Assistive Technology Strategies and Solutions for People with Neurodegenerative Disorders

Carolyn Phillips, Tools for Life
With contributions from Martha Rust, Liz Persaud & Ben Satterfield

www.gatfl.org

UGA AAC Class
Fall 2014
AGENDA

• Accessing Tools for Life - Your AT Act Program
• Define & Explore the degenerative neurological disease (DND) process:
  – Huntington’s disease (HD)
  – Multiple sclerosis (MS)
  – Amyotrophic lateral sclerosis (ALS)
• Considering AAC & matching individuals with AT
“Technology gives me hope & I need a lot of Hope!”
~ Earnestine
Tools for Life Mission

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

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

- AT Lending Library
- AT Evaluations & Training
- AT Demos
- Resource and Assistance
- AT Funding Assistance
- DME Reuse
Tools for Life AT Demo Lab

- Tablets
- Vision Items
- DME
- Communication
- Games
- Software
- Switches
- Keyboards
TechMatch/AT Evaluations

- Match the capabilities and needs of an individual to the characteristics of an assistive technology device or service
- Formal written report summarizing aspects of the reports, interaction during the technology consultation and including a personalized and comprehensive list of AT recommendations & resources which provide next steps for AT usage
- Evaluations are fee-based
AMAC Accessibility is a social change organization on a mission to create affordable services for governmental, private and non-profits organization working with individuals with disabilities. Services include e-text, braille, captioning, assistive technology, office management software and consulting.
AMAC creates practical solutions that work, with a focus on utility, ease of use, and high quality.

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

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

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

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

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

Please take our survey to help us gather information that will help better serve the community. The survey can be found at:

TFL Survey

WEBINARS

- AUG 14: The Impact of iPads Upon Student Led IEPs
- AUG 29: Support for Your AT Consideration Process
- SEP 10: Getting and Using Accessible Instructional Materials (AIMS): What You Need to Know
Categories of Acquired Disabilities

**Permanent - stable**
- Spinal Cord Injuries
- Traumatic Brain Injuries (TBI)
- Cerebrovascular Accidents (CVA/Stroke)

**Permanent - degenerative**
- Amyotrophic Lateral Sclerosis (ALS)*
- Multiple Sclerosis (MS) *
- Parkinson’s Disease
- Alzheimer’s Disease
- Huntington's chorea (HD)*
- Acquired Immune Deficiency Syndrome (AIDS)
- Fredrich's Ataxia
What is Huntington’s Disease?

• Huntington's Disease (HD) is a devastating, degenerative brain disorder for which there is, at present, no effective treatment or cure. HD slowly diminishes the affected individual's ability to walk, think, talk and reason.
• Eventually, the person with HD becomes totally dependent upon others for his or her care. Huntington's Disease profoundly affects the lives of entire families: emotionally, socially and economically. This hereditary disorder in 1872, HD is now recognized as one of the more common genetic disorders.
• More than a quarter of a million Americans have HD (40,000) or are "at risk" of inheriting the disease from an affected parent. HD affects as many people as Hemophilia, Cystic Fibrosis or muscular dystrophy.
• – info gathered from HDSA
Stages & Symptoms for HD

• Early Stage - Symptoms of Huntington's Disease may affect cognitive ability or mobility and include depression, mood swings, forgetfulness, clumsiness, involuntary twitching and lack of coordination.

• Mid-Stage - As the disease progresses, concentration and short-term memory diminish and involuntary movements of the head, trunk and limbs increase. The most common involuntary movement is *chorea*. Walking, speaking and *swallowing abilities* deteriorate.

• Late Stage - Eventually the person is unable to care for him or herself. Death follows from complications such as choking, infection or heart failure.

• – info gathered from HDSA
More info about HD & HOPE!

- HD typically begins in mid-life, between the ages of 30 and 45, though onset may occur as early as the age of 2. Children who develop the juvenile form of the disease rarely live to adulthood. HD affects males and females equally and crosses all ethnic and racial boundaries. Each child of a person with HD has a 50/50 chance of inheriting the fatal gene. Everyone who carries the gene will develop the disease.

- In 1993, the HD gene was isolated and a direct genetic test developed which can accurately determine whether a person carries the HD gene. The test cannot predict when symptoms will begin. However, in the absence of a cure, some individuals "at risk" elect not to take the test.

- info gathered from HDSA
What is Multiple Sclerosis (MS)?

- Multiple sclerosis (MS) is a life-long chronic disease diagnosed primarily in young adults. During an MS attack, inflammation occurs in areas of the white matter of the central nervous system (nerve fibers that are the site of MS lesions) in random patches called plaques.
- Physicians use a neurological examination and take a medical history when they suspect MS. Imaging technologies such as MRI, which provides an anatomical picture of lesions, and MRS (magnetic resonance spectroscopy), which yields information about the biochemistry of the brain. No single test unequivocally detects MS. A number of other diseases produce symptoms similar to those seen in MS.
- This and More info found at the MS Society web site.
Symptoms of MS

- Symptoms of MS may be mild or severe and of long duration or short and appear in various combinations. The initial symptom of MS is often blurred or double vision, red-green color distortion, or even blindness in one eye. Most MS patients experience muscle weakness in their extremities and difficulty with coordination and balance. About half of people with MS experience cognitive impairments such as difficulties with concentration, attention, memory, and judgment.

- The cause of MS remains elusive, but most people with MS have a normal life expectancy. The vast majority of MS patients are mildly affected, but in the worst cases, MS can render a person unable to write, speak, or walk.

- This and More info found at the MS Society web site.
• There is as yet no cure for MS.
• Until recently, steroids were the principal medications for MS. While steroids cannot affect the course of MS over time, they can reduce the duration and severity of attacks in some patients.
• The FDA has recently approved new drugs to treat MS. The goals of therapy are threefold: to improve recovery from attacks, to prevent or lessen the number of relapses, and to halt disease progression.
• This and More info found at the MS Society web site.
Amyotrophic lateral sclerosis (ALS) is a fatal, neurodegenerative disease that attacks nerve cells and pathways in the brain and spinal cord. When these cells die, voluntary muscle control and movement dies with them. People with ALS in the later stages of the disease are totally paralyzed, yet in most cases, their minds remain sharp and alert.

ALS struck Yankee Hall of Famer Lou Gehrig in 1939. He died two years later, but ALS is still commonly known as Lou Gehrig's disease.

This & more info can be found at www.alsa.org
What is Amyotrophic lateral sclerosis (ALS)?

Thank you for the outpouring of support.

WHAT IS ALS?  WHAT WE DO  DONATE

FACT CENTER...

The ALS Association is incredibly grateful for the outpouring of support from people all over the world. We thank you for participating in the Ice Bucket Challenge and for making donations to support our fight against this disease.

Please visit our Frequently Asked Questions for important information about our mission, structure and finances. We also want to provide you with information about our plans to put the Ice Bucket Challenge donations to work, supporting our short-term and long-term work. Read more here.
The facts about ALS are sobering: Every day, an average of 15 people are newly diagnosed with ALS - more than 5,600 people per year. As many as 30,000 Americans may currently be affected by ALS. The average life expectancy of a person with ALS is two to five years from time of diagnosis.

There is no known cause or cure, but with recent advances in research and improved medical care, many patients are living longer, more productive lives.

In keeping true to the spirit of the game Gehrig loved best, ALSA seeks to covers all the bases - research, patient and community services, public education, and advocacy - in providing help and hope to those facing the disease.

This & more info can be found at www.alsa.org
Medical students do the wrong things in a clinical setting not because of a deficiency in knowledge, but because they don’t make good decisions. They know a lot, but they don’t think systematically.

(Arthur Elstein, Ph.D, University of Illinois, presenting a lecture at University of Washington, April 27, 1999).
Staging

• . . . the sequencing of management so that current problems are addressed and future problems anticipated.

• Voice Archiving!

- Yorkston, Beukelman, Strand, & Bell
ALS: Stage 1

No Detectable Speech Disorder

. . Diagnosis has been made, but often speakers do not yet exhibit speech symptoms in those with spinal presentation.

- Yorkston, Beukelman, Strand, & Bell
ALS: Stage 2

Obvious Speech Disorder with Intelligible Speech

. . both the speaker and listener notice changes in speech - speakers may perceive extra effort needed for speech.

- Yorkston, Beukelman, Strand, & Bell
ALS: Stage 3

Reduction in Speech Intelligibility

... changes in speaking rate, articulation, and resonance are all evident.

- Yorkston, Beukelman, Strand, & Bell
ALS: Stage 4

Natural Speech - Supplemented

... natural speech is no longer a functional means of communication in all situations.

- Yorkston, Beukelman, Strand, & Bell
ALS: Stage 5

No Functional Speech

... speakers with advance bulbar ALS have lost functional speech due to profound weakness.

- Yorkston, Beukelman, Strand, & Bell
Consider:
“I am effective at conversing with:

1. familiar persons in a quiet environment.
2. strangers in a quiet environment.
3. a familiar person over the phone.
4. young children.
5. a stranger over the phone.
6. while traveling in a car.
7. someone at a distance.
8. someone in a noisy environment.
9. before a group.
10. someone in a long conversation (>1 hour).

- Yorkston, Beukelman, Strand, & Bell
Techniques for Improving Comprehensibility (Speaker)

- Provide listener with context
- Don’t shift topics abruptly
- Use turn-taking signals
- Get your listener’s attention
- Use complete sentences
- Use predictable types of sentences
- Use predictable wording
- Rephrase your message

- Yorkston, Beukelman, Strand, & Bell
Techniques for Improving Comprehensibility (Speaker)

- Accompany speech with simple gestures
- Take advantage of situational cues
- Make environment as friendly as possible
- Avoid communication over long distances
- Use alphabet board supplementation
- Have a handy backup system

- Yorkston, Beukelman, Strand, & Bell
Techniques for Improving Comprehensibility: (Listener)

- Know topic of conversation
- Watch for turn-taking signals
- Give your undivided attention
- Choose time and place to talk
- Watch the speaker
- Piecing together the cues
- Make the environment work for you
- Avoid communicating over long distances

- Yorkston, Beukelman, Strand, & Bell
Techniques for Improving Comprehensibility (Listener)

- Make sure your hearing is as good as possible
- Decide on and incorporate strategies for resolving communication breakdowns
- Establish some rules of the game
- Facilitate communication with others

Yorkston, Beukelman, Strand, & Bell
Category of AAC Method(s) Used “Most of the Time” by Communicative Activity

- Stories
- Written Comm
- In depth Info.
- Phone
- Detailed Needs
- Quick Needs
- Conversation

Number of Patients (Total N=12)

No Tech
Low Tech
High Tech
Doesn't Participate

- Yorkston, Beukelman, Strand, & Bell
Overall AAC Method Use Breakdown by Communicative Activity (N=6)

- Yorkston, Beukelman, Strand, & Bell
Use of AAC Methods by Partner Familiarity (N=6)

- Yorkston, Beukelman, Strand, & Bell
Considering Assistive Technology: What Works for the Individual
Assistive Technology Matching:
A TEAM APPRAOCH

- The Person with the disAbility
- Circle of Support – Family of Choice
- “Case” Managers
- Speech & Language Pathologist
- Occupational Therapist
- Physical Therapist
- Engineers
Human Activity Technology (HAAT) Model

- **Human**: represents the skills and abilities of the person with a disability
- **Activity**: a set of tasks to be performed by the person with a disability
- **Context**: the setting or social, cultural and physical contexts that surround the environment in which the activity must be completed
- **Assistive Technology**: devices or strategies used to bridge the gap between the person’s abilities and the demands of the environment

- Developed by Cook & Hussey
AAC evaluation – Educate the Individual

• Needs and environmental assessment
  – Communication partners
  – Communication locations
  – Communication modes
  – Message needs

• Hangout with intent
4 Purposes of Communication

• Express needs and wants
• Information exchange
• Social closeness
• Social etiquette

- Yorkston, Beukelman, Strand, & Bell
Promoting Strengths & Managing Weaknesses
The AAC Evaluation

• Language abilities
  – Language comprehension
  – Language production (vocabulary, grammar, morphology)
  – Spelling and writing abilities
  – Mechanics of writing
  – Speech function

• Speech function

- Yorkston, Beukelman, Strand, & Bell
Factors influencing AAC strategies

- Word retrieval/semantic breakdowns
- Auditory comprehension difficulty
- Reading comprehension difficulty
- Reduced ideational skills
- Memory impairment
- Spelling/phonological processing impairment

by Kathryn L. Garrett, Ph.D., CCC-SLP, Joanne Lasker, Ph.D., CCC-SLP
A Holistic Approach
Selection of an AT Device

Depends on an analysis of the following conditions:

- Prior experience or knowledge, and interests;
- The individual’s specific strengths, weaknesses;
- The specific device (reliability, ease of operation, technical support, cost);
- Usefulness across settings
- **Usefulness over time as symptoms manifest!**
Most Effective Technological Products

• Able to level out the playing field
• Work in cross-settings
• Portable
• Easy to maintain
• Affordable to replace and/or maintain
• Good and reliable technological support
• Accessible training format
## Alphabet + Semantic Topic Board

<table>
<thead>
<tr>
<th>Small Talk</th>
<th>Food</th>
<th>Church</th>
<th>Health</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td></td>
<td></td>
<td>Yes</td>
<td>Wait</td>
</tr>
<tr>
<td>Personal</td>
<td></td>
<td></td>
<td>No</td>
<td>Not done</td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
<td></td>
<td></td>
<td>Please stop</td>
</tr>
<tr>
<td>Trips</td>
<td></td>
<td></td>
<td>Start over</td>
<td>Not finished</td>
</tr>
<tr>
<td>Weather</td>
<td></td>
<td></td>
<td>Forget it</td>
<td></td>
</tr>
<tr>
<td>Sports</td>
<td>Will spell words</td>
<td>Please repeat words</td>
<td>Maybe</td>
<td></td>
</tr>
<tr>
<td>Shopping</td>
<td>Point to first letter</td>
<td></td>
<td>Don’t know</td>
<td></td>
</tr>
</tbody>
</table>

- Yorkston, Beukelman, Strand, & Bell
On screen keyboards
Morse Code

- 2 switch option
Rate enhancement techniques

Generating text with these techniques is

- S…L…O…W…

Two techniques to enhance rate of production:

- Word prediction
- Abbreviated expansion
WordQ is easy to use.

1. use
2. us
3. understand
4. uncle
5. uncover
WiViK is an on-screen keyboard that enables people with physical disabilities to access an
Abbreviated expansions (macros)

- AAC = Augmentative and Alternative Communication
- 3S = 3 spades
- 3C = 3 clubs
- 3H = 3 hearts
- 3D = 3 diamonds
Attention Getting Devices

• Bicycle horns

• Cow Bells

• Battery Powered Doorbell
Voice Amplification Options

ChatterVox voice amplifier

Microphone attachments

Voicette and Mini-Vox from Luminaud
Keyboard modifications
Keyboard labels
Access
Mouse Devices

- Smaller mouse options can help with control
- May need device that is switch accessible
- Or device that requires no hand or wrist movement & light touch

Tiny Mouse; [http://www.chestercreek.com/TinyMouseOptical.html](http://www.chestercreek.com/TinyMouseOptical.html); $15

Cruise Adapted Trackpad
[www.infogrip.com](http://www.infogrip.com); $400

Big Track; [www.infogrip.com](http://www.infogrip.com); $80
DXT Fingertip Vertical Wireless Mouse

- Ergonomic Relaxed Neutral Wrist and Hand Position
- Precision Grip for Accurate Navigation
  - Small muscles and joints of the fingers have higher processing abilities
- Instantly Switches Between Right and Left Hand
- Video
Tongue Drive System

- Wireless device that enables people with high-level spinal cord injuries to operate a computer and maneuver an electrically powered wheelchair simply by moving their tongues
- Dental retainer embedded with sensors
- Detect movement of a tiny magnet attached to the tongue
- Testing with iPods and iPhones

- GA Tech
- Shepherd Center and Rehab Institute of Chicago
Products / New Products

ASL brings innovative products to our clients! We are here to help each client reach their full potential – our team creates products and designs as a direct result of the needs of those we serve. Our goal has always been independence and equal rights for those we work with....
Ergonomics

Writing Solutions:

– “The Penagain takes a novel ergonomic approach to ink pen design. The body of the pen is shaped like a "Y" creating a cradle for the index finger to rest in.”
  http://ergonomics.about.com/od/buyingguide/fr/frpenagain.htm

– Wide barrel pens can make it easier for some people to write due to their contoured shape. With a Fat Ergonomic Pen there’s more surface area to grip which makes it easier to write.
Live Scribe Pen

- Records what it hears and what you write
- Uses specific paper for playback
- Connects to computer by USB for saving
- Tap on note and playback from there
- Jump forward and back in notes
- Dictionary
- Translation Apps
- Purchase Apps online
- Demo
Light-Tech AAC Options
Mid-Tech AAC Devices
Android & Apple
Which One???
LET’S TAKE A LOOK AT SOME OPTIONS
Microsoft Surface

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

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

- Multi-touch screen
- New iOS 6
- Millions of apps
- Surf web
- iTunes
- Videos
- Organization
- Accessibility
- Books
- Photos
- Speakers
- New iPad had 5.0 megapixel camera
- Starts at $499/$399 and mini $329
## Comparing Tablets

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

[www.bluebugle.org updated by TFL 2013](www.bluebugle.org)
Layout of the iPad
IOS 7 is here: A whole new iPhone experience

By Adrian Covert  @CNMNmoneyTech  September 18, 2013: 8:31 AM ET
New iOS 7 Features

- September 2013
- Automatically turn on captioning and subtitles
- Switch Source under Accessibility
  - Allows user to control devices by head movement
VoiceOver

- Standard feature on iPhones, iPads, and iTouches
- World’s first gesture-based screen reader
- DOES NOT WORK WITH ALL APPS
  - Does not work with many eBooks or textbooks
  - Works with built-in apps
- Built-in voices that speak 36 languages

- Adjustable speaking rate
- Echoes each character as you touch it when typing or can speak completed word instead.
- Speak Auto-text
- Has the rotor
- Works with all built-in applications
Assistive Touch

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

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

- Read articles and web pages without distractions
- Clutter disappears
- Add link into Reading List and finish later
iOS 6 NEW: Guided Access

- Helps remain on task and focus
- Limit to one app / turn off home button
- Restrict touch input on certain areas of the screen
Surface

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

- Power Button
- Camera
- Speaker
- Micro USB
- USB
- Charger
- On Left Side
  - Speaker
  - Headphone Jack
  - Volume control
Accessibility of Surface

• Uses Windows 8
  – Ease of Access
• Narrator
• Magnifier
• On-Screen Keyboard
• Windows Speech Recognition
TFL AppFinder

Search by:
✓ App Name
✓ Categories
  - Book
  - Education
  - Environmental Adaptations
  - Hearing
  - Cognition, Learning, Developmental
  - Navigation
  - Personal Care and Safety
  - Productivity
  - Communication
  - Therapeutic Aids
  - Vision
ProloQuo2Go

- 24 location max
- SymbolStix (default)
- Scrolling possible
- Side navigation remain constant
- Intuitive editing and creating
- Keyboard with picture/word prediction
- Price now $79.99
TouchChat

- 24 location max
- SymbolStix (default)
- Scrolling possible
- Side navigation remain constant
- Intuitive editing and creating
- Keyboard with picture/word prediction
- Price now $79.99
Tobii SonoFlex

- Available for the iPhone, iPad, Android, Kindle Fire, PCs and SGDs
- Combines core, quick-hits & situational vocab.
- 50 pre-made context packages
- Intuitive programming
- Structure w/ flexibility
- Full App: $99.99
- Lite vers.: Free
Tap to Talk

- For emergent communicators
- For Android, Kindle & Nook
- Library of 2K symbols
- Player: Free (comes w/sample albums)
- Designer: $99/yr or $179 lifetime
- Create/ modify w/ Designer
Speak it!

- Copy emails, documents, web pages, PDF files, and more; paste them into Speak it!, and have the text spoken back to you.
- Email text to speech files
- Make announcements over PA system
- Endless phrases and possible uses
- $1.99
Apps for Relaxation
Breathe2Relax

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

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

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

- Enables a person to replicate themself in a distant location and have the freedom to move around as if they were physically there
- Reduces travel costs
- School
- Hospital
- Work from home
Talk with Us!

What are Your Favorite Apps?
Our Question to You:
What have You Learned today?
Contact

Carolyn Phillips
Director of Tools for Life
Carolyn.Phillips@gatfl.gatech.edu

Liz Persaud
Training, Development and Outreach Coordinator
Liz.Persaud@gatfl.gatech.edu

Martha Rust
AT Specialist
Martha.Rust@gatfl.gatech.edu

Disclaimer
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