


Getting Started with AI and Accessible Tech: Tech Tips from Joan Green

Summer Speaker Series
Wellness for Aging Adults
6/16/25



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I'm thrilled to be here!

Thank you for inviting me to be part of this terrific 2025 Summer Speaker Series!

Sponsored by:


- Renew Speech Language Pathology
- Neuro Rehab Network
- Winter Growth
- Capital City Nurses



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Technology has the power to transform lives

- Wonderful ways to use technology to improve the lives of all aging adults- especially those with communication and cognitive challenges!
- When tech features are matched with a person's needs, great things can happen!
- Today I'm sharing some of my favorite tech tools and tips- there are many more!




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Joan Green

It's nice to meet you!

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




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Tech Tips- There's something here for everyone!

1. Getting started with AI - Chat GPT
2. Simpler video call options
3. Accessibility Settings and Apps to support cognition, reading, writing and communicating

This is just a small sample of how tech can improve lives!



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Tech Tip 1 Getting Started with ChatGPT

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Large Language Models-Amazing “Intelligent Assistants”

LLMs are a specific type of generative AI trained on massive amount of text data to understand and produce human-like language.

- **ChatGPT**- <https://chat.openai.com/>
- **Gemini**- (formerly Bard)- <https://gemini.google.com/app>- need a free Google account to sign up
- **Copilot**- (formerly Bing) uses chatgpt 4- sign up at <https://bing.com>
- **Claude** - <https://claude.ai>
- **Perplexity**- <https://www.perplexity.ai/>



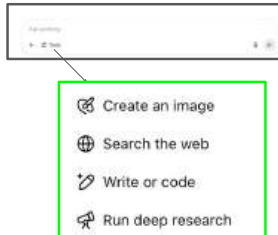
Getting started with ChatGPT

- Go to <https://chat.openai.com/>, or
- Download the app on mobile



ChatGPT Features

- Use it by typing or speaking
- Ask it to explain things in simple terms of summarize long text for easier understanding
- Use to create checklists or to explain how to do tasks one step at a time.
- Upload documents or images and ask questions about them
- Create images



ChatGPT Voice Mode - Have a conversation

Practice speaking

Voice mode

Creates a transcript



Let's Explore Together



Have a “conversation”, brainstorm ideas, & create content

- Create recipes from ingredients you have at home
- Get help planning a vacation
- Discuss the pros and cons of a situation
- Get summaries or suggestions for books or movies
- Help troubleshoot and figure out tech solutions
- Break down complex tasks into manageable steps
- Generate a list of words or sentences with specific criteria to practice saying aloud.
- Get help thinking of words
- Edit written work

Be careful!

- Don't believe everything chatbots tell you. "Hallucinations". Need to fact check.
- Don't share your full name, address, phone number, passwords, financial info, or private or proprietary information.
- If very risk averse, may want to set up a new Gmail address and free Google Voice telephone number for accounts.



Tips when using LLMs to help write

- Great for brainstorming and outline help
- "Ask me questions one by one as needed if you don't know something in order to help create accurate responses"
- "Please show me the changes you make to my original text"
- "Please cite your resources used when formulating the response"
- "Please double check your response for accuracy"



Tech Tip 2 Simpler Video Calls Options

Video Calls - Support Conversation Visually!

- Help stay socially connected & great way to check in from a distance.
- May be less confusing than audio calls or text-based communication.
- Hearing and seeing at the same time supports communication- facial expressions, gestures, body language
- Visual supports such as showing objects, actions, maps, calendars, and pictures can be helpful.



Video calls have come a long way!

There are many ways to connect from a distance and see a person speaking.

Visuals are so helpful when there are communication and cognitive challenges.



Facetime- Apple app

Free
(as long as you have an Apple device-iphone, ipad or Mac)



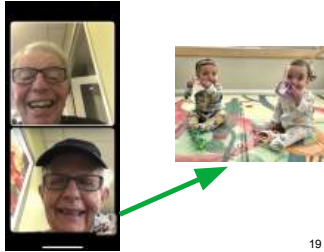
Videos-

- iPhone Tips for Seniors 4- [How to Make FaceTime Calls- 7 min video- Rich Bowlin](#)
- [How to Use Facetime- Beginners Guide, 3 min video by Tech Boomers](#)



Group Facetime Calls

- Android users can participate with a link
- People using iPhone can set it up so audio goes straight to hearing aids

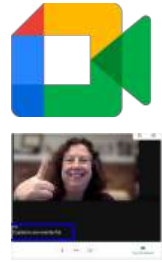


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Google Meet

- Free, meet.google.com or app
- Replaced Hangouts and Google Duo
- Can use on all computers, tablets and phones
- Real time closed captions
- There may be a 60 min limit for group calls depending on who started the call.
- Can schedule in advance- Google Calendar



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Google Meet Video Tutorials

How to Use Google Meet for Voice and Video Calls in 2025, [4 min video by Tech Boomers](#)

Google Meet Tutorial: How to Use Google Meet (Beginner Guide), [9 min tutorial by Manizha & Ryan](#)

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Challenges with Video Calls

- What if someone can't remember how to initiate a call?
- What if someone can't touch device to answer a call?
- What if someone doesn't have a smartphone or computer?



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Simplified Video Chat Options

- Large icons
- Simplified interfaces
- Larger screens
- Easy to use features
- Protected environment- private family/friend network
- Designated caregiver/ family member sets it up and uses a companion app



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Grandpad- 2 ways to purchase

1. [Subscription from Grandpad](#)
 - Excellent phone support
 - No need for wifi- comes with data plan
 - \$89/month- device included
 - Multi-party Zoom calls AM/FM Streaming Radio
 - 8" display (diagonal)
2. [Subscription from Consumer Cellular](#) - device \$149 plus \$40 a month



[Pros and cons of purchase options- I asked ChatGPT](#)



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Onscreen

<https://onscreeninc.com/>

You call from your mobile device, and their TV or tablet answers automatically.

Supports Zoom and automated check-ins.

\$149.99 activation and setup fee then \$29.99 a month after 30 day trial.



Echo Show

- Contacts- make sure family and friends are included
- "Alexa, call Joan"
- "Alexa, Drop in on Lilli"
- Start or answer calls on Echo Device or using Alexa app on mobile device
- It's a bit confusing to initially set up drop-in
- **Amazon tech support- 1-888-280-4331**
- Echo Show 10 (3rd gen) (motion)- \$249- 10.1" screen
- Echo Show 5 (3rd gen) \$89.00



Amazon Echo Show



Echo Show- Video tutorials

How to Setup Echo Show 8- Easy to Follow Walk-Through- [7_min video by Simplifying Tech for Seniors](#)



How to Setup the Echo Show 8 (3rd Gen) by Steve DOES Quickies, [4_min video](#)



Tech Tip 3 Explore Accessibility Settings and AI Apps

Communication and Cognitive Challenges

Explore settings > accessibility on devices

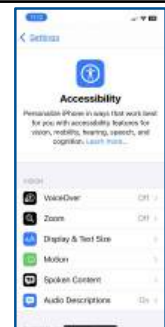
- Support independence and confidence
- Save time and reduce frustration



iPhone Settings > accessibility

Settings > Accessibility

- Vision
- Physical and Motor
- Hearing
- Speech
- Accessories
- General



Android Settings > Accessibility

Vision
Hearing
Interaction and dexterity



Screenshot of Samsung Galaxy Tablet

Reading Challenges



Listen to text read aloud

All devices can read aloud for free!
The new AI voices are amazing!

Helpful for :

- Small print
- Low vision or visual perceptual challenges
- attention or memory challenges
- Reading difficulties
- Prefer to listen rather than read with eyes



iDevices

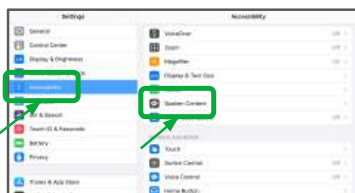
Speak Selection Speak Screen



- Settings > Accessibility > Spoken Content
- Speak selection- select text then touch "speak"
- Speak screen- swipe down with two fingers from the top of the screen and then press play

Accessibility features- iOS

iOS



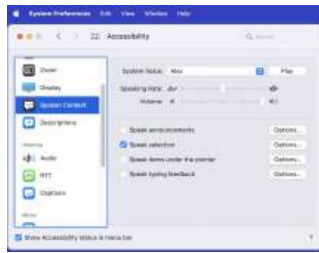
Android phones

- Android 11 and up
- Settings > accessibility> Select to Speak
- If doesn't work- go to Google Play store and download the Android Accessibility Suite
- Turn on Select to Speak Shortcut (2 finger swipe up) or 3 finger swipe if TalkBack is on, or tap the accessibility button
- Tap Play



Read aloud- Mac

- Apple menu > system preferences > Accessibility > Speak selected text when the key is pressed
- Option + Esc



Speechify- AI powered app to read text aloud

- Listen to docs, articles, PDFs, email and books.
- Adjust speed and select from wide variety of voices.
- Many languages are available!
- 7 Day free trial
- www.speechify.com



Speechify Promo video- 2 minutes



Google Lens

- Free
- 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 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.
- Visual search for similar items



[How to use Google Lens](#)

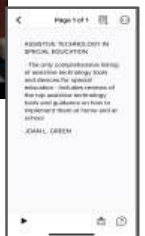
SeeingAI- AI Powered app by Microsoft

- Free, iOS and Android
- Uses the phone's camera
- Designed to help people who are blind or have low vision
- Reads text aloud



Read with Seeing AI

- **Short text**- point your camera at some text, 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.



Google's NotebookLM

- Free
- [Notebooklm.google.com](https://notebooklm.google.com)
- Great when have too much to read and process
- Free and premium versions available
- It can analyze notes and files and Summarize and quiz on the info.
- Creates a podcast to listen to content
- Automatically generates a mindmap!



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Let's Explore Together



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Writing/ Typing Challenges



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Speech Recognition/ Dictation/ Speech-to-text

- Helpful when typing is difficult.
- It's a feature on all current computers, phones and tablets for free!
- Whenever there is a cursor blinking, you should be able to enter text with your speech.
- The process depends on the device, operating systems and format of the material.
- Mobile devices- look for microphone in keyboard
- Google Docs- Tools> Voice Typing



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Mobile phones and tablets

1. Find the microphone on the keyboard
2. Make sure the cursor is in the right spot
3. Tap on the microphone
4. Speak clearly- use punctuation
5. Tap again to stop dictating
6. Edit as needed



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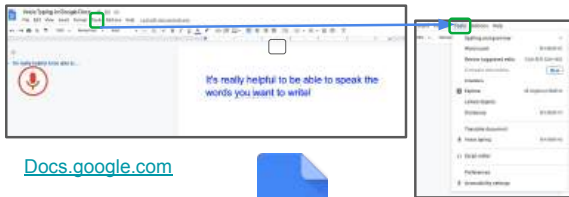
Dictation in MS Word 365 and Word for Web



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Voice typing in Google Docs on computer



[Docs.google.com](https://docs.google.com)

Tools Menu

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Confused with smartphone

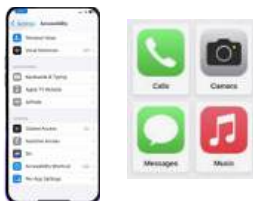


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Assistive Access on iPhone

- Settings > Accessibility > General- Set Up Assistive Access
- Apps are redesigned to be larger and easier to use
- A trusted supporter sets it up- uses unique password, need to know Apple ID and password



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Simplified Android Smartphone Modes

- Samsung- Easy Mode Settings > Display> Easy Mode
- Pixel phone- Simple View Settings > Accessibility > Quick Access-Simple View



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Voice Issues



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iOS Live Speech

This feature enables users who are unable to speak aloud but can type, the ability to type using the speaker and in calls and then Live Speech says it aloud.

Settings > Accessibility > Live Speech

Phrases can be stored in categories.

[Apple Support- Type to Speak on iOS](#)



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Solutions for “nonstandard” speech

If the users voice is hard to understand, training can be done using VoiceItt or Project Relate to create a web app that can “translate” the speech pattern into “intelligible” speech.

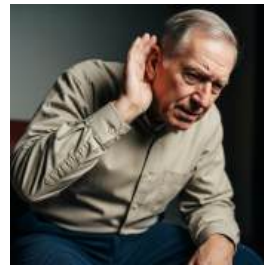
Helps with speech to text/ dictation and conversing with people.

[VoiceItt](#) (subscription)

[Project Relate](#) (only on Android)



Hearing Loss



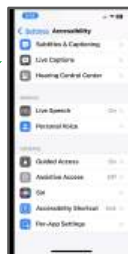
Live Captions on Your Smartphone

Enable the captions for in-person conversations or to use while having a phone call!

iPhone- Settings > Accessibility > Live Captions (need at least iOS17)

Android phones- Live captions came first on Pixel phones.

- Requires Android 10 or newer



Connect Hearing Aids to Smartphone

- Check Compatibility
- Download manufacturer's app
- Enable Bluetooth on phone
- Pair the devices



Learn more about Accessibility Features

<https://www.apple.com/accessibility/>

<https://support.google.com/accessibility>

<https://www.microsoft.com/en-us/accessibility>



Tech Life Inner Circle Membership

<https://learn.innovativespeech.com/inner-circle>

Ongoing Tech Guidance and Support “Ask me an Weekly “Tech Talks”

Robust Video Library of Past Presentations

You're invited to join once as my guest for FREE!

Email Joan@innovativespeech.com and I'll send and Zoom link.



Free Private Facebook Group - IST Tech Savvy Solutions



Let's help each other.
Everyone is welcome to
join!! Just answer a few questions

<https://www.facebook.com/groups/ISTTechSavvySolutions/>

Let's stay in touch!

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[Free 15 min phone consultations](#)

