*Tips & Tricks using Technology for Partially Sighted Patients*

My set up:

Keyboard – Large Print High Contrast Keyboard purchased from eBay for around £25



Monitor - Samsung C32F391 32-Inch Curved LED Monitor around £250



Desktop PC with Windows 10 from around £300 and up

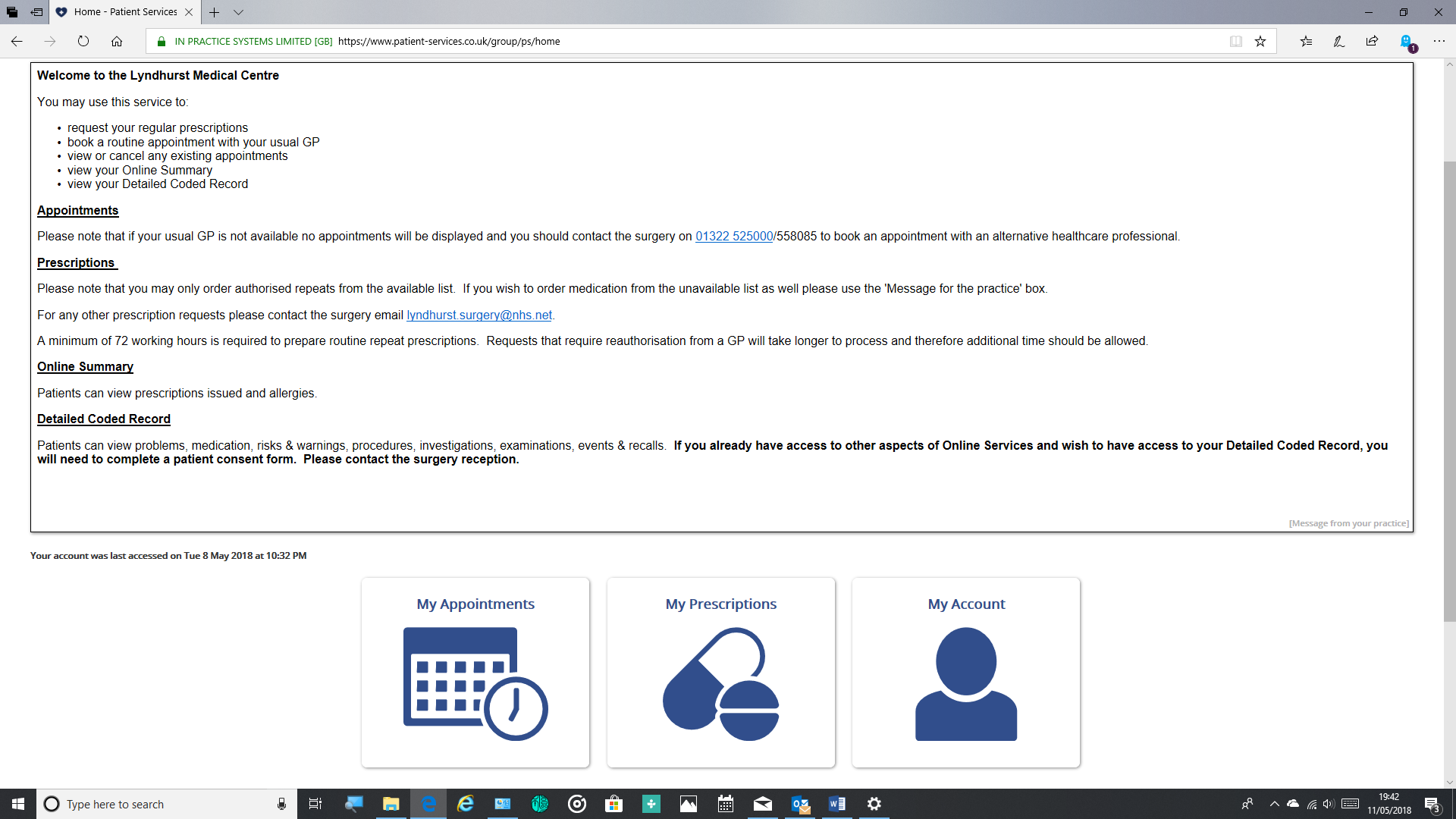


Features in Windows 10 that I use;

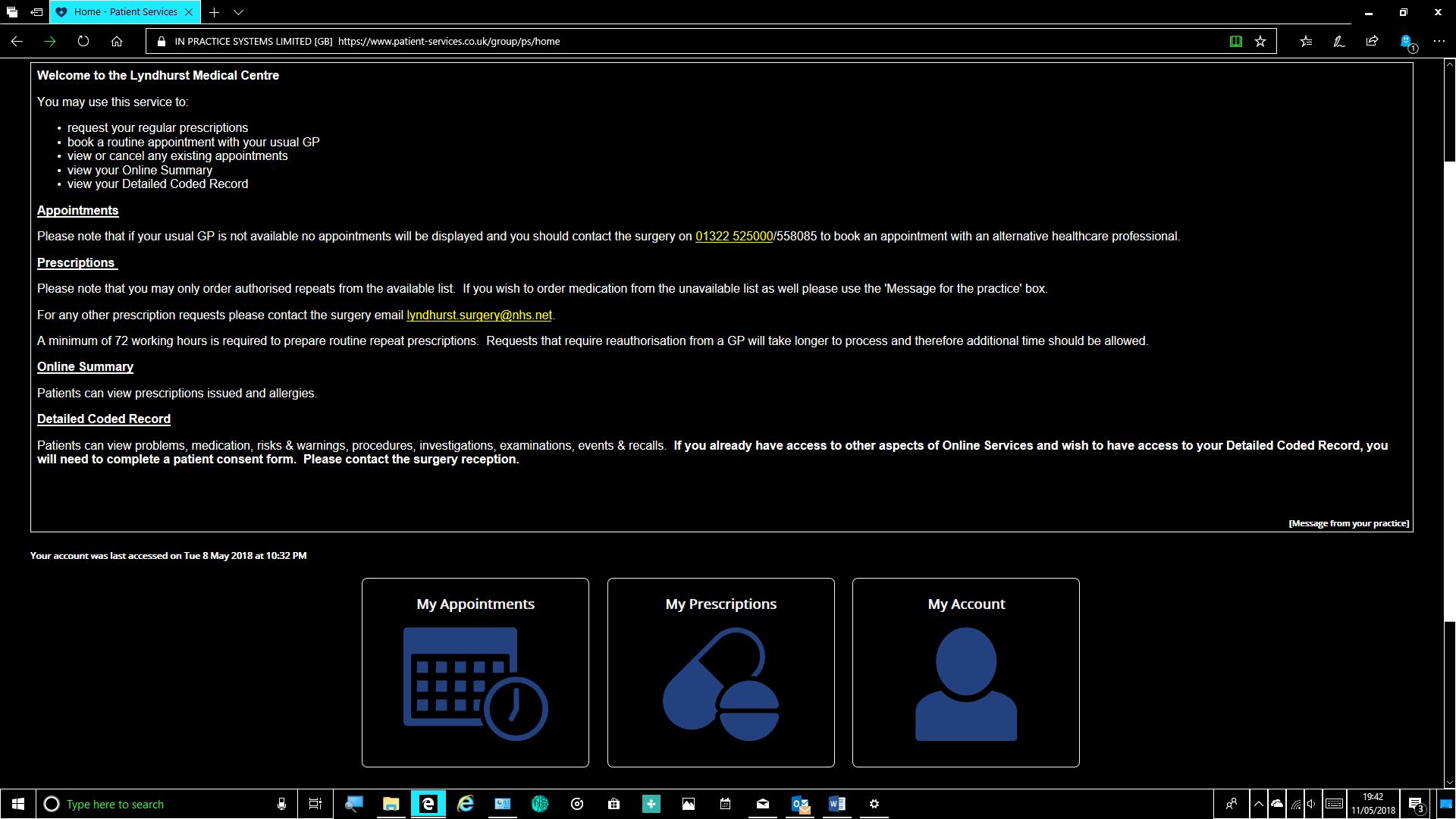
HIGH CONTAST

This inverts the colour of the background and the text. I find this much more comforting on the eyes as the white background glares.

Normal;



High Contrast;



HIGH CONTRAST

To turn on High Contrast I use a keyboard shortcut

**Left Alt + left Shift + Print Screen**

This will turn High Contrast ON or OFF by pressing the 3 keys at once.

There a several different themes that you can choose. To get to these you need to go to;

Settings > Ease of Access > High Contrast

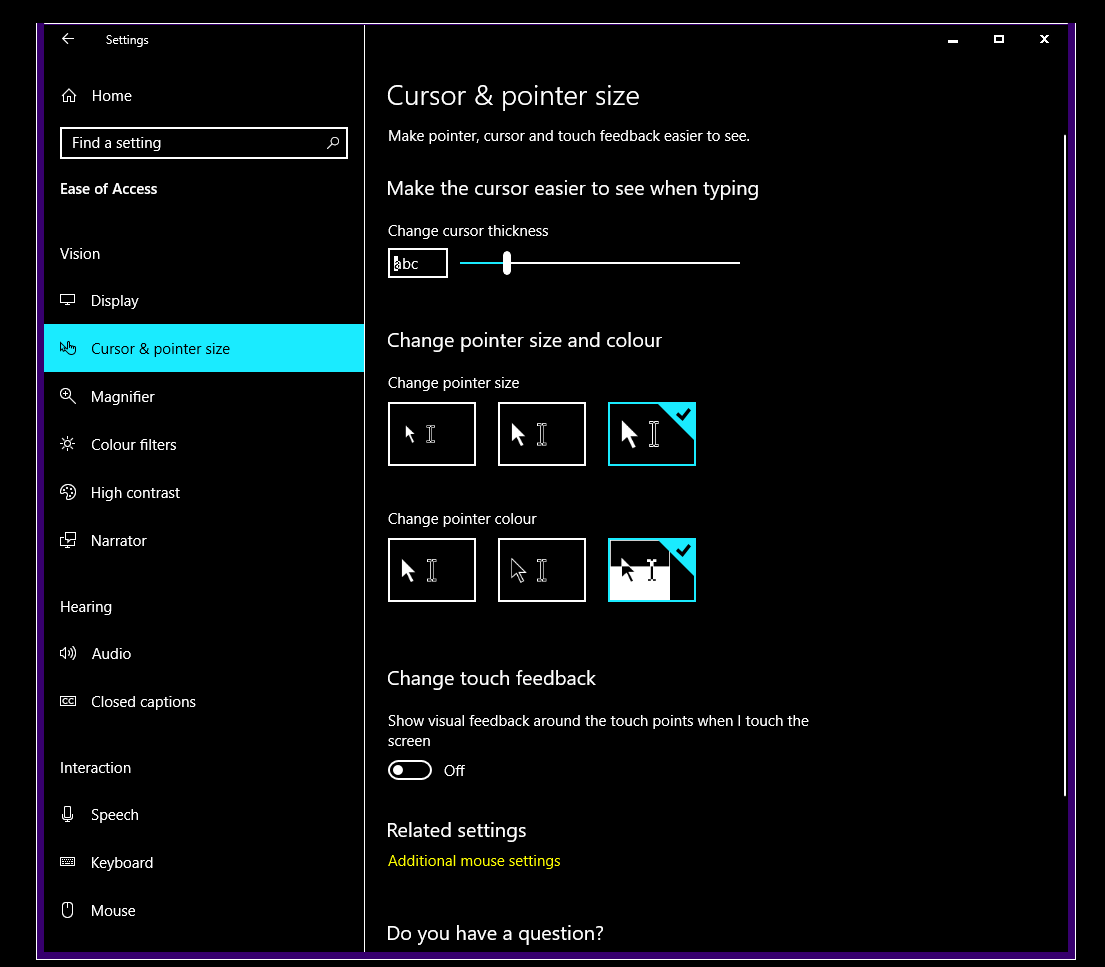


The web browser I use is Microsoft Edge as High Contrast works perfectly in it.

Cursor and Pointer Size

I also adjust the settings of these.

Settings > Ease of Access > Cursor and Pointer Size



MAGNIFIER

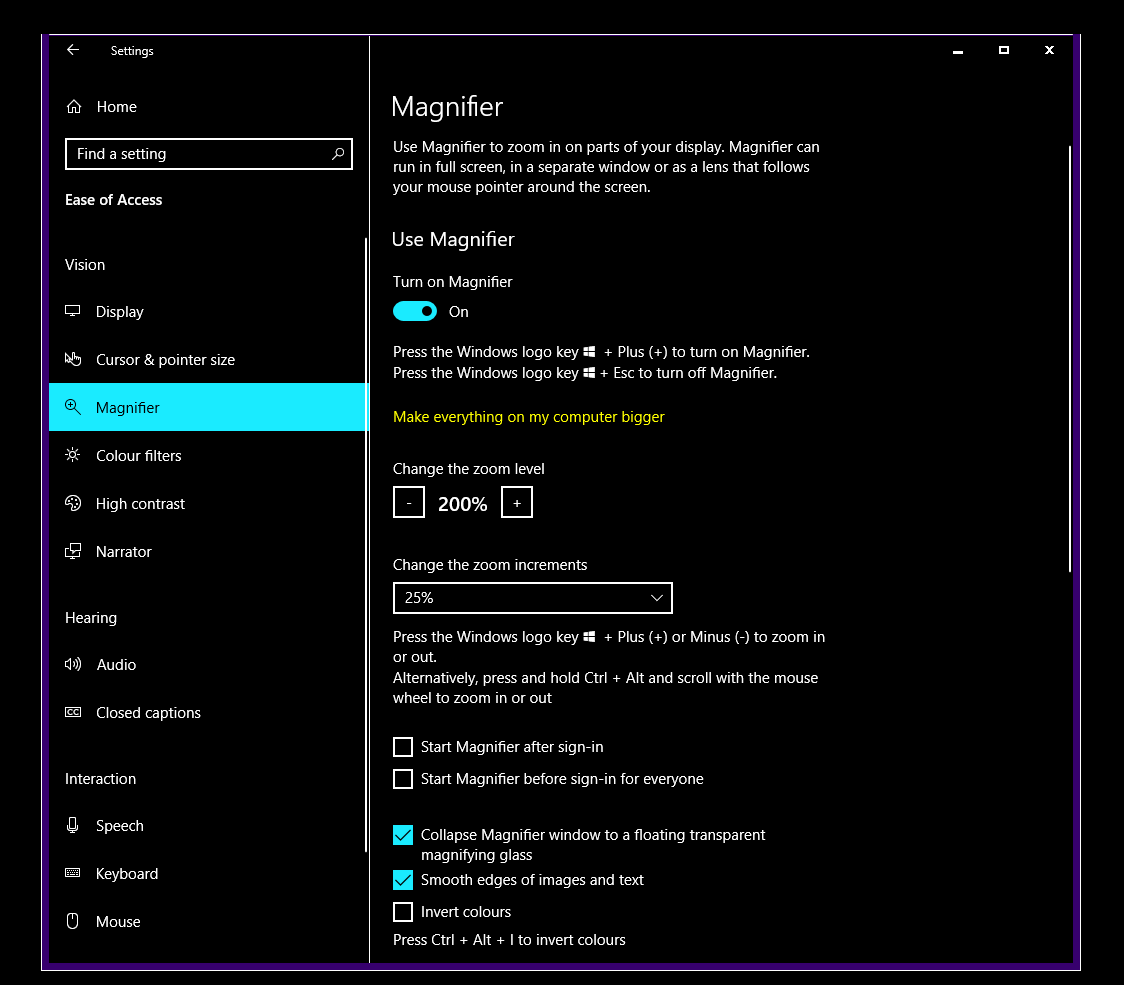
I use MAGNIFIER in LENS MODE. This is basically a magnifier lens which moves with the mouse. There are shortcuts to turn it on/off;

**Windows logo key‌**+ **Plus** (**+**) on the keyboard to turn Magnifier on

**Windows logo key**+ **Esc** to turn it off.

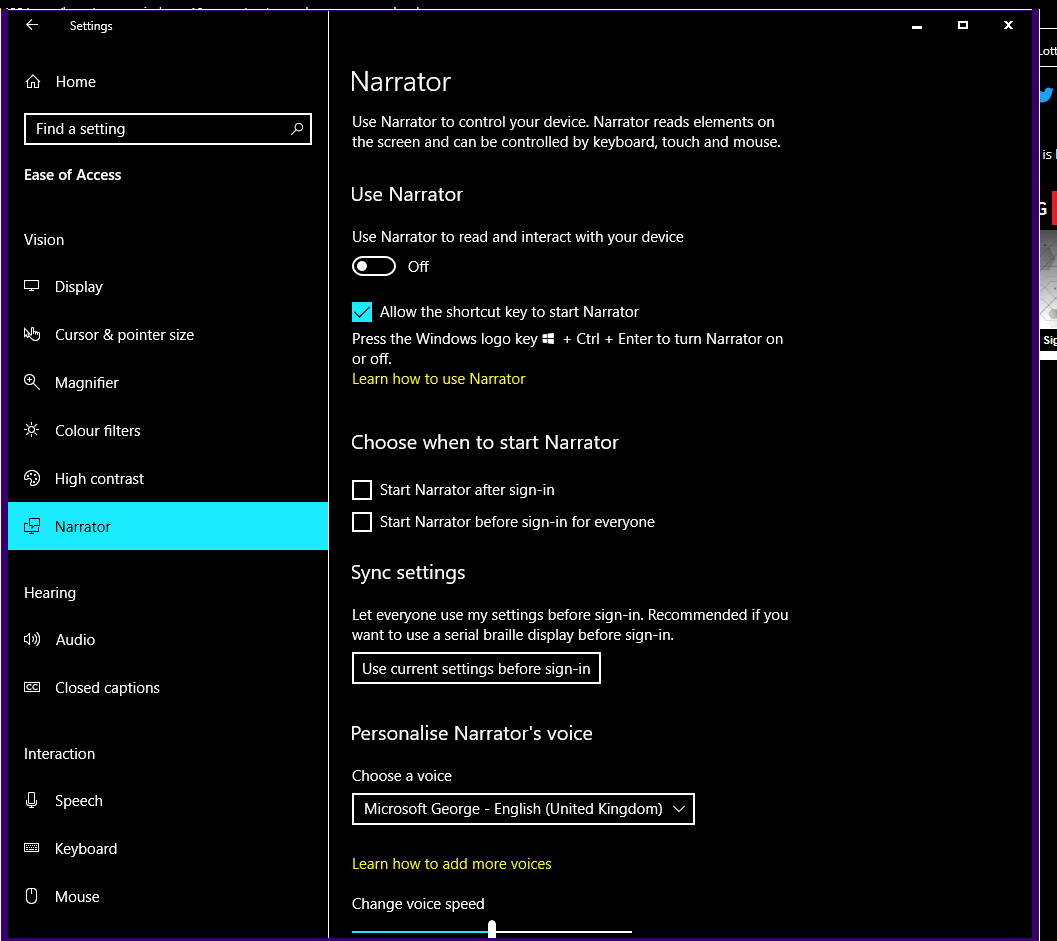
Again, there are different settings;

Settings > Ease of Access > Magnifier



READ ALOUD

Another feature I use is READ ALOUD. Go to the web page you want read. Then just Right Click Mouse and select Read Aloud. You can adjust speed of narrator etc. Settings via; Settings > Ease of Access > Narrator



SETTINGS FOR MY iPhone

I also use several features in iOS operating system on my iPhone. I have always had an iPhone so don’t know about Android phones but I’m sure there will be settings foe ease of access somewhere.

I increase Text Size. This is done by;

Settings > Display & Brightness > Text Size

I Zoom Display; The controls are larger

Settings > Display & Brightness > View

Invert Screen

To quickly turn invert screen on and off I have set up a shortcut. By pressing the Home Button THREE TIMES quickly it turns this feature ON/OFF. To set this up;

Settings > General > Accessibility > Accessibility Shortcut > Smart Invert Colours

Invert colours works better in some apps than others. Unfortunately, in some it inverts the pictures too.

Magnifier

I have set up that when I DOUBLE TAP the screen with THREE FINGERS the magnifier is turned ON/OFF.

Settings > General > Accessibility > ZOOM (Turn ON)

There are settings Zoom Region. I use Full Screen Zoom setting.

There’s also Speech but I don’t use this;

Settings > General > Accessibility >Speech