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Carolyn Phillips: Hello, everybody. Welcome to our webinar series. My name is Carolyn Phillips and I'm the director for Tools for Life. I'm thrilled to be working with you today with a bunch of our experts who are on with us. We're going to be covering solutions for living, learning, working and playing all about assistive technology. We are joined by Martha Rust who is our assistive technology director. Then Ciara Montes who is an AT specialist. She's done a great job updating our apps finder. And then we have Sal who have contributed quite a bit to our conversation. I want to thank Heather Johnson who is on our team doing the captioning today. I'm going to turn it over to Sam Peters. Sam, take it away.

Sam Peters: Hey, everyone. I'm Sam. I want to give you a quick introduction to this webinar which is part of a series that we're doing in response to the COVID-19 pandemic. Tools for Life has been collecting resources that are posted on our website. We'll give you the link to that a little bit later. For this webinar

it's going to be focused on living, learning, working and playing during this time of isolation. Just a quick note that the resources in today's presentation are not meant to replace advice or instruction from a doctor or medical team. These resources are here to educate and empower you. We encourage you to take this information and do your own research and share what you've learned with your medical and support teams. All presentations and resources here are accessible and will be posted on our website. [Reading].

We do ask that you share this information with anyone that you think will benefit from using this. Know that we are in this together and together we're stronger. Stay safe and educated and we hope that this webinar series will help you and provide you with resources to make the pandemic a little bit easier for you.

So as we mentioned, we are Tools for Life. We are Georgia's assistive technology act program. There is a program like ours in every state and territory. If you're not from Georgia, you are able to look up your state AT act program. There you can find your state and local resources to help you get connected with assistive technology in your state.

Your presenters today, as Carolyn mentioned, are

going to be Martha Rust who is our assistive technology direct services manager and Ciara Montes and Sal Kibler. I will pass it over to the direct services team.

Ciara Montes: I'm going to go through our groceries and food delivery apps. Some of these apps can be used for people in the aging population or immune compromised. I think a lot of people can benefit from some of these delivery apps. So we have Instacart which allows you to shop online and get groceries from stores in your neighborhood with same day delivery. This may vary with the COVID-19 going on but I do believe they're getting those orders and deliveries out within 1 to 2 days. Instacart allows you to pick stores around you and they offer coupons and they authorize your total to be around the amount that you got to. So there may be some items you aren't able to get, and they may submit for something else. They will update you while the shopper is in the store. They provide contactless deliveries. You don't ever have to see the person delivering to you. Another one that we have is Shipt it kind of does the same thing as Instacart. You can pick same day delivery depending on the situation going on currently. It gives you an update on your total in real time. Instacart keeps it around the amount you want to spend but Shipt provides real time. They have a deal of the day where

you can go and get buy one and get one free item. Chewy is for pet related items. They actually deliver within one to two days. You can get anything like pet food, I've had friends order pet carriers so they can go on bike rides with their pets. Different things like that.

Next I'm going to talk about food delivery options. I know a lot of people are missing out on going out to eat. There are options for food delivery apps. Uber Eats is probably the biggest one. It allows you to order food around you and track it easily. A lot of apps are delivering contactless delivery to a lot of their servers, so people are able to get their things without having to actually meet that person face to face.

So Uber Eats allows you to order from anywhere in your neighborhood and they get to you pretty quickly. GoPuff is kind of similar. They are a food and drink delivery service with same day options. They also offer convenient store options like paper products or over the counter medicine. I know people have gotten cleaning supplies off of goPuff. It is a really neat service. I'm not sure if it's available everywhere but I know it's available in Georgia currently. Then DoorDash is kind of similar to Uber Eats where you order from restaurants and track easily. There is no delivery fee. It allows for contactless delivery.

Now I want to talk a little bit about meetings and team collaborations since a lot of us are teleworking or working from home. There are a lot of neat apps out there. We use a couple here at Tools for Life.

So I'm going to talk about virtual meetings. Zoom is one of the biggest platforms being pushed out currently. It's a virtual meeting platform that allows users to message, present and share screens from a distance. They have waiting rooms. You can have a locked room where you wait for the host to let you in. You can break out in sessions. So if your team needed to separate and then come back to collaborate. It provides AI captions. There is a free and paid for option. The free option allows you to meet up to 45 minutes. Then the paid for option will allow you to meet for longer than that time.

Microsoft teams. We use teams a lot. It allows you to store files, set up face to face meetings, instant message in real time. The captioning is a little better on Microsoft teams. It also allows you to blur your background which is a neat feature. Google hangouts is another meeting platform. Similar to the other two. It allows groups chats up to 150 people and allows for voice and video calling. It's really cool because it

integrates with the G suite. So if your company uses G mail or other things on G suite, it's easy to integrate with Google hangouts.

Team collaboration. So these 3 apps are things that can be used to work on projects together with your teammates and get together while actually not being physically together.

So we use slack. Slack allows you to communicate with your team, share files, edit files and keep the team organized. Slack goes by channels. So you can make a channel for a lot of your projects that you may be working on and also make those teams that may need to work on a certain project.

It's very easy to search for your files in slack. Instead of getting that clutter in your e-mail you can find something that you may have lost in the whole list of e-mails that you're getting. Then drop box is a cloud storage platform that allows users to easily scan and share documents. It's also available offline. So if you're not on Wi-Fi or pull up on your phone, all of those files are easily available on drop box. Trello is a cool team collaboration tool. It's more visual. So a lot of people like using it for project management. Teams are able to collaborate. You can create check lists. Put due dates and watch as certain members of the

team are going through certain projects.

Sam Peters: Thank you, Ciara. I want to go over a little bit about some of the virtual recreation. Lots of things are closed now. This is a snippet of what is out there. I found that virtual recreation ideas are changing daily while people are in quarantine. I want to cover the national parks. Right now the national parks closed. But many are offering virtual tours. You can do this from the comfort of your couch or bed or kitchen table. The picture is the Hawaii volcano national park. They will talk about some of the history with some of the volcanoes. Alaska has a good one. You can see the glaciers and whales. If you want to explore a national park and see what it is before you get there, this is a unique idea that they're doing, and I put that website down there for you guys if you want to explore more.

Other things right now are museums and zoos are doing virtual tours of the facilities which is very cool. It gives the individual the ability to explore some history of things that you had never gotten to see, and you want to see up close without anyone in front of you. An opportunity to explore art or maybe see some animals. Here at the Georgia aquarium you can see the animals. What's cool is seeing some of the animals walk

around the aquarium. You may have seen on Facebook about the pen quins and how they're exploring the aquarium. I saw a cool zoo where they were walking the pig around outside and these other animals. I forgot what they were. They were amazed. They had never seen a pig before. So there's opportunities to go in and see these animals. Some animals are missing interactions. So they may actually have the ability to have your face, so they get the idea of other people looking at them as well. Some of the animals are missing that interaction as well. So you can explore zoos that way.

Many of these allow you to turn the cameras in a 360 view too. So you can see what's in front of you or behind you or look up. Even the ceiling at the Louvre you can see. So the ability to check out things while people aren't in your way is a unique idea as well. So there's good housekeeping link down at the bottom that could give you some more links on museums and zoos that are doing this.

Other things are plays and musicals. As you may know HBO and show time are offering free trials. Same with Broadway HD. This is a cool subscription that is offering a 7-day free trial. I love Broadway plays and musicals. So you can stream your favorite Broadway hits from your TV, computer or tablet. You can see some of

these productions again without someone's head in your way. So you can definitely check that out. You can also check out places where you live. There are -- the center for puppetry arts in Atlanta they're doing virtual tours as well. So you can check out museums near where you live to see where they live too. Now I will pass it over to Sal. Sal, I'm not sure if you're unmuted or not.

Sal Kibler: I wanted to talk to you all about some board and card games that I have discovered. I'm a regular bridge player. I play at least once a week with some people. Now they're spread all over the place. So I discovered a couple of different places that you can play cards with people not in your home and get to reconnect with them. Bridgebase.com is one I use. You go on and give yourself a fun name and then someone will set up the actual game and invite you and you play. If you're short a person, you actually can for a small fee hire a robot to play for them. What we've been doing is setting that up on bridge base to play and then we do a conference call on our phones so we can actually still chat because an important part of card playing for us is the conversation piece of it. It's very easy to learn how to do. Microsoft.com has Uno with buddies. Trickster cards has games we have learned how to play. Pogo.com has many games. If you don't know how to play one of

these, it's a great time to learn how to do something new and you can also usually go to YouTube to get some more instruction on how to play something and how to use these apps.

Martha Rust: Thank you. I want to cover some software solutions. This is really cool because all of these companies that I'm about to talk about right now -- these are just a snippet of a few that we're aware of. There's probably several more out there. Some of these soft wares came out as soon as the pandemic happened and started offering for a limited time the ability to use their software for free. This has been really great for those students who are now taking online classes for the first time maybe ever to those who were taking classes and some online but now are fully online. This is great for people who are working and need extra support. Maybe you have never had the opportunity to try out this software because of the cost of them. So now is the great time to do this. We know people are using freedom stiff scientific. Freed speaker you can use their web aid and you can go to their website and get information on how to download on your computer. Crick software is another great software. They have the clicker 8 that you can download for free. Clicker writer and doc plus. This is for students who

need more help in the elementary area. Dolphin and Kurzweil, I encourage people to take advantage of this while it's free for a limited time. Also if you've never tried their software, this is a perfect time to download and try it out and see if it works for you. Passing it over to Sal.

Sal Kibler: I want to talk about preventing eye strain and fatigue. This is something I'm seeing with all this digital work I'm doing. All the reading and communication and zoom calls. This is causing a strain on everybody's eyes. One thing you can do is get a pair of glasses with blue light code coating. That can provide a more comfortable experience at the computer. There are a couple of different places to get them. Here are a few that we know about. One is peepers. If you have ever gone to peepers online they do a lot of basic reader glasses. They have great styles and fashion. They are blue light. They have.

>> Anna: Reflective coating and UVA coating. Bunnyeyes are something I have a pair of. They are blue light. The stems are adjustable. You can use them while laying down. The stems or the arms on your pair of glasses. On Bunnyeyes you can flip it down or up or out so if you want to read a book while in bed or you need to keep that side of your head available then you can

still wear the glasses. It's fun to play with too. Then Zenni Blokz is a popular brand of online glasses and they come in a variety of coatings.

There are a couple tips for eye fatigue we would like to share. First minimize the glare and reduce ambient lighting external and internal. Adjust the ambient lighting to be about half as bright. You can almost always personalize text size and colors to suit your eyes even if you're in certain zoom calls or other kinds of programs like that. There are always ways to make it more accessible for you. If you blink more often, they say that will help with your eye fatigue. Of course using lubricating eye drops and hopefully you can limit your screen time, so you don't have to deal with this quite so much. I'm going to turn it back over to Martha.

Martha Rust: Thanks, Sal. I like that you said limit your screen time. If you're working from home, your screen time has increased a lot. I did get a pair of blue light glasses. I'm currently using them. I'm hoping that will help with my eye strain too. I appreciate that. The next couple of slides we're going to talk about reducing stress and anxiety. We are in the mid/OFL a pandemic. Our schedules are messed up. We're going on week 5. So things are not normal. Things have

changed. So there's a lot of virtual therapy out there. One of the big things is don't be afraid to ask for help. I have several people in my personal life and people are work with that this time is causing anxiety and they have never had anxiety before. They don't know what to do or how to deal with it. There's lots of social media like Facebook chats and other groups out there that you can sit in and listen and join and hear some feedback and one of the great things is knowing that you're not alone. If you're having bouts of depression through this, you are not alone. There's lots of different online groups to check out. I encourage people to check with your current therapist if you are seeing a therapist. Many of therapist have gone online and will meet you where you are. I have a friend who told me they go to their car for their weekly therapy with their counselor because they are now at home 24/7 with their spouse, loved ones and kids. So they go to their car for their weekly meet up and it seems to be helping. Or you can ask your doctor to see if they can help you figure out where to go and who is available as well.

There's also a lot of them available online now which is really great. Again, these can meet you where you are too. Some you may have heard about is talk

space. That's the one Michael Phelps is a [sponsor](#) of. Better help, psych hub and also don't forget about the young ones as well. They are going through different emotions right now. A lot of our young kids who were in school are no longer able to see their friends and they're missing their teachers and friends. Their ability to play outside too. So don't forget about them too. So the child has some resources available too.

Sal Kibler: I want to talk to you a little bit about remaining calm as a follow up to Martha's comments about the anxiety that many of us are feeling with the uncertainty ahead. It's important to keep calm and positive. There are calming and meditation apps available. Calm has a two-week free trial. This is incredibly popular. It uses meditations and beautiful images and sounds to give you moments of peace. It may be something that works for you. There's something called head space. Right now they have something called weathering the storm which is oriented towards keeping people calm during the COVID-19 crisis. So you might want to check that out. And then again some things that might calm you down some, as well as give you something new to learn is [great courses.com](#). They have a lot of things available right now. Obviously yoga and Tai Chi are two that we think of as being calming. If you've

never tried either of these, I highly recommend them. They are easy to get started. They're low impact. You can do many of these things sitting in chairs for yoga if you need to. Tai Chi is just a really great way to do movement and breathing and even enjoy nature. So I would suggest if you haven't checked any of these out, you might want to try. This is a great time to do it.

Sam Peters: So to conclude here we have our COVID-19 resources for people with disabilities. This is a webpage that Tools for Life has compiled with different resources in a bunch of different categories. Things like entertainment and recreation, connectedness in virtual platforms, education, speech and communication and more. All have been vetted and are on this website that is linked here and also on our Tools for Life home page. So we encourage you to take a look at the resources here and the webinars will also be posted here as a part of this COVID-19 webinar series. The first webinar that we did was titled exploring communication options while hospitalized. That webinar is posted there for you to view as well. We encourage you to check back as more webinars are added to this series. We hope these resources were helpful and can make this time of this pandemic more comforting and keep you more at ease.

Here is our contact information for the Tools for Life team. All of this information is listed on our website.

Lastly here is some more contact information where you're able to get ahold of us. Thank you again. Please let us know if you have any feedback or other topics you want to hear about. We are looking forward to getting this out and providing people with more resources and information.