



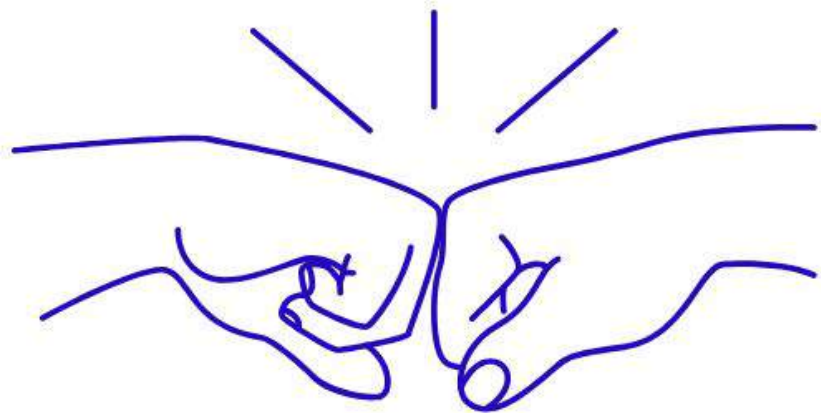
Developmental Disabilities Administration

Let's Talk Tech:

Digital Safety, Getting Around, Health & Photos

May 21, 2025 - Session 2





Maximize Independence with Smartphones

Images in this presentation were created by Joan Green (the presenter) in Canva and with the assistance of AI- Gemini and ChatGPT



Welcome! This is for you!

- Providers
- Caregivers
- Individuals receiving services
- Families
- Lifelong learners
- Tech novices
- Tech experts



Please introduce yourself in the chat!

Let's learn from each other and share ideas during this time together.

Goals for our time together

- **Empower Participants with a Train the Trainer approach**
Provide demonstrations and step-by-step instructions so that family members, volunteers and staff can better empower seniors and adults with disabilities to gain independence with the help of an up-to-date smartphone.
- **Enhance Communication & Social Connection**
Provide guidance about what's possible with mainstream phone, video call, texting and camera apps—adapting these features for different accessibility needs (e.g., hearing, vision, communication, cognitive, and memory challenges)
- **Promote Safety, Organization & Self-Reliance**
Demonstrate features of mainstream apps such reminders, tasks, calendar events, emergency contacts, maps, and location sharing. Emphasize practical tools to increase participants' ability to manage daily tasks and well-being. Provide guidance for staying safe online.

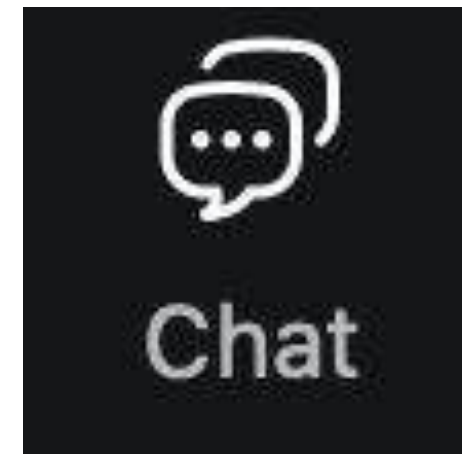
Tech for Success

Smartphones are one of the single most impactful tools for independence and community integration.

I will not be covering all the information in these slides.

Save for future reference as you help others:)

Let's share experiences and learn from each other in chat!



Session 1- Communication Essentials

- Getting Started
- Initial Access and Setup
- Audio and Video Calls
- Texting
- Contacts

Did you try anything new from last week?

Successes?

Frustrations?

Please share in chat.

Let's learn from each other.



Session 2- Increasing Independence and Safety

Staying Safe

Getting Around

Translation apps

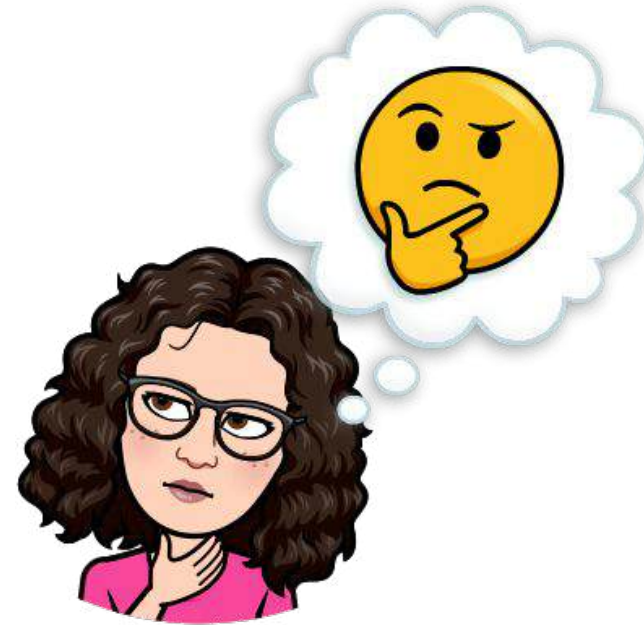
Health & Medical Information

Camera and Photos

New Tech Mindset

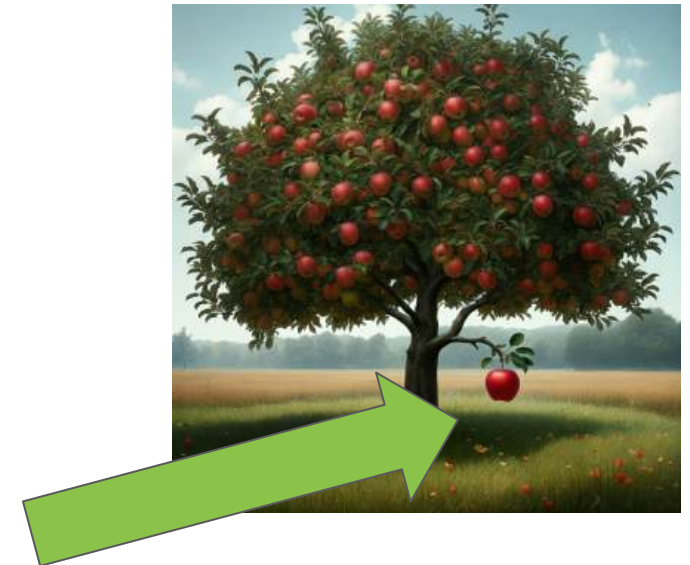
“How can readily available and free or low cost technologies help others:

- experience success with everyday tasks
- stay socially connected, and enjoy life?”



Let’s look for the “lowest hanging fruit” first!

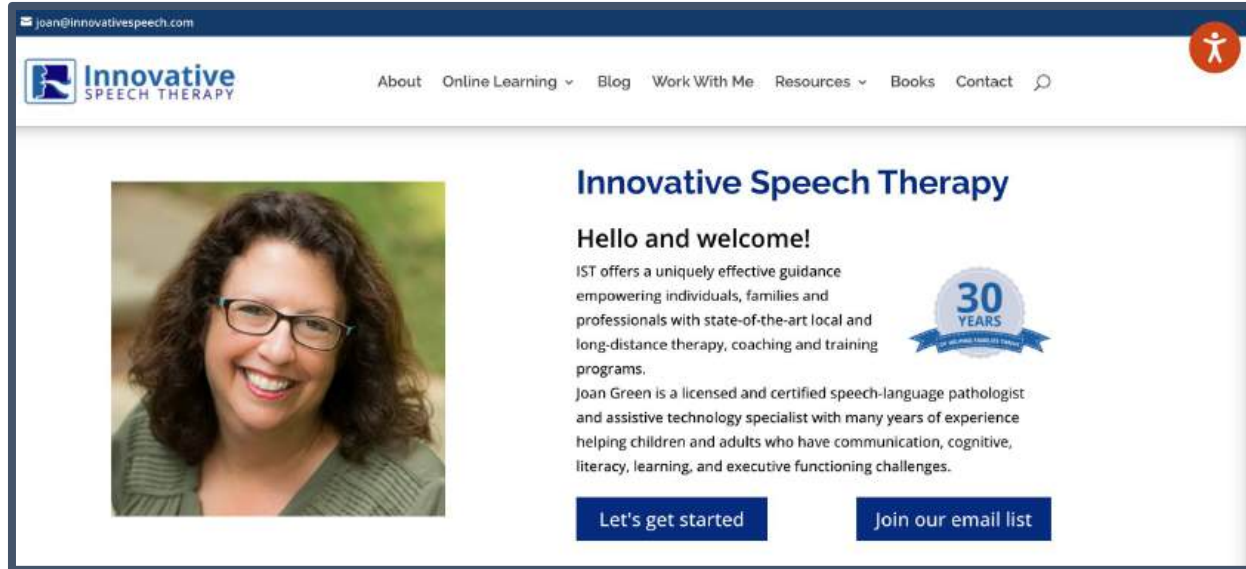
- greatest impact ,least resistance, readily available with limited expense



Think of me as Your Tech Advisor and Coach

It's nice to meet you!

- Love learning about emerging technologies!
- Live in Montgomery County, MD
- Speech-language pathologist
- Assistive Technology Specialist
- Mother of 4 young adults
- Immersed in eldercare
- It makes my day to help others improve life with tech!



www.innovativespeech.com

Reach Out For Ongoing Tech Help and Support

- [Let's Chat! Free phone consults for caregivers and families](#)
- [Tech Life Inner Circle Membership](#)
- [Free IST Tech Savvy Solutions Facebook Group](#)- 1.2 K members



Staying Safe

Scenario- People pleaser

Charlie loves to be around people and spend time on social media. He often shares too much personal information with strangers.

On the computer, he will click on ads and pop-ups.



Communication Safety Tips

Remind regularly: Don't share personal info

- Never give out full name, address, phone number, passwords, or bank info to people they don't know in real life.

Be on the lookout for scams or “fake friends”

- Talk about common red flags: asking for money, making threats, or promising prizes.

Use supervision and open communication

- Encourage others to talk with you if they see something confusing, scary, or upsetting.



How do you teach others safe use of phones?



How can having a phone provide a source of safety?



I Can Be Safe Online



Tip 1 - Protect your password

+

Tip 2 - Find a checker friend

+

Tip 3 - Double-check your privacy settings

+

Tip 4 - Don't let the Internet control you

+

Tip 5 - It's OK to say no

+

Tip 6 - Don't click too quick

+

Tip 7 - Think before you send or post

+

Tip 8 - Protect things that are private

+

For families and service providers

-

Safety Net- An Accessible Guide to Keeping Everyone Safe Online

<https://www.youtube.com/watch?v=1oJ8EMfOcGA>



More resources

[Online Readiness Checklist](#) by [PAAutism.org](#)

[Social Media and Online Safety](#) by The Arc Harrisonburg and Rockingham

[Relationships and Boundaries](#) by Planned Parenthood Southwest Ohio Region

[Cyber and Phone Safety for people with disabilities, parents and caregivers](#)- NJ Regional Family Support Planning Councils (The NJCDD)- 2 hour video



The purpose of this checklist is for supporters to plan for autistic individuals who are participating in online communities so they can be as safe and prepared as possible.

When we say “online,” we mean a broad spectrum of internet activities: visiting websites, texting, instant messaging, chatting, email, video conferencing, watching videos, online gaming, reading blogs, online purchasing, looking for info (e.g., health, news, activities), and social media through the use of smartphones or other internet-enabled devices.

Answer “yes” or “no” to the questions below to help determine areas that might indicate a person is/isn’t ready to participate in online communities.

Is the individual able to comprehend and interpret social cues and signs online or virtually?

Getting Around

Scenario- Striving to travel independently

Maria is a 29-year-old who works part-time at a local café as part of a supported employment program. She's proud of her job and eager to travel independently between home and work.

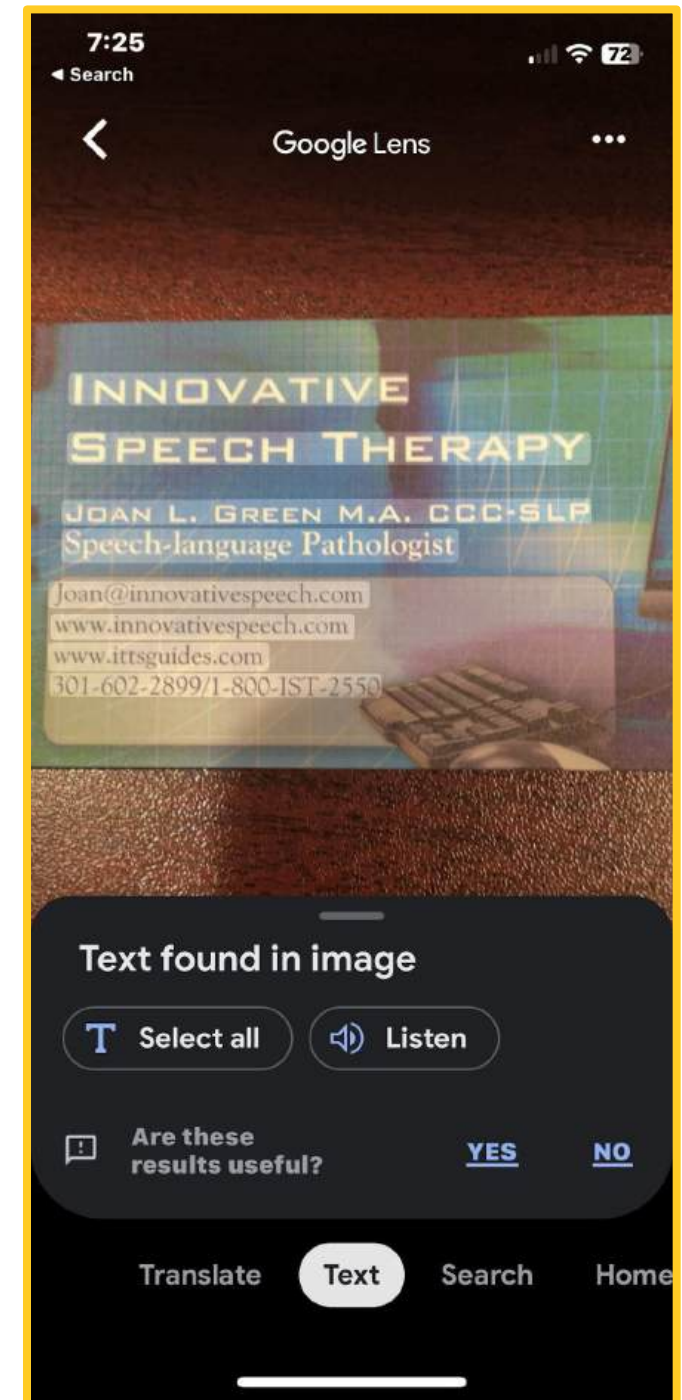
However, Maria struggles with reading signs and navigating unfamiliar places. Her family worries about her getting lost, missing stops, or being unable to ask for help if she becomes confused. They've always driven her, but Maria wants more freedom and confidence.

Last week, she tried taking the bus by herself—but she couldn't read the route sign. She got anxious and returned home.



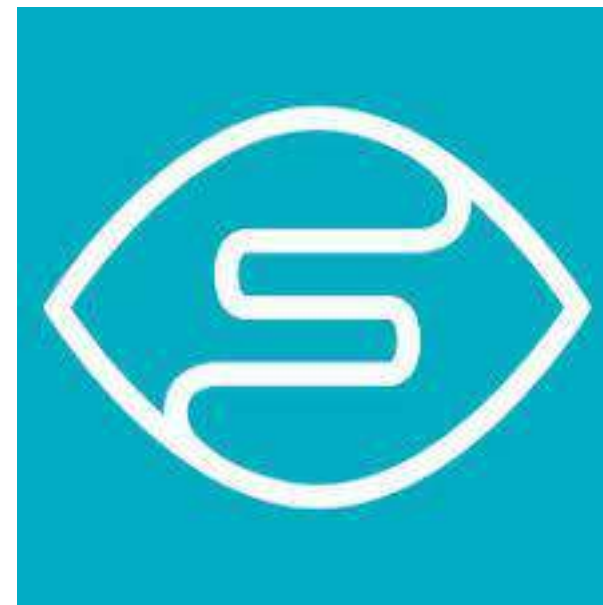
Google Lens

- This app uses the phone's camera.
- On iPhones use the Google app and tap on the Lens icon.
- On android look for the lens icon on the right side of the Google search bar.
- Take a picture of text in environment (a sign, book, handout)
- **Tap on the highlighted words and it reads it them out loud immediately!**
- It can also translate and copy and paste.
- Free



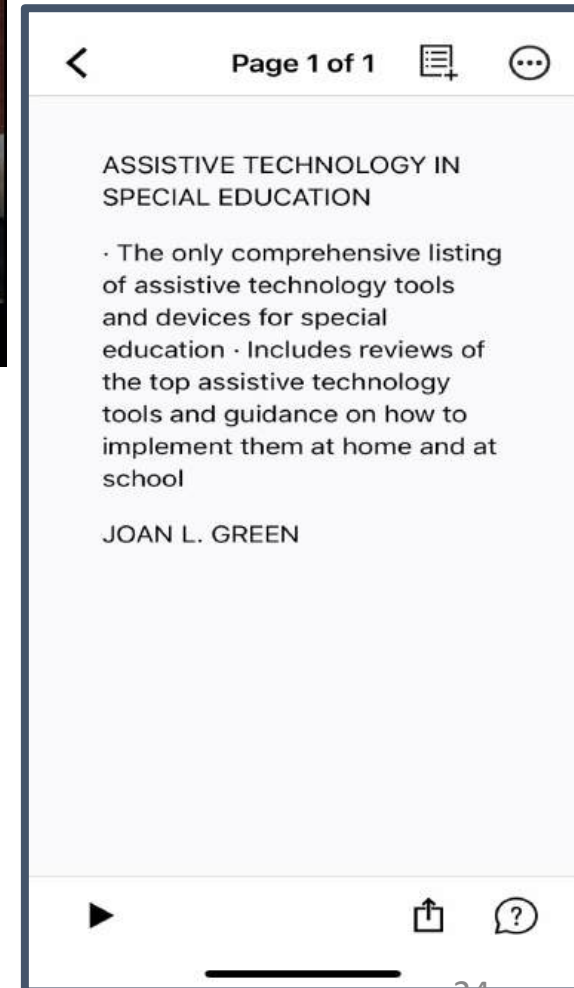
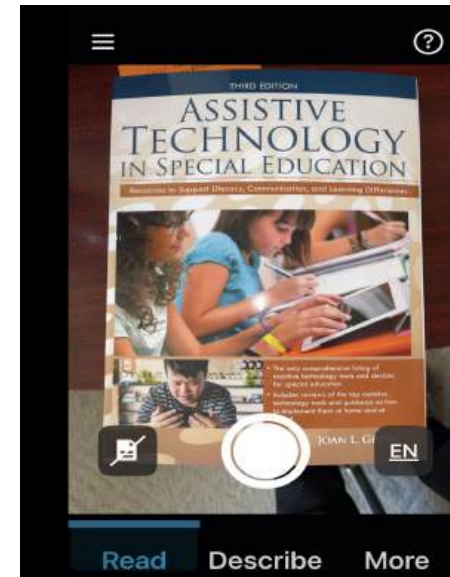
SeeingAI

- A free AI powered app developed by Microsoft
- Reads Text aloud
- Designed to help people who are blind or have low vision
- Provides auditory descriptions of the environment
Available for iOS and Android
Some of the features require an active internet connection through Wifi or mobile data
It performs better on newer devices



Read with Seeing AI

- Point camera at menus, signs or medicine bottles. It will read it aloud.
- It recognizes many languages!
- For better accuracy, tap the “take picture button to capture the image of the text.
- Press play to have it read aloud with highlighting or use Voice Over commands to navigate it.
- You can ask questions about the text- Tap “ask seeing AI” and type or use the microphone on your phone. Answers are AI generated.
- When capturing document you can use image detection. Need high contrast



Using Maps on the Smartphone

- Apple Maps and Google Maps both offer step-by-step visual, written and spoken directions for walking, public transit and driving.
- Explore the settings
 - can “emphasize accessibility info”
 - enable offline maps
 - show live view of walking options
- Enable voice guidance for earbuds or hearing aids
- Use “depart at” or “arrive by” feature to plan trips in advance



Live Demo and Discussion



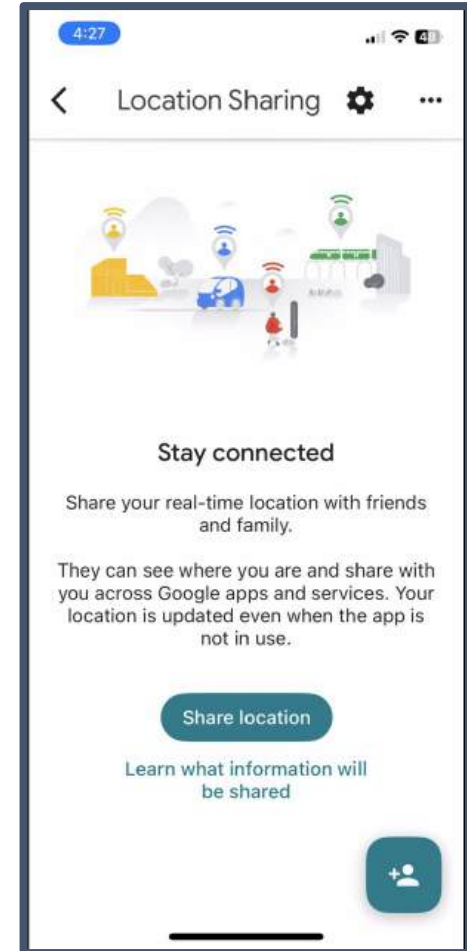
More Maps Tips

- Google maps- accessibility settings- for wheelchair accessible routes
- Preload maps in case wifi or mobile signal not available.
- Create a custom list of favorite locations- home, work, community center, grocery store, and park.
- May be able to help with getting around within buildings!

Location Sharing for Safety

GPS tracking tools can be empowering when used for support.

- Make sure to get “informed consent” and share control for tracking.
- Google Maps "Share Location": Can be turned on during a trip and turned off after arriving safely.
 - Tap profile icon- location sharing
- Tile trackers
- Samsung Galaxy SmartTag
- Android's [Find Hub](#)



Apple Devices Location Sharing for Safety

- Enable FindMy App on iPhone to share location with designated person.
- Share Apple Air Tags



More Tips about Location Sharing

- [Life360](#): Share location in real-time with chosen contacts; includes alerts for arrivals and departures.
- Consider geofencing alerts for specific places (e.g., notify caregiver if individual leaves or arrives somewhere- available in FindMy and Google Maps.
- Use Check-In texts or calls as part of a routine: “Text me when you get on the bus and when you arrive.”



Using Ride Services such as Uber and Lyft

- Set up trip notifications to give caregivers or family trusted contacts features
- Show individuals how to match license plate and drive photo before getting in
- Use the in-app “emergency assistance” button
- Share ride status with a support person in real time
- There may be wheelchair accessible vehicles



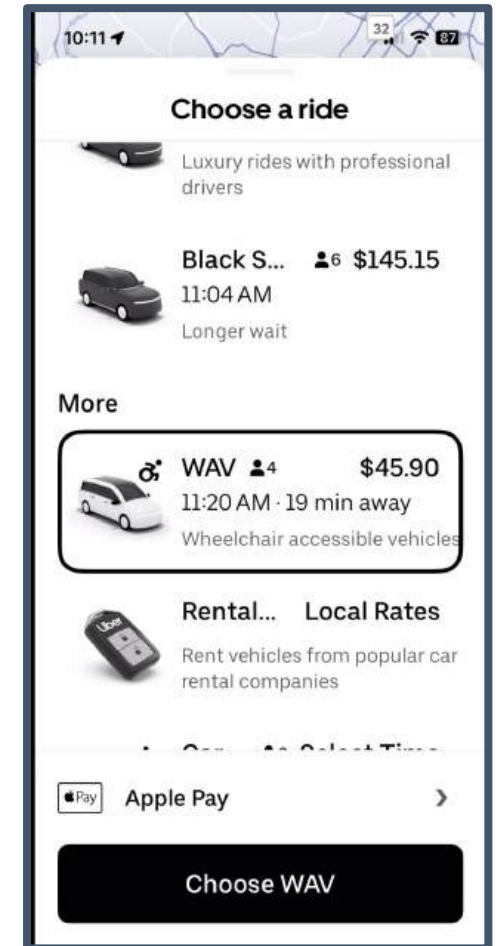
Ride sharing - User Friendly Options

Lyft

- Find YOU in bottom row > Lyft Silver in the programs section.
- Big buttons, large letters and fewer confusing options

Uber

- Look to see if **Uber Assist** is available- connects riders needing extra help with drivers who are trained to provide door to door assistance.
- Wheelchair accessible vehicles





Navigation Safety Checklist

- Is the **phone fully charged** and do they carry a **charger or power bank**?
- Do they know how to **turn on and follow voice directions** in Google Maps?
- Is **location sharing** set up with someone they trust?
- Do they understand basic **stranger danger and ride-hailing safety**?
- Do they have a **back-up plan** if lost (e.g., call a specific contact, go to a known store)?

Translation Apps

Scenario- Different Primary Language

Javier communicates best in Spanish. He recently moved into a supported living residence.



Live Translation Apps

[Microsoft Translator \(Free\)](#)

- Live speech transcription
- Real-time translation into over 100 languages
- Excellent for conversations and small group chats. Works for both text and audio. Available for Android, iOS, and web.



[Google Translate App \(Free\)](#)

- Conversation Mode: listen, transcribe, and translate two languages live
- Supports offline translation
- Amazing for quick real-time two-way conversations. Works in noisy environments!



Live Demo and Discussion



Health & Medical Info

Scenario- Individual with serious medical issues

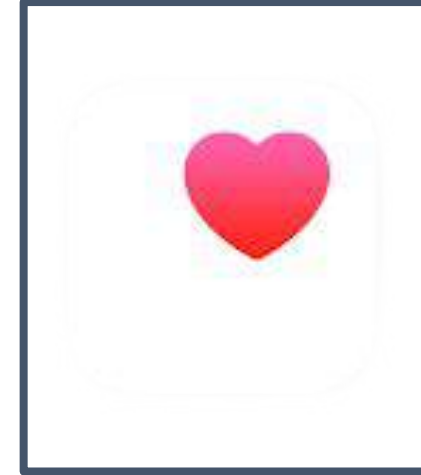
Nancy lives semi-independently with support. She has asthma, a serious peanut allergy, and takes daily medications to manage her health. Sometimes she forgets to take her medicine on time or struggles to communicate her medical needs in new situations.



Health Apps on Smartphones

iPhones- [Apple Health](#)

Android Phones- [Health Connect](#)



iPhone Health App

Centralized Health Data

- activity level, heart rate, sleep patterns etc

Can share specific health data with family and healthcare providers

Medication Management

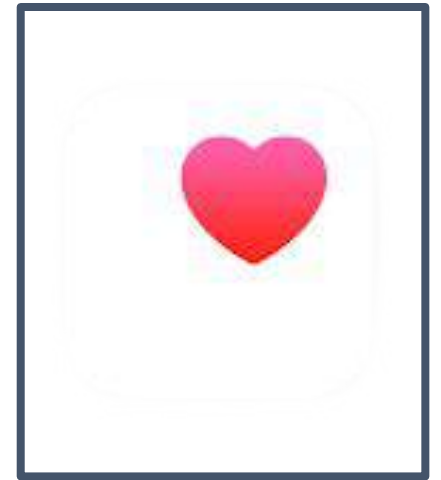
- list current meds
- set reminders

Get alerts for potential drug interactions

Walking steadiness monitoring

Mental wellbeing tracking

Medical ID- allergies, medical conditions and emergency contacts

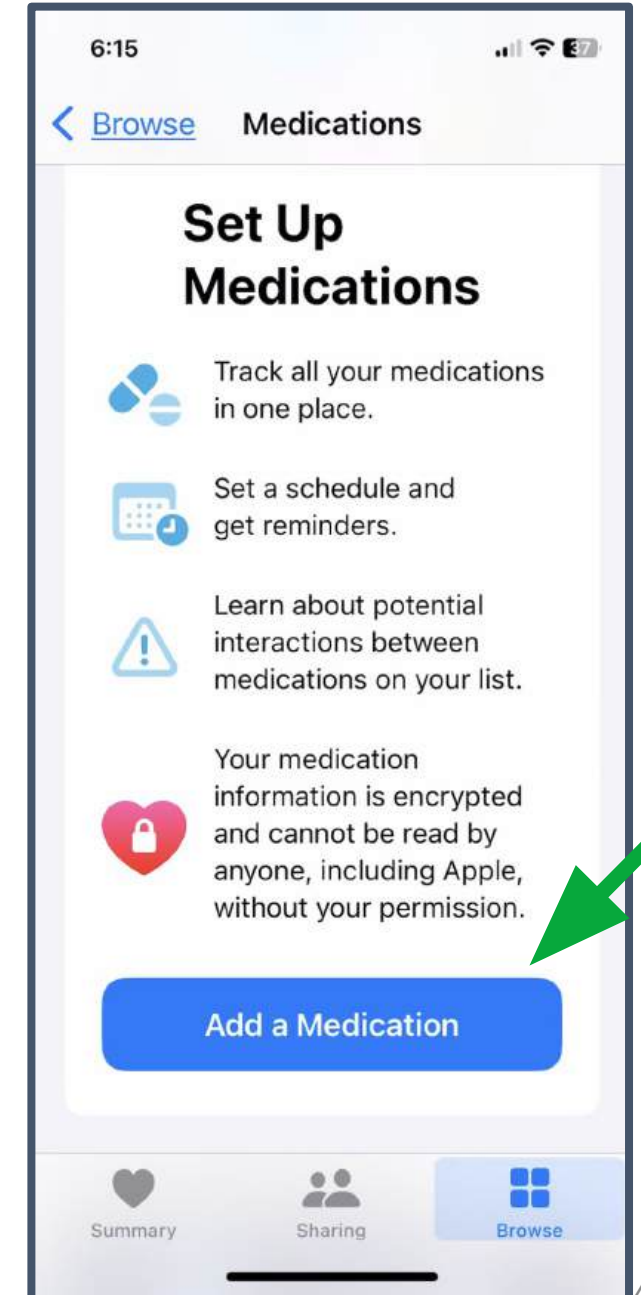
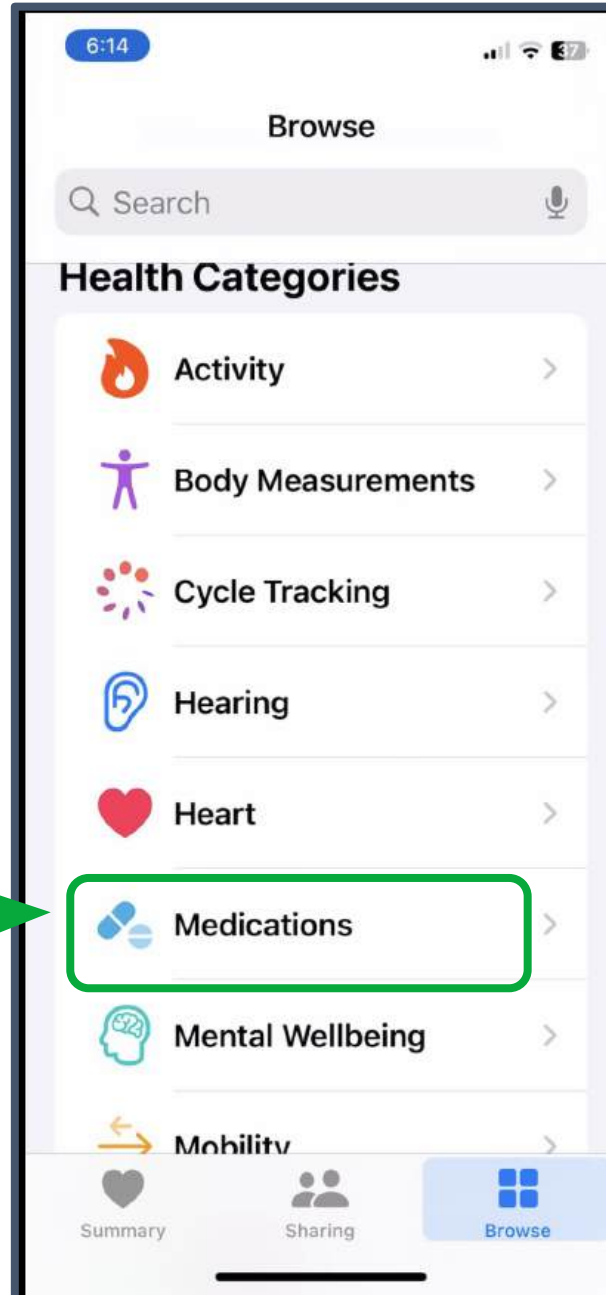


Live Demo



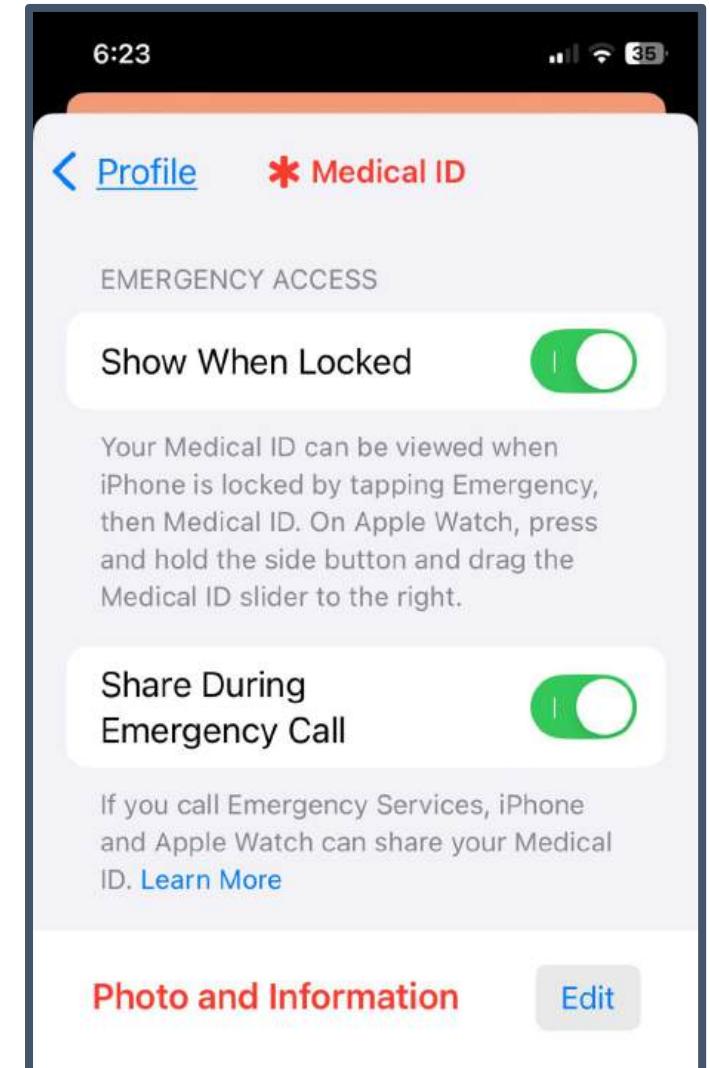
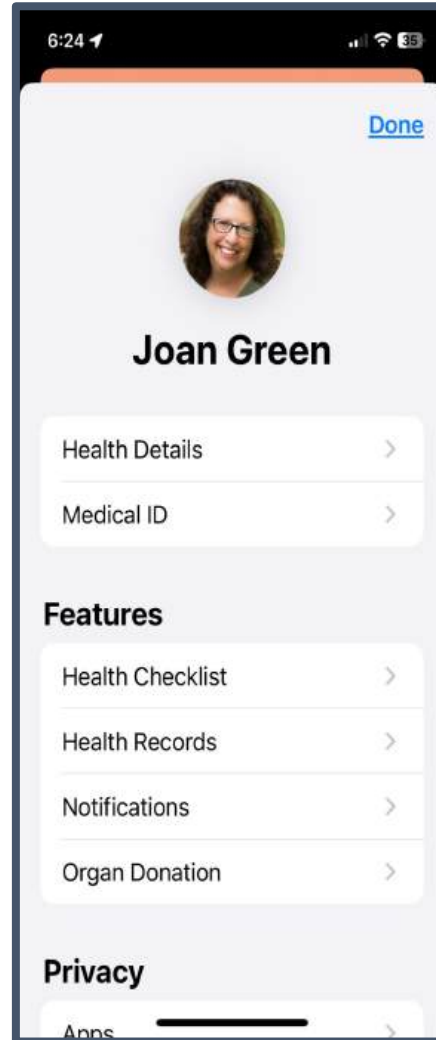
iPhone Health App

Summary - Sharing- Browse



Medical ID on iPhone

Health App > Your Profile



Health App Solutions

The staff helped her set up the Medical ID feature on her iPhone

- Now, if there's ever an emergency, first responders can see her medical conditions, allergies, medications, and emergency contacts right from her phone's lock screen—no passcode needed.

They also used the **Medications feature in the Health app** (or Reminders app for more visual options) to:

- Add each medication with the name, dose, and time
- Turn on daily notifications
- Use a friendly label like “Nancy’s morning meds” for clarity
- Add emoji and a custom sound to make it fun and noticeable

Managing Medicines & Medical Info

Medication Reminder Apps-

- iPhone- medications tab in Apple Health
- Cross Platform- Medisafe, CareClinic, MyTherapy

Health info Storage:

- Apple Health > Medical ID
- Android > Emergency Info



Tips for Medications

- Set up refill reminders
- Review med lists monthly
- Add visual supports or voice notes to explain purpose of each medication
- Google Keep, Google Docs and Apple Notes area also helpful ways to store and share the information.

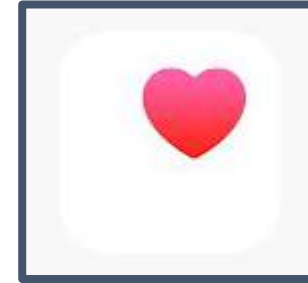
Designate Emergency Contacts

- Allow first responders or bystanders to reach loved ones even if the phone is locked.
- Enable quick calls or texts in stressful situations.
- Offer an extra layer of protection during travel, medical events, or confusion in public places.

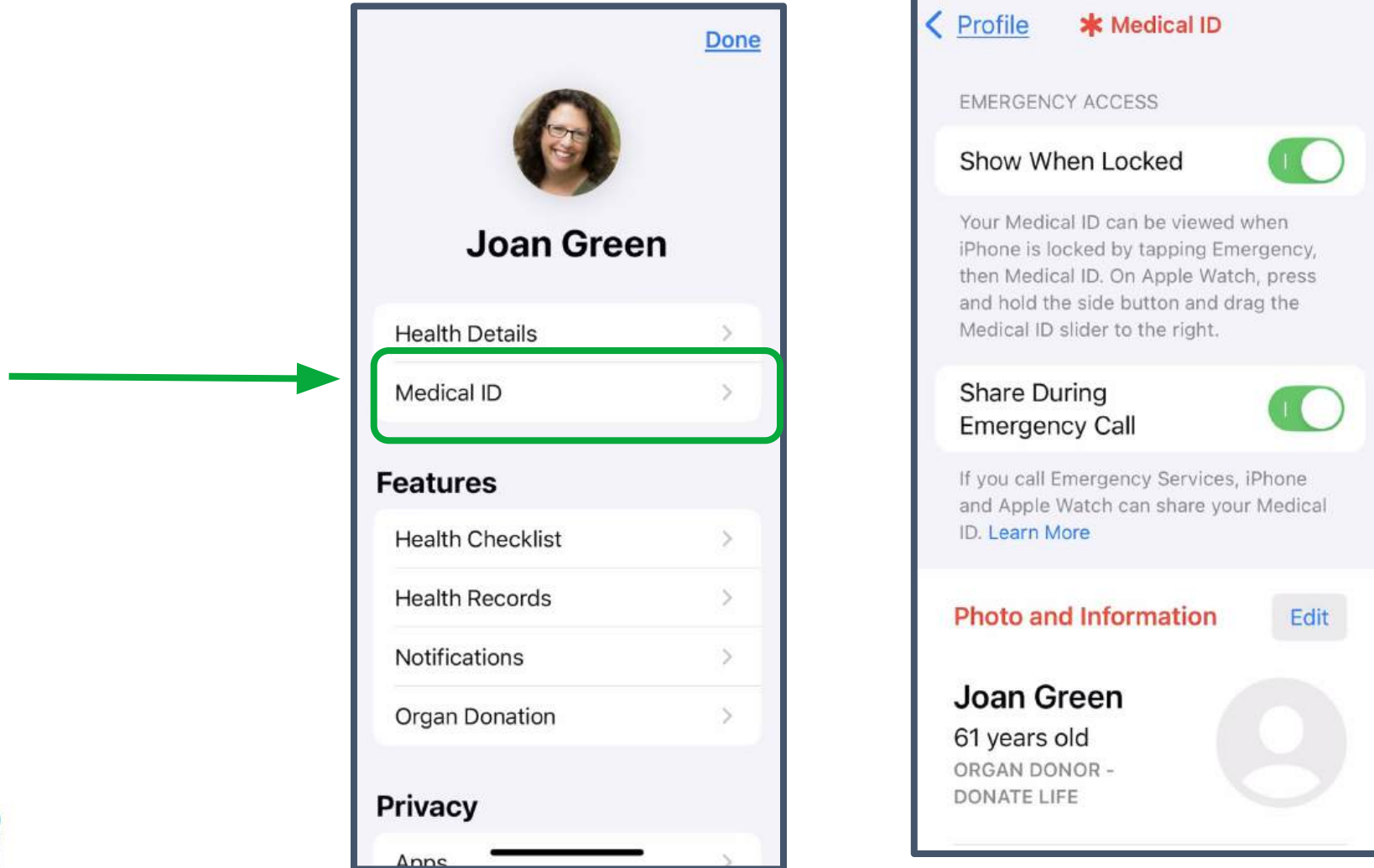


→ How to Set Up Medical ID/ Emergency Contacts

- Open the Health app.
- Tap your profile icon in the top right.
- Select Medical ID > Edit (top right corner).
- Add details like allergies, conditions, and tap Add Emergency Contact.
- Choose from Contacts and assign a relationship.
- Turn on “Show When Locked” so it’s accessible from the Lock Screen.



Adding emergency info to iPhone- Health App



Emergency SOS on iPhone

- Allows for quick access to emergency help (medical, safety, lost, etc.)
- Reduces the need for speech or navigation in stressful situations
- Sends automatic alerts with location to family/support team
- Can be used even if the person can't communicate clearly
- Emphasize that SOS is for true emergencies only.



How to Use Emergency SOS on iPhone

Option 1: Use the Side Button (Most iPhones)

1. **Press and hold the side button + up volume button** at the same time.
2. A screen will pop up with a **slider to call emergency services**.
3. Or keep holding until the countdown ends—your phone will call **911 automatically**.
4. Once the call ends, it **alerts your emergency contacts** with your location.

Option 2: Set Up Auto Call

1. Go to **Settings > Emergency SOS**
2. Toggle ON **Call with Hold**
3. Optionally turn ON **Call with 5 Presses** (tap side button 5 times fast)

Emergency SOS on Android Phones

- Vary slightly by model
- Open the Contacts or Settings App
- Search for “Emergency Information”
- Add medical info (conditions, meds, allergies etc.)
- Tap **Emergency Contacts** and add people from contact list
- Make sure info is accessible from the Lock Screen
 - Go to Settings > Safety & emergency or Lock screen settings
 - Enable “Show emergency info”
- On **Samsung devices**- Use the Samsung Health app to set up medical info and add emergency contacts.

Tips for Families and Support Providers

- Label emergency contacts clearly in the Contacts app (e.g., “Dad – Emergency Contact”).
- Include both primary caregivers and backups.
- Use emojis or relationship tags for recognition
- Review emergency info during annual planning meetings or safety trainings.
- Practice using Emergency SOS features in a safe setting.

Camera and Photos

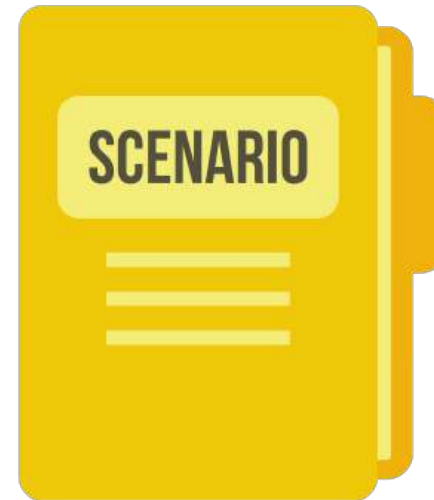
Using Camera and Photos to Support Independence

How can visual supports help?



Scenario- Communication Challenges

Dwayne often forgets the name of his support staff and friends. He also has difficulty explaining what he did during the day.



Take photos and videos- powerful communication tools

- Take pictures of important people and places
- Use the edit photos tool to type names and locations.
- Create a “Today with Dwayne” photo album in the phone’s photos app.
- Each day, he takes a few pictures of what he’s doing.
- His phone is set up with easy access to the camera.
- Dwayne, with the help of others, can review the photos together and add voice notes and captions.



Creating Albums

Creating an album in Apple Photos:

Photos > tap albums > Tap “+” > “New album” > Give a name > Save > Choose the photos > Done

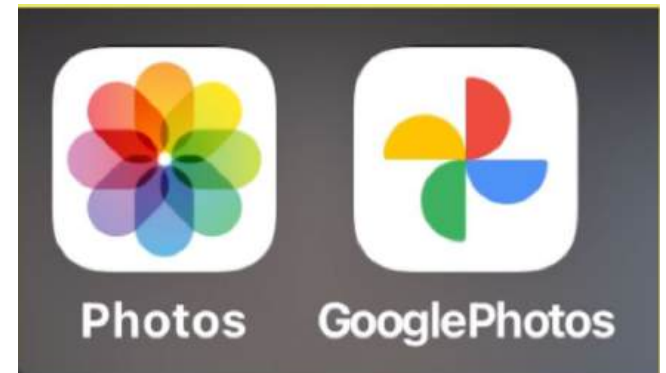
Creating an album in Google Photos:

Google Photos > Library > New Album > Title it > Select photos > Done



Learning new routines and Tasks

- Create visual checklists and step-by-step guides to learn new routines and tasks
- Save in “How to” album
- Can be reviewed independently to reduce reliance on prompts



Use photos to support communication & Memory

- Use the camera to capture favorites, preferences and experiences.
- Use as conversation starters or visual supports in conversation.
- 📷 “I want to show my friend my favorite place to go bowling.”
- 📷 “Look what I cooked!”
- Take pictures of important people, places, and routines to improve recognition and memory.
- Take a photo of what the correct bus stop looks like, the outside of the doctor’s office, or the front door of their job.
- Create an “important people” or “places I go” album



Create albums for quick reference

Create albums:

-  Morning Routine
-  Recipes I Can Make
-  My Apartment
-  My Weekly Schedule
-  My Support Team
-  Accomplishments

More ideas for camera and photos

Photograph:

- Medication bottles or pill packs
- Insurance card or ID
- Doctor's appointment cards
- Emergency instructions

Practice taking pictures and videos, deleting them and perhaps even editing them!

Questions

