

Eye Challenges

Navigating with limited sight

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Resources for Extra Help



Seeing AI



BARD Mobile



Be My Eyes



Bible



Podcasts



Magnifier

Seeing AI

- It will read or tell what is in front of you.
- Be careful of what is read such as finances or social security numbers
- It will read text and cursive writing
- Tell dollar amount
- It will help you line up to read read accurately
- Bar code will tell you what the product is
- It will describe what is seen after you push the round button
- It will tell what the color is of an item

Bard Mobile

- Bard Mobile available through Library of Congress
800-242-0586
- Vision Corps will help you with application
- Talking books can be downloaded on your Smart Phone
- Or you can order a recorder and tapes

Be My Eyes

- Click the icon on your smart phone
- Call a Volunteer
- Be My Eyes helps with:
- Thermostat settings
- identifying food
- matching clothes
- reading menus
- reading greeting cards and mail
- losing earring, hearing aid etc.
- Taking a walk to help with road signs
- Finding Power outlets
- Reading Medicine Labels
- Sorting laundry
- Volunteers worldwide

Voice Over

- Voice Over is an accessibility program on your Apple. To get to Voice Over go to settings-general-accessibility or you can push a button on your phone and say “Turn Voice Over On”
- It will help you navigate on your screen by reading what icon is highlighted
- Voice Over does need some training and Vision Corps will help
- When some one calls you and you can't see the screen you tap twice and that answers the phone if you have Voice Over on
- It will read to you your most recent text or email

Voice Over Hand Movements

- Swipe left to right to hear the apps and when you hear the one you want you double click to open that app
- 2 finger swipe up from the bottom will read the entire screen
- 3 finger swipe left to right or right to left will move you to another page when looking for an app
- There are many more hand movements to choose from and Vision Corps can help you practice these movements if you need the help
- <http://www.applevis.com/guides/ios-voiceover/complete-list-ios-gestures-available-voiceover-users>

Other Helpful Products or Organizations

- Red Rose Transit Authority will help transport you through Lancaster County
717-397-4246
- NFB Newsline has over 300 publications of newspapers and magazines that will speak to you
- Foundation Fighting Blindness has reversed vision and helps with clinical studies for macular degeneration, retinitis pigmentosa, and more retinal diseases
- Ruby XL HD will enlarge letters to help with reading smaller print and it will show different color letters and backgrounds for those that prefer reading different colors in backgrounds or letters
- <https://hadleyhelps.org> 800-3234238 Helps you with daily living

More Helpful Products

- Podcasts entertain you when you are isolated from the outside world with many topics you may want to choose from
- When TV becomes difficult not seeing facial expression or scenery Podcasts will help to entertain when watching TV is a challenge
- Purple icon is Apple, but you can use podcasts from youtube, google, and many other places
- Alexa will give reminders, set alarms, and timers, tell the weather, play music of your choice, give facts, and jokes

Accessibility

- Apple Accessibility 877-204-3935
- Siri or Voice over will tell the text and email messages that you request , but voice over will read it out loud to you
- They will create a text message or email for you
- You can say 'Hey Siri set my alarm for a specific time, will tell you your battery life, and much more.
- Zoom magnifies the entire screen, but you must have Zoom on for it to work. Double tap 3 fingers to zoom then double tap 3 fingers and drag to change zoom
- Magnify will instantly enlarge what you want to read by using your camera

Vision Corps
717-291-5951
244 North Queen Street
Lancaster, PA

- Occupational Therapist will help set up your house for your vision impairments with bump dots on your appliances, phones, and other products that have on and off switches such as remotes on your TV
- They will help you work your ipad and iPhone without seeing, give help on how to choose a talking watch, help with cooking, mobility training and other daily skills
- Vision Corps and Apple Accessibility are the experts with Voice Over
- Apple Accessibility 877-204-3930

Tips for Caregivers

- Buy extra large calendars at Vision Corps. Must order them about August to get one.
- Optelec machine to enlarge print
- 20/20 felt tip black pens easier to read than ball point pens
- Use a cane if you find yourself crashing into people or unsure about uneven surfaces. People will help you more if you have the cane
- LED flashlights help if you still have some vision
- Put coats of the visually impaired person at the same place
- Have contacts placed in contact folder for easy access
- Siri can call most businesses for you without being in your contacts
- Willow Valley Call on Demand put in as a contact 717-490-8350 for Willow Valley residents only

More Tips to Help

- Place items in the same locations in the refrigerator
- If you are a coffee drinker buy a mug that is white on the inside, so the visually impaired person can see when the coffee comes to the top
- Tall stemware is a hazard give them glasses without tall stemware
- Roll down the toilet paper about an inch after you are finished because the visually impaired can find it better when it is their turn
- To prevent toothpaste getting spilled all over the floor give the visually impaired their own toothpaste and have them put it in their mouth instead of trying to put it on the toothbrush because they usually miss causing a mess
- Before going to a social event tell the vision impaired person who may be there

Meta Glasses

John Murphy and Richard Wurst

- Camera 12 megapixel in left frame, microphone on right bridge frame, speakers on both sides near the ear part of the frame
- Control for volume, making calls, control chapters in books are in the right wing of the glasses
- Eyeglass case has battery. It is charged using USB-C cable and charges the glasses when placed in the case
- Eyeglass battery life depends on the usage. Heavy usage was 3.5 hours and light usage 6.5 hours
- Can get clear, tinted, progressive or prescription glasses

Meta Glasses Provides These Resources

- Reads books, magazines, signs, and your mail
- Take a picture of a document and summarizes it and allows follow up quick questions
- Describes what is in front of you: colors, artwork, trees, plants, items on a desk
- Plays talking books
- Make and answer telephone calls
- Read and compose text messages

Resources Continued

- Listen to I-heart, Apple music, Spotify, Podcasts. Verbally tell Meta the radio station you want to play
- Look in the direction of the subject, touch the corner of the frame and record a still picture or take a video
- Supports Be My Eyes through camera and microphone. Live stream , hands free , with blue tooth on your smart phone
- AI handsfree ability to ask questions about where I am, technical questions, cooking, mathematics giving shopping assistance , on a menu if you only want chicken it will only read chicken entrees