips is nationally recognized in the field of assistive technology and disabilities. Carolyn serves as Co-Director of CIDI at Georgia Tech and Director & Principal Investigator of Tools for Life, Georgia's Assistive Technology (AT) Act Program.

She is a frequent keynote speaker at conferences and guest lecturer at other universities. She Is the associate Editor for the AT Outcomes and Benefits (ATOB) journal and has published articles in journals, chapters in books in AT and poetry focused on living with disabilities.

Carolyn has dedicated her time and energy to promoting independence of all people, including those with disabilities through advocacy, education, assistive technology and systems change.

She received her undergraduate degree from the University of Georgia, her Master's Degree from the University of Kentucky and is currently pursuing her PhD at Texas Tech University.

Carolyn loves living in Atlanta, Georgia with her partner of over 20 years, their two children, along with their 2 dogs & 3 cats. Her favorite role on this life journey is being "Mom" to Meera and Tucker!

## Session Description

- Beginning a path that leads to college or preparing for the
  workforce can be an overwhelming experience. This
  keynote session will explore the collective role each of us
  plays in promoting student success further through
  transition planning and the powerful role of assistive
  technology in this process. We will examine outcomes
  that can occur when universal learning design,
  accessibility and appropriate assistive technology
  solutions are integrated into the lives of individuals with
  disabilities.
- During this session, participants will learn about some of the strategies and solutions being used to assist students with disabilities prepare for life beyond high school and assist with smooth transitions into the workplace and community. We will discuss technological trends and share examples of assistive technology, accessibility, and specifics about software, hardware, and apps.
- Additionally, information regarding COVID-19 will be shared as we are collectively navigating this challenging pandemic together.



### **Learning Objectives**



After participating in this Keynote You will be able to:

- Discuss at least 3 apps/software solutions that can assist with writing and reading.
- Identify at least 3 apps/software solutions that can assist with productivity.
- Explain at least 3 built-in accessibility features.
- Share COVID-19 Accessible CDC Materials & Information.
- Participants will be able to successfully find CIDI | GT resources & navigate the Tools for Life AppFinder.

## Georgia Tech

#### Center for Inclusive Design and Innovation COLLEGE OF DESIGN

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#### Search Q

# Accessibility Made Smart at CIDI

- Accessibility Consulting ICT & UX
- Braille Services
- Captioning and Described Audio Services
- Professional E-Text Producers
- Certified Assistive Technology Team

**Tools for Life is Celebrating 30 Years of Service this Year!** 



CIDI is recognized as a leader for services and research in accessibility. We are dedicated to an inclusive society through innovations in assistive and universally designed technologies, with a goal of addressing the full range of needs for accessibility. We are committed to the promotion of technological innovation and development of user-centered research, products, and services for individuals with disabilities.



ASSISTIVE TECHNOLOGY | TFL NETWORK | CALENDAR OF EVENTS





Search our Site

**TRAINING** 

**FUNDING** 

**PUBLICATIONS** 

TFL WIKI

MEET THE TFL TEAM

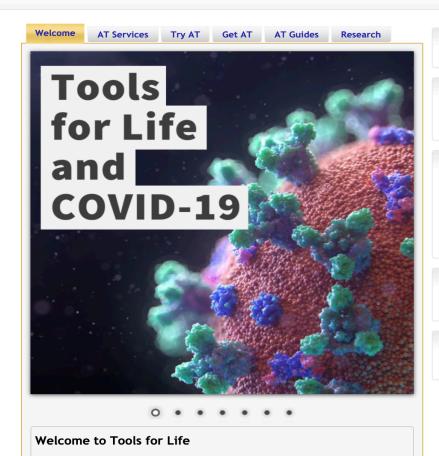
MEET THE ADVISORY COUNCIL

DIRECTIONS/MAP

JOIN OUR MAILING LIST

HOW CAN WE HELP?

AT REFERRALS



Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and

#### COVID-19 RESOURCES FOR PEOPLE WITH DISABILITIES

#### **WEBINARS**

- Current Webinar Schedule
- Webinar Archives

#### TOOLS FOR LIFE APPFINDER



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

#### AT ONLINE EXCHANGE



#### AT FUNDING GUIDE



### **Tools for Life** Website





A NIDILRR - smart-sourced funded project to design a system for suggesting assistive technology strategies & solutions for services providers, individuals aging in place, and their circles of support.

Initial version will be available to the public in 2022!

#### **Initial Activities:**

Medication Management
Dressing
Eating
Grooming



**TechSAge** 

#### TechSAge RERC

Rehabilitation Engineering Research Center on Technologies to Support Successful Aging with Disability



• TechSAge research is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RE5016-01-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS).

#### Wireless RERC



#### Our Mission

Promote a transformative future where individuals with disabilities achieve independence, improved quality of life, and enhanced community participation.

User-Centered R&D • Accessible Solutions • Policy & Outreach



# Workplace Accommodation Expert Support System (Work ACCESS)



A NIDILRR - funded project to design a system for suggesting workplace accommodations for employees with disabilities.

Initial version will be available to the public in October, free for people who agree to provide feedback as beta testers.

Initial Activities (with an Office focus):
Moving About Workplace
Reading / Writing Print
Using a Workstation
Using a Computer
Learning Work Tasks
Communicating Face-to-Face
Time Management

#### Assistive Technology Network (AT Network)

A NIDILRR - funded project to design a system assisting individuals with disabilities in finding AT.

Thank you - Guam Assistive Technology Program for Partnering on this Project!







#### **Assistive Tech Network**

Products and Apps • Informational Resources • Our Partners • Discussion



View Articles that will help you select, implement, customize, and adapt AT solutions to meet your individual needs.





**Explore** the latest assistive technology solutions including products, software, and accessible features





**Connect** with our community of assistive technology users, assistive technology providers, and industry representatives to discuss AT.



Creating the Next Georgia Institute of Technology North Avenue, Atlanta, GA 30332 +1 404.894.2000

Legal & Privacy Information Accessibility Emergency Information Help



## Georgia's "Assistive Technology Follows the Student" Pilot:

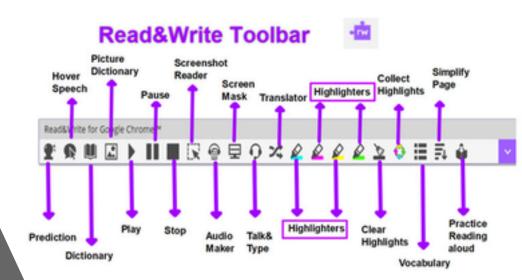
It is Successful!

Over 168,000 Students participating!

Transformational Partnership with Georgia Department of Education & Georgia Vocational Rehabilitation to transition AT with the Student!

Excited to Grow this and help even more individuals accomplish their employment goals with GVRA!

- AT Software
- AT Lending Library
- AT Exchange Database



## **Guiding Principles**

- We Collectively are Brilliant & Can find an Innovative Path and Create Brighter Futures
- Smooth Transitions Make The Difference!
- We must Think, Live and Act from a place of Abundance – We have enough time, money, resources.
- We Must Focus on Abilities!
- Assistive Technology is Key to Success.
- Success Breeds Success
- YOU have the Power to make the Difference!
  - Change vs. Progress (Bob Phillips)



# Why Are We Discussing this Topic Today?

- Master Our Skills!
- Find AT Solutions to Help Everyone Succeed!
- Expand Our Knowledge &
- Build Stronger Schools to Create an amazing, Inclusive and United Community!









#### Transition Success: Consider this...



- Success relies on
  - Being Involved in "My Plan!"
  - Knowing Myself
    - Self-Exploration
      - Who am I?
    - Learning Style
      - What is My Learning Style?
    - Honestly Exploring
      - What do I want to Do When I Grow Up?
      - What Assistive Technology do I need to accomplish my Goals?









### **Designed for Meera – Apple!**





https://vimeo.com/288991645

## Designed for Meera – Apple! (2)

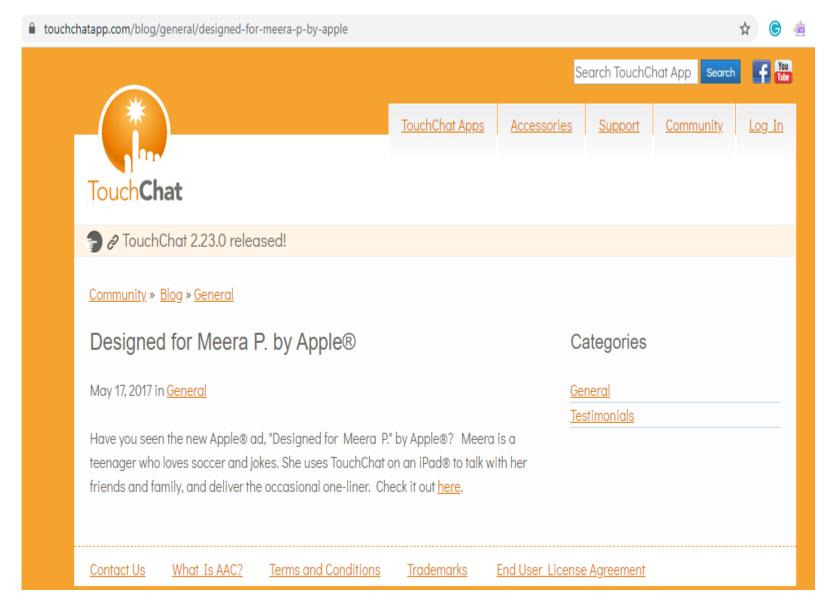




https://vimeo.com/288991645











### **Success & Failing Forward**



- Going to IEP since 1<sup>st</sup> grade!
- TIP Presume Competence & the Ability to Learn!
- It's My Life Involved in My Plan!
- Choosing my AT TIP: Start Early & Evolve (Amazing SLPS, OTs, AT Professionals, Teachers, Para-Pros!)
- Using My AT TIP: Celebrate Use. ALL Communication Counts!
- I Speaking Up TIP: Understanding Rights, Legal Services
- I Speaking Out Advocacy & Self-Advocacy
- I am going to a Post-Secondary Inclusion Program UGA, GT or KSU



# Meera's Independent Living TIP – Learn Medication Management

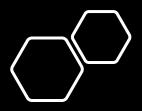


- Automatic medication dispenser
  - Holds 29 doses
  - Set up to 4 alarms per day



- Pillpac.com
  - Organized pills packaged by pharmacy
  - Sealed pouches for each day
  - Time stamped
  - Lessen medication errors





## Meera's TIP: Create SMART Goals

Think about...

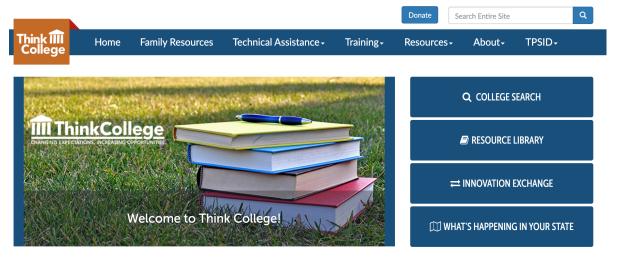


Specific	Measurable	Attainable	Relevant	Time-Bound
Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.	You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.	Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.	This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.

### Georgia Center for Inclusive Tech Design and Innovation

# Meera's SMART Goals

- I want to go to College in 2022!
- I want to get a summer job at an ILC in 2021.
- I want to get a job helping others, helping babies, para-pro, CNA or perhaps Technology development.
- I want to get married and have 2 children after College & I get a job.







Technical Assistance Coordinator Joins NCC We are delighted to announce that Dr.



Think College has a new blog!

We are happy to announce Inside Think



Students & Staff in Inclusive Higher Education: Do you want



New Accreditation Workgroup Established for 2021-2025



#### Meera's Post-Secondary Inclusion Program

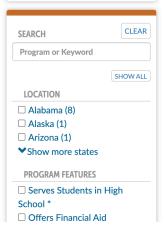
I have over 300 College Options!

Click " save" to add programs to your favorites. You can then save, compare and download basic information for each one.

See FAQ: How do I save and compare programs?

#### RECENTLY ADDED

- University of South Florida St. Petersburg
- Goodwin University (CT)
- University of Alabama
- University of Nebraska
   Omaha
- East Tennessee State University

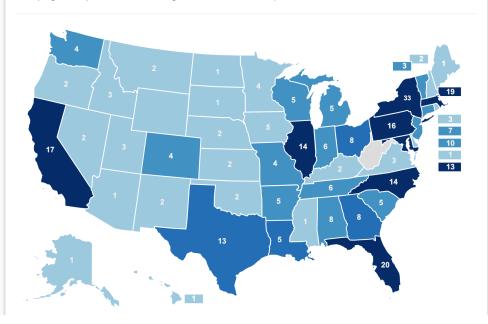


#### Find the College that is right for you!

This directory includes information on 300 college programs for students with intellectual disability. You can search by program name, location, and other keywords. "Advanced Filters" offer more options to narrow your search.

Review these Frequently Asked Questions for answers to some general questions on college programs, how we gather the information in the directory, and how to use the features of College Search.

Once you have located colleges you are interested in, download the How To Think College Guide to Conducting a College Search [PDF]. It provides you with the right questions to ask in order to get the answers you need about each program on your list. The How To guide is also available in Spanish.



#### Meera's Advice to You

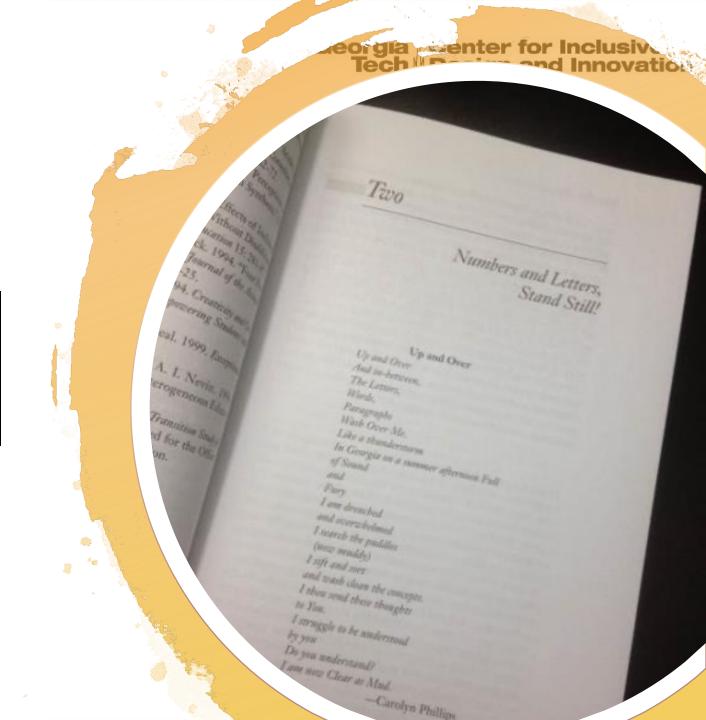
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- Be kind.
- Use Assistive Technology!
- Be the Change!
- Understand I have seizures but, I am ok.
- Understand that I am smart even though you may not understand me at first.





# Learn to Tell Your Story!



#### Carolyn's Specific Learning Disabilities



- Dyslexia Difficulties with learning to translate printed words into spoken words with ease
- Dysgraphia Deficits in writing (organization, clarity, unity, mechanical errors, spelling, handwriting)
- Dyscalculia Difficulty with numbers and/or remembering facts over a long period of time (columns, number reversal, mathematical operation)
- Auditory Processing Disorder Difficulty hearing small sound differences in words.
   APD, also known as central auditory processing disorder, isn't hearing loss or a learning disorder. My brain doesn't "hear" sounds in the usual way. It's not a problem with understanding meaning.

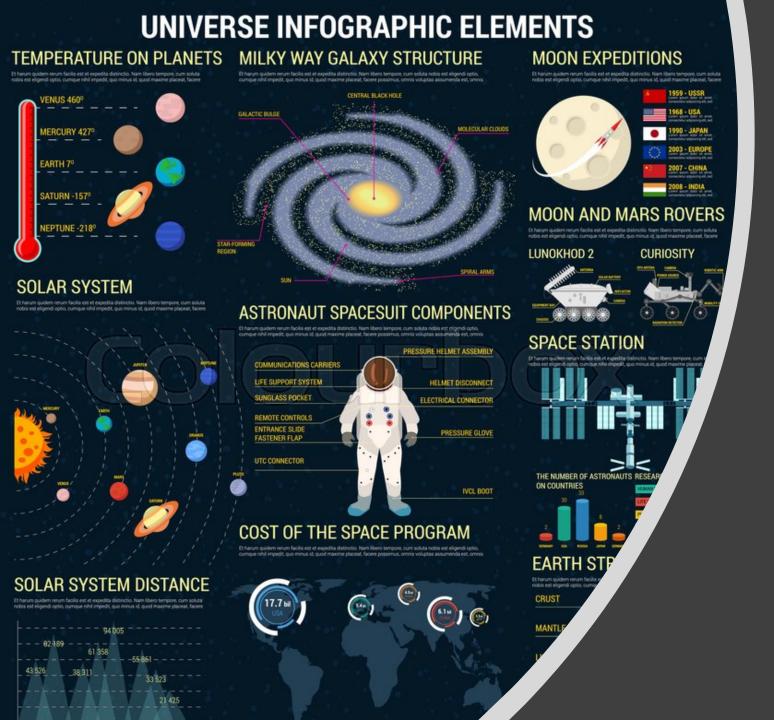


# Bimodal INPUT Helps Learning!

Seeing it +

Hearing it

Helps You Remember It!





# Consider Cognitive Load

TIP – Find a balance and the sweet spot for Learning



# What is Assistive Technology?

 Assistive Technology (AT) is any item or piece of equipment that is used to increase, maintain or improve the functional capabilities of individuals with disabilities in all aspects of life, including at school, at work, at home and in the community.



# Why Assistive Technology?

- For a person without a disability, technology makes things easier....
- For a person with a disability, technology makes things possible.
- TIP: USE AT. I have yet to meet a successful student with a disability who doesn't use Any AT.

## CIDI | TFL Videos!







#### Tools for Life Georgia AT Program

114 subscribers

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Work ACCESS and the **Assistive Software...** 

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**Helping Students Understand** Instruction with Visual...

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**Using Captions to Support** Student Learning

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**Using Speech-to-Text** Assistive Technologies to...

44 views • 6 months ago

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Using Text-to-Speech Assistive Technologies to...

139 views • 6 months ago

CC

#### **Consider this**



- Our Success relies on
  - Failing
  - Dignity of Failure
    - I learned More from My "Failures" sometimes than my "successes"
    - Give yourself room to fail and Grow from the experience
    - Learn to Laugh a lot!
    - Be Optimistic
    - Evaluate & Evolve!



#### **Transition Success**

- Our Success relies on
  - Building win-win-WIN relationships
    - Establishing a solid circle of support
      - Receiving and providing support
    - Diversify your Circle of Friends and Acquaintances
    - It sometimes is "Who you know"
    - BALANCE Social Life and Studies



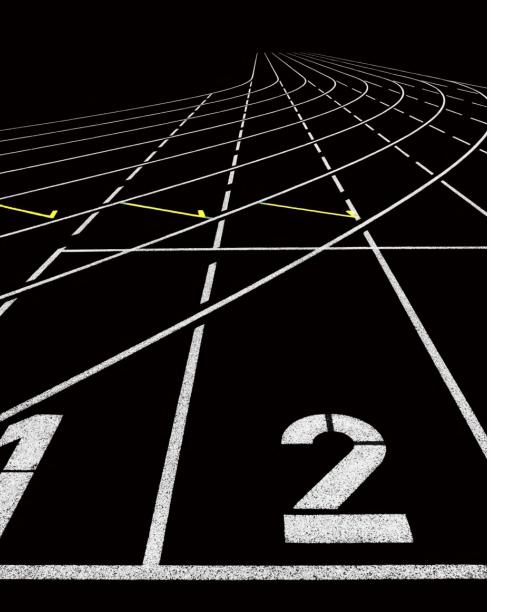


## Moving from Information to Action

- Educational Psychological Evaluations
- One to one assessment
- Comprehensive battery of tests
- Detailed report with recommendations for support in work and/or learning
- What did You learn in your Evaluation?
- Moving from Information to Action
  - Using your Evaluation results as an Action Plan for AT

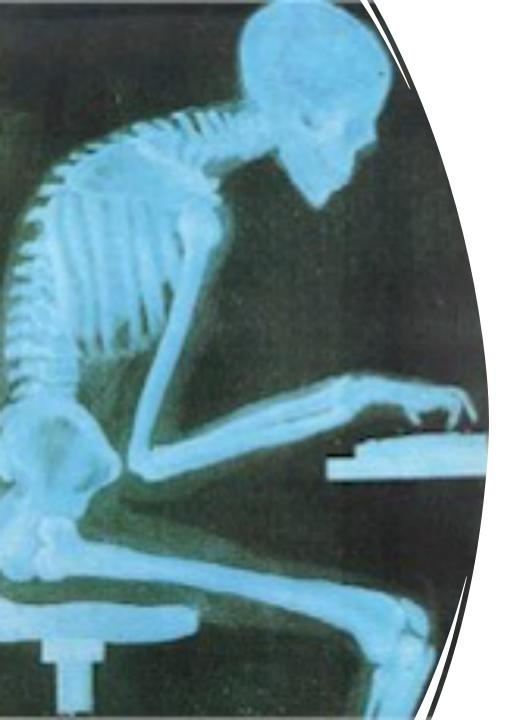






# Managing The "FAST" Track

- Frustration
- Anxiety
- Stress
- Tension



# TIP: Consider Ergonomics

- Inhibits blood flow
- Creates muscle shortening
- Stresses back muscles and compresses spine
- Can inhibit learning
- Compresses diaphragm
  - Affects breathing
  - Voice quality

# In the Shadows - Mainstream

- Tim Cook, Apple Chief Executive
- 2013 speech at Auburn University
- ...people with disabilities are "in a struggle to have their human dignity acknowledged."
- "They're frequently left in the shadows of technological advancements that are a source of empowerment and attainment for others."

# Tools for Life AppFinder



- Recently updated!
- Search By:
  - Categories
  - App Name
  - **Device Type**
  - Price



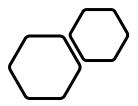
### AppFinder

### About | Our Other Favorite Apps Databases | Helpful Links

Welcome to the Tools for Life Database - Our Favorite Apps for Living, Learning,

### Working and Playing! Search By: Name: Notetaking Organization PDF reader Personal Care and Safety Productivity Prompting Readers Relaxation Scanner Science Screen Reader Sign Language Social Distancing Speech Spelling Talking Calculator Teleworking Therapeutic Aids Vision Writing ● Free ○ Up to \$4.99 ○ Up to \$9.99 ○ All Device Type: Android ☐ iOS Microsoft Blackberry Chrome Extension

# My Favorite Software & Apps for Productivity Reading & Writing



# Learning Ally

- Learning Ally
  - DAISY
  - Membership required
  - over 90,000 audiobooks, audio textbooks, and other recorded books
  - Free Trial





# Bookshare

- Online Accessible Library
- Free membership to qualified students and schools
  - Textbooks if school is member
- 208,769 titles
- Serves individuals with:
  - Vision disabilities
  - Physical disabilities
  - Learning disabilities

# BeeLine Reader



- Reader that uses eye-guiding color gradients to help make reading faster
- Improves reading speed and reading ability
- Free access to affected teachers and students due to COVID-19
- Available on most platforms



### Read Faster and Easier, All Day Long

Reading on-screen can be tough on your eyes, especially if you have to do it all day long. We're here to help. BeeLine Reader makes reading on-screen easier, faster, and more enjoyable. We use a simple cognitive trick — an eye-guiding color gradient — to pull your eyes from one line to the next. This technique increases reading speed and enhances focus. BeeLine's efficacy has been validated in independent testing by literacy nonprofits, educators, and even CNET. But you don't have to take their word for it — flip through a few above color schemes and see how much faster you can read!



- Accessible reading tool that can be tailored to suit any reading style from completely auditory to completely visual or a combination of both
- Features include OCR, reading modes, audio & visual controls, and annotations
- Supports most file types including ePub and DAISY
- Available on iOS and Android





# Microsoft Seeing Al

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- Seeing Al app from Microsoft
   Seeing Al is a free app that narrates the world around you.
- Describes nearby people, text and objects.
- Available on iOS





# GoodReader



- A PDF reader that has file management capabilities.
- Allows user to read, annotate, and edit PDFs.
- Compatible with Dropbox, Google Drive, OneDrive
- Available on iOS only



# **Speech Recognition**



- Speech recognition software enables
  people to talk to their computers and watch
  their spoken words appear in documents,
  email, instant messages and more—three
  times faster than most people type—with
  up to 99% accuracy.
- It lets users dictate and edit in programs like Microsoft® Word, Excel® and Outlook®, surf the web using Internet Explorer® and Mozilla® Firefox®, and command and control virtually any Windows application—just by speaking.



# Where to Find Speech Recognition

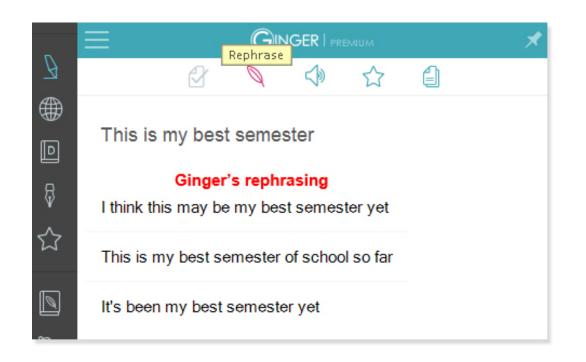


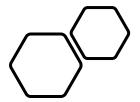
- 1) Built-in Speech Recognition technology: Today, many devices have built-in Speech Recognition software. This includes desktop and laptop computers (Windows and macOS), smartphone and digital tablets (Android and iOS), and Chromebooks (Chrome OS). If you have any of these devices, you probably don't need to buy special software. Often microphone and the Speech Recognition tools come with the device, but you may need an Internet connection.
- 2) <u>Speech Recognition</u> apps: Along with using built-in dictation tools, you can also download <u>Speech Recognition apps</u> on smartphones and digital tablets. One example is Dragon Dictation (iOS).
- 3) Chrome tools: A number of tools for Chromebooks and the Chrome browser also offer Speech Recognition, like Co:Writer Universal, WordQ and Read&Write for Google Chrome. When used in the Chrome browser, Google Docs also has its own Speech Recognition tool called Voice Typing.

# **Ginger Software**



- Ginger Grammar Checker is a free program you can add to your browser (Chrome, Safari, Firefox) that will check your grammar, spelling, and sentence structure as you write online.
- You can also download it into your computer to check your grammar when you are using your computer offline.
- Corrects text as user types
- Available on Google Chrome, Android, and iOS

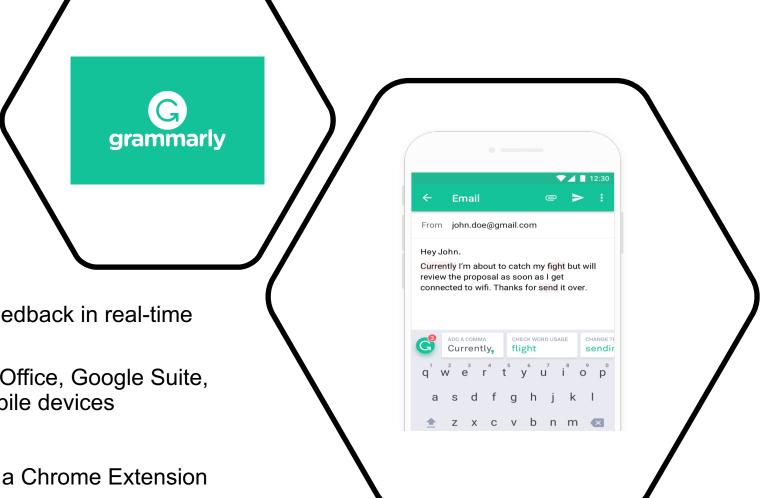




# Grammarly

 A writing assistant that provides feedback in real-time on grammar, spelling, tone, etc

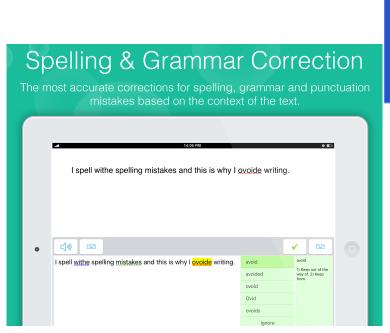
- Compatible with most emails, MS Office, Google Suite, and has a keyboard option for mobile devices
- Free & Paid for versions
- Available on iOS, Android, and as a Chrome Extension



# **Ghotit Real Writer & Dyslexia Keyboard**



- Assists people with dyslexia and dysgraphia in English writing and text correction.
- Features include a contextsensitive spell checker, word prediction, text editor, and ability to share files.
- Compatible with text to speech
- Keyboard works in most iOS applications where writing is allowed.







# ClaroSpeak – Writing & Reading

- Lots of helpful features: high-quality text-tospeech, formatting controls, a wide range of fonts and styles and cloud storage integration.
- ClaroSpeak offers visual highlighting in-sync with the spoken words, a great range of color and font settings to allow for optimum reading and word prediction to help with writing.
- Proofreading text through listening, helping with reading and literacy development and creating audio files from any text.

## ClaroRead



- Supports Reading and writing.
- Designed to be simple, easy-touse and flexible, and supports concentration
- ClaroRead Plus scan and convert paper books and documents so you can read them aloud



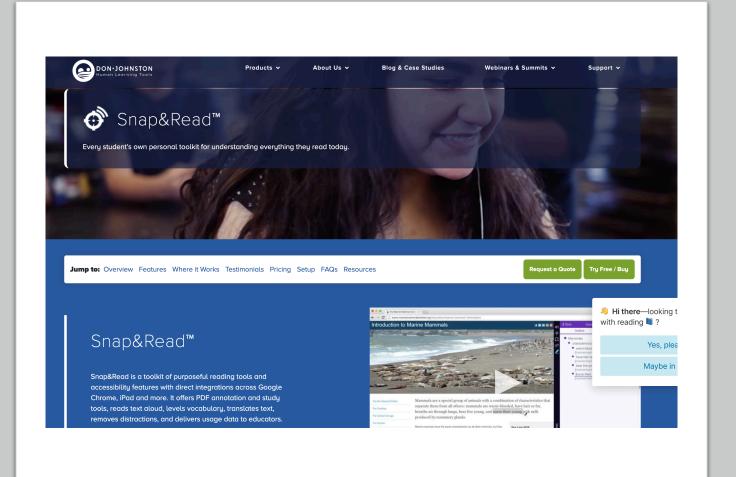
# Co:Writer

- Supports Writing
- Designed to be simple, easy-to-use and flexible, and supports concentration
- Works across Google, Chrome, iPad & more
- Excellent Technical Assistance



# Snap&Read

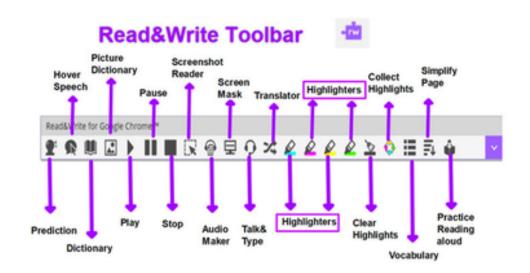
- Supports Reading
- Designed to be simple, easy-to-use and flexible, and supports concentration
- Works across Google, Chrome, iPad & more



## Read&Write



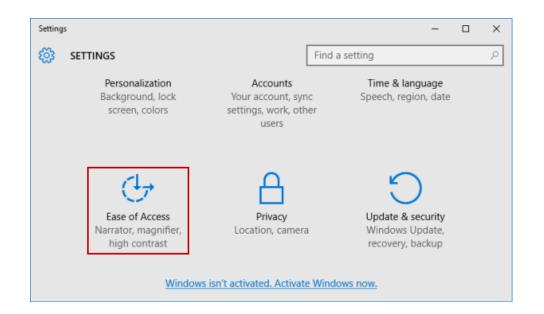
- Read&Write makes documents, web pages and office applications more accessible.
- Easy to use toolbar helps employees with everyday literacy tasks - from composing a quick email to writing reports, proofing lengthy documents or searching for information on the web.
- Option to use free trial
- Has a new focus Read&Write for Work
- Toolbar that is discrete
- Available for download or as Chrome Extension



# Windows Ease of Access Features



- Narrator allows the user to access the PC without a mouse.
  - Read and write emails
  - Edit documents
  - Browse internet
  - Windows Logo Key + Ctrl + Enter
- High Contrast mode that is customizable to the user's needs
  - Alt + Left Shift Key + Print Screen
- Tutorials are available for all accessibility features online.



## **Mac/iOS Features**



- 1) VoiceOver describes exactly what's happening on your iPhone, iPad, Mac, Apple Watch, or Apple TV, so you can navigate your device just by listening.
- Apple's built-in apps support VoiceOver, which will talk you through tasks you do with them.
- 2) Upsize the text in apps When you activate Larger Dynamic Type on iPhone, iPad, or Apple Watch, the text inside apps like Mail, Messages, and Settings is converted to a larger, easier-to-read size.

- 3) Voice Control opens up an intuitive new way to navigate iOS, iPadOS, and macOS — using only your voice.
   Improved dictation and richer text editing features help you write more efficiently, while simple vocal commands let you quickly open and interact with apps.
- 4) Speak Screen can read text from newspapers, books, web pages, or email on your iPhone or iPad.

# My Favorite Software & Apps for Productivity File Sharing & Collaboration Platforms



- A file sharing software that allows users to collectively upload and transfer files to the cloud.
- Easily send large files through a link that can be shared with anyone
- Transform documents, receipts, photos from a mobile device into PDFs
- Available on most devices and platforms, also different payment plans.





- Store, share, and collaborate on files and folders from any mobile device, tablet or computer.
- Integrates with G-Suite applications to allow for team collaboration in real time.
- View content while offline
- Available on most platforms



## Microsoft Office 365

- Microsoft Office became a market leader by producing different applications and making it easy moving between them, making working more efficient and hassle-free.
- Word, Excel, Powerpoint, and Outlook forming the core programs, these cover everything from documents, spreadsheets, presentations, and emails - in effect covering most essential office needs.
- OneDrive offers online saving and backups to keep your files safe.
- MS Office still remains the office suite with the most comprehensive range of features.
- Prices starting from \$6.99 per month





# **Microsoft Teams**



- Hub for teamwork that brings together chat, meeting & video conferencing, and content collaboration within MS applications
- Easily set up meetings and todo lists for project management
- File sharing and editing on the go
- Auto-generated captioning



# My Favorite Software & Apps for Productivity **Note Takers**

# **OneNote**



- Microsoft's note-taking platform
- Offers notebooks that can be divided into sections and pages
- Option to share notes and collaborate with team members
- Record audio notes, insert videos, take pictures, annotate
- Sync notes across all devices.





- Create to-do lists, checklists, notebooks, searchable notes.
- Notes in a variety of formats including text, sketches, photos, screenshots, files, audio, web clippings, etc.
- Sync across any device
- User can create agendas, write memos, craft presentations, set reminders



# Google Keep



- Simplest note-taking app both visually and how it operates.
- Digital post-it notes, with each note dotted around the interface as if they were laid on a table in front of you.
- Notes can be given labels, pinned to the top, given a color, paired with reminders and collaborated on in real time.
- Speech-to-text functionality so you can dictate notes on the go rather than have to write.
- Free



# My Favorite Software & Apps for Productivity Time Management



- A time-management application that is based on the Pomodoro Technique
- Pomodoro Technique is deciding on a task to be done, setting a timer (25 min), working on the task, taking a short break (3-5 min) and then working in 25 min increments
- Block distractions such as notifications on phone
- Android Only but there are multiple online options



## Beeminder



- Track and monitor everything to logging how often you write to managing a to-do list.
- You define your goal (whatever that may be) and log your progress.
   Gamification.
- Anything that can be plotted on a graph can be tracked – number of words written, number of hours worked, number of contracts signed.
- Connects with many other apps.
- Free

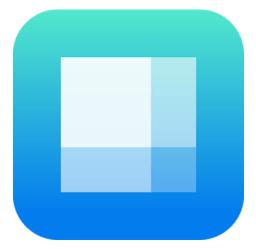


# My Favorite Software & Apps for Organization Reminders & To Do Lists

#### **Priority Matrix**



- Priority Matrix uses the 4quadrants method to help focus on top priorities and projects
- Set due dates, track progress, add notes, collaborate with other team members, allocate responsibilities, share files easily
- Integrates with Microsoft Office
- Free and paid for options

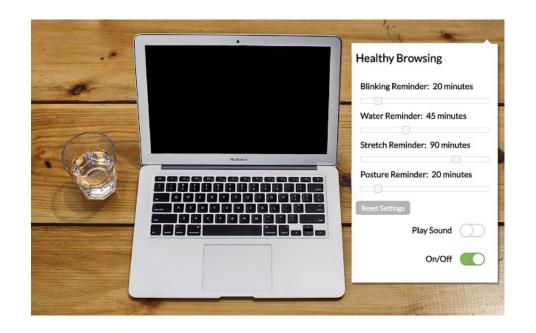




#### **Healthy Browsing**



- A chrome extension that reminds users to drink water, blink, and stretch.
- Often when we are working from home or on the computer all day we forget to do these things
- Simple interface
- Reminders are fully customizable



# My Favorite Tools for Relaxation & Mindfulness

- An app for meditation and sleep that has different guides for meditation and sleep stories
- Includes breathing programs, masterclasses, relaxing music, etc
- Guided meditation sessions are available in different lengths
- Can be used in the web browser or on an app





- An app for meditation developed by psychologists and educators that offers a wide variety of programs for all ages.
- Particularly if you feel anxious about the COVID-19 or feel stressed about disruptions in your everyday "normal" lives.
- Free



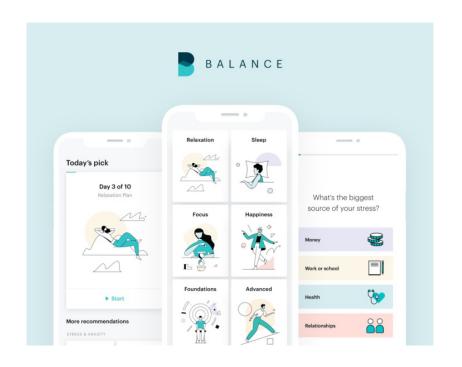
- An app that gives you all the peace and tranquility of a beautiful Zen Garden without the sandy mess!
- The tradition of the Zen Garden goes back nearly a thousand years in Japanese and Asian culture.
- Choose from over 100 different types of stones, shells, fossils and plants to place in your garden and then use your finger to "rake" the sand into intricate abstract patterns.
- Perfect for long meetings, train rides or meditation practice.
- Helps you to center your mind, relax your psyche and relieve your stress.
- Free



#### **Balance: Meditation & Sleep**



- A personal meditation coach that has the user answer questions about meditation experience, goals, and preferences
- Wind down activity and sleep meditation
- 10-day plans
- iOS only but coming soon to the Google Play Store





CDC Foundation:
Accessible Materials and
Culturally Relevant
Messages for Individuals
with Disabilities

# Thank you to our funder!

# The CDC Foundation

This webinar series is made possible due to funding from the CDC Foundation along with technical assistance from the Centers for Disease Control and Prevention (CDC).



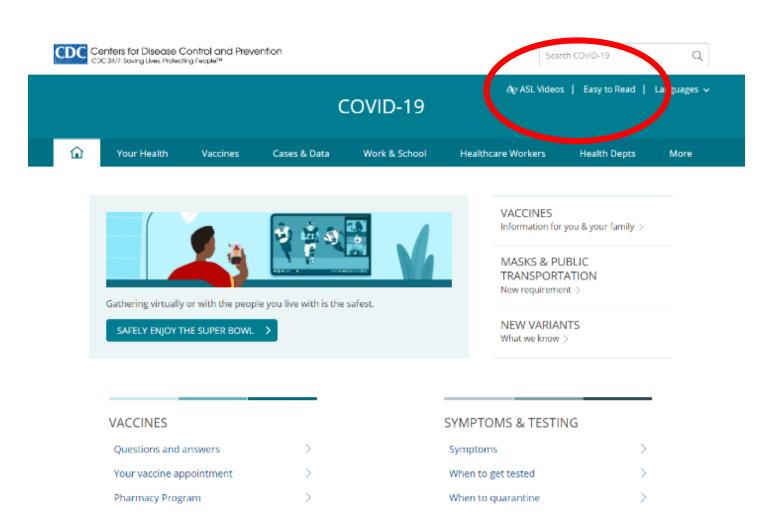
- All individuals, with or without disabilities, have their own preferred learning modes. The offering of products in a variety of formats provides greater access for everyone.
- Going beyond accessibility considerations to address those preferences will introduce some products with wide-ranging benefits.





Updated ASL Videos and Easy to Read documents are available on the CDC website

www.cdc.gov/coronavirus



#### Improving ASL Videos

#### American Sign Language **ASL Video Series** Introduction 6g DeAnna Swope The COVID-19 American Sign Language (ASL) videos below from the Centers for Disease Control and Prevention were supported, in part, by a grant from the CDC Foundation, using funding provided by its donors. The materials were created in partnership with the Center for Inclusive Design and Innovation at Georgia Tech. View the full CDC COVID-19 ASL YouTube playlist for additional videos. Please note that only the videos listed on this microsite were developed through this project; others on the CDC COVID-19 ASL YouTube playlist were developed by CDC. View CDC COVID-19 ASL Playlist Symptoms, Testing, and Treatment



- ASL is a primary language, not a translation of English, for deaf individuals who use it.
- Videos need to be in native ASL. We are working with CDC on a modified process to develop video scripts in native ASL.

# Making Braille Easily Available

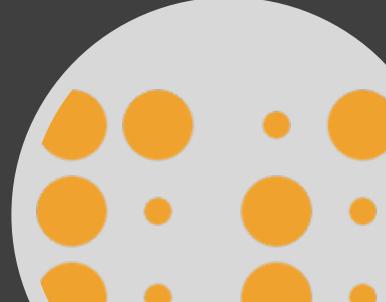
Digital, brailleready files

- Documents remediated for accessibility
- Available for download to refreshable braille displays

Embossed Braille

- Available through partners
- Available by individual request through the CIDI microsite





#### Simplified Text

Simplified text is needed for those with limited literacy skills from a variety of causes.

This requires simplification much lower than the Plain Language guidelines – content at or below 3<sup>rd</sup> grade level. We are "simplifying" CDC guidance to this level.

The process and tool, developed by partners at the University of North Carolina – Chapel Hill, School of Medicine, is ground-breaking research and an application of research-based findings.

#### Easy to Read

n Easy to Read The Spread of COVID-19 COVID-19 Can Make You Feel Sick Tests for Current Infection Contact Tracing Wearing a Mask Clean and Disinfect at Home Living in Shared Housing Running Errands and Food Delivery Protect Animals from COVID-19 Quarantine vs. Isolation Protect Yourself from COVID-19 Protect Yourself Living with Other People

Your Health

Vaccines

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#### Wearing a Mask

Cases & Data

Updated Jan. 8, 2021 Print

Wear a Mask the Right Way

Work & School

Healthcare Workers

First, wash your hands.

Put the mask on your face.

Put the loops behind your ears.

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Make sure breathing is easy.

Masks may feel different.

Practice wearing a mask

Practice will help you get used to wearing a mask.

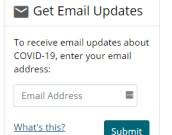
Protect Everyone from COVID-19

Wear a mask to protect yourself.

Staying Away from People When You Have COVID-19

Protect Children at School

Decisions About School and Remote Learning



#### Stop COVID-19 Every Day

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

Wear a mask to protect everyone.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing your hands with soap and water is best.

#### Take Off Your Mask When You Get Home

Keep your hands off the front of the mask.

Touch only the strings or loops.

Use the strings or loops to take off the mask.

Fold the mask.

Put the mask in the laundry.

Wash your hands with soap and water.





- Additional webinars have been hosted and archives can be accessed on the Georgia Tech microsite.
   www.cidi.gatech.edu/covid/training
- Webinar topics covered:
  - Apps for Promoting Independence and Safety (Nov. 12, 2020)
  - Sanitization of Personal Durable Medical Equipment (Nov. 18, 2020)
  - A Closer Look: Face Masks and People with Disabilities (Dec. 9, 2020)
  - A Closer Look: Mental Health and Resilience within the Disability Community during COVID-19 (Dec. 16, 2020)
  - Making Social Media Accessible for People with Disabilities (Jan. 20, 2021)
  - A Closer Look: Guidance for Business and Employees Considering the Needs of People with Disability during COVID-19 (Feb. 10, 2021)

#### CIDI COVID-19 Microsite

- The microsite at Georgia Tech/CIDI will:
  - Link to CDC guidance, videos, etc.
  - Host some accessible materials.
  - Host education, training and supplementary resources.

www.cidi.gatech.edu/covid



Center for Inclusive Design and Innovation

COVID-19 Guidance & Resources

Our goal is to increase access to information about COVID-19. This project was made possible with funding from the CDC Foundation. Resources on this site are adapted and accessible versions of CDC's COVID-19 guidance. For CDC's full guidance, please visit www.cdc.gov/coronavirus.

Resources by Accessibility Type

All resources and documents made available how you need them



Georgia Tech

Braille Resources

Download or request braille documents.

**>>** 



Accessible Word Documents & PDFs Documents are compatible with screen readers and AT that reads text.



View COVID-19 information in American Sign

**\**\



Simplified Text Learn About COVID-19.

**>>** 

# Begin with the End in Mind!



## Successful Transitions Help Create a Successful Life Journey



#### Teach/Learn to:

- Get to Know Yourself
- Plan for Your Success in school, work, Life!
- Begin with the End in Mind
- Be able to tell Your Story
- Listen & Learn
- Try Fail & Try again…
- When things get off track Evaluate and Evolve
- Explore & Use Assistive Technology
- Laugh Much!
- Celebrate your Successes!!



### Si Yu'os Ma'åse'!

Be Well, Stay Safe & Enjoy this wonderful Conference!



## Questions?



I appreciate your time!

