Promoting the importance of Occupational Therapists using advances in technology to enable clients to access meaningful occupations

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Learning Outcomes

• To learn about the voice recognition options available for smartphones, computers and mainstream technology
• To increase awareness of the occupational therapist’s role in implementing voice recognition and other access methods to enable clients to participate in meaningful occupations
• To signpost participants to further information on enabling access to technology
"Occupation" as a term refers to practical and purposeful activities that allow people to live independently and have a sense of identity. This could be essential day-to-day tasks such as self-care, work or leisure.

Think about your day-to-day life; would you be able to cope or live fully if you didn’t have access to the internet? Or couldn’t get out of bed in the morning?
“RCOT recognises that technology should, and must be, integrated into our practice. So, next time you visit a person as part of your occupational therapy assessment, ask how they use technology in their life and think about what technology might be useful in supporting them to lead more independent fulfilling lives”

Paul Cooper Feb 2018
Maslow's Hierarchy of Needs in 2014!

- **Self-actualisation**: Personal growth and fulfilment
- **Esteem needs**: Status, responsibility, reputation, respect and confidence
- **Social needs**: Belonging to a group, trust and acceptance
- **Safety needs**: Security, structure and stability
- **Physical needs**: Shelter, warmth, food and drink

From ijgolding.com

1943 - 2014

Best Care Healthy Communities
OT research

• OT literature has called for greater recognition of the use of online technologies in the profession (Verdonk & Ryan, 2008; Chard, 2007)

• In order to implement this within our practice we need to be able to apply recent evidence and also apply OT theory when considering a person's computer access needs
Meaningful Occupations
Barriers

Limited skills

Anxiety about technology

A lack of knowledge

Cowan & Khan 2005; Jans and Scherer 2006
Assessment

- Is not about finding a technological solution
- Is about promoting function and independence
- Should take into account likely changes and developments

Assessment

- Positioning
- Settings
- Alternative Access
Accessing Computer/ Tablet

- Operating system - Windows / iOS

Ease of Access options – sticky keys
On Screen keyboard
Speech Recognition and Mouse Grid
Additional hardware and software
On-screen keyboards

Select on-screen keyboard
Speech Recognition

Mouse grid in Windows 10
Smart Speakers

Amazon Echo
Amazon Echo Dot
Amazon Echo Show
Google Home
Google Mini
Google Home Hub

Also Apple, Samsung, Lenovo, Bose and others available
Applications For Smart Speakers

- Hearing Impairment
- Loneliness
- Progressive neurological conditions
- Spinal Injuries
- Visual Impairment
- Mental Health
- Environmental Control
- Fun!
Practicals

• **Match the definitions** - Google assistant, Voice Access, Siri, Cortana, Bixby

• **Mobile Phones**: iOS and Android, Explore accessibility options – Google assistant, Voice assistant, touch and hold delay, Easy mode

• **Computer access**: Try Mouse Grid on Windows 10

• Set up and try range of options in Windows ease of access

• **Smart Speakers**: Clinical applications and Discussions
Moving Forwards
Challenge!

- Follow a relevant group on social media
- Explore accessibility options further in your phone/tablet/computer
- Discuss computer access for your clients at your next team meeting/in service training
Any Questions

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References

- King, J (2017) Enabling independence around the home and beyond OTnews August 2017
References

- Cooper, P (2018) “I don’t do tech – I'm a people person” https://www.rcot.co.uk/news/i_dont_do_tech
- Groves, M., Allsopp, L. (2018) Occupational therapists leading the way in bridging the digital divide. OTNews June 2018A
Resources

- https://abilitynet.org.uk/we-are-abilitynet-adapting-technology-changing-lives
- https://trabasack.com/
- http://www.inclusive.co.uk/hardware/ipad
- https://www.ability-world.com/