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

## Lynne Allsopp

## Suzanne Squire

# 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

*Best Care*
*Healthy Communities*

# RCOT

"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 2018

Best Care
Healthy Communities

"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"
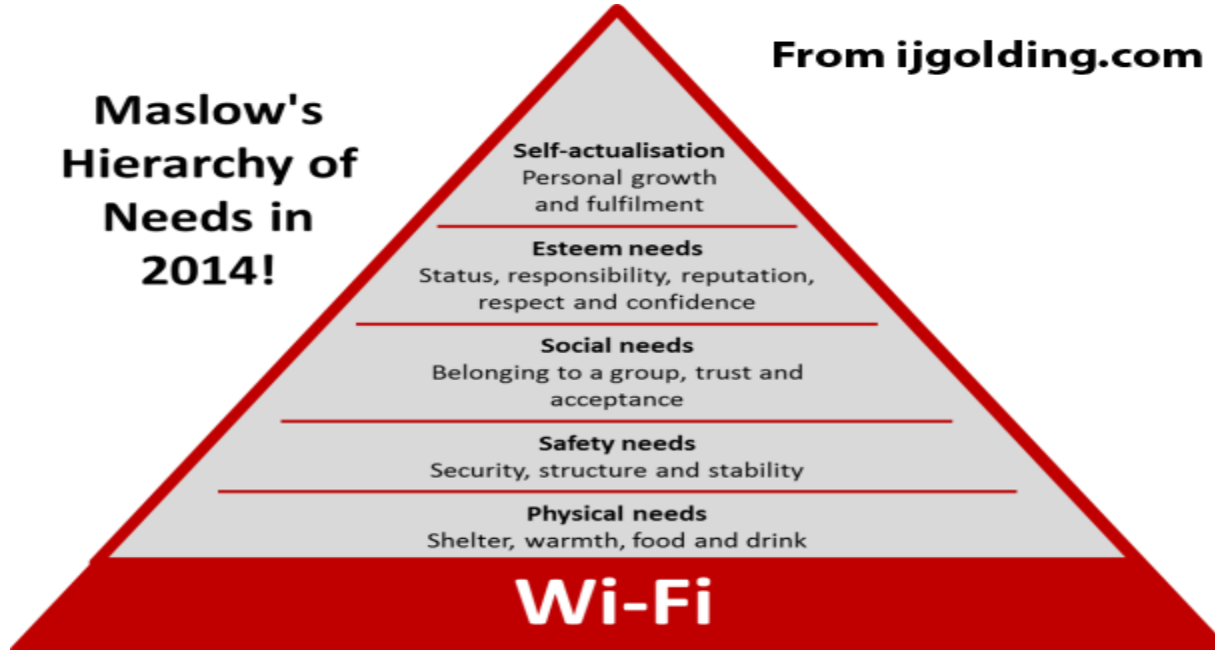
**Paul Cooper Feb 2018**

Best Care
Healthy Communities

# 1943 - 2014

Maslow's Hierarchy of Needs in 2014!

From ijgolding.com

**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

# Wi-Fi

*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 persons computer access needs

Best Care
Healthy Communities

# Meaningful Occupations

Best Care
Healthy Communities

# 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

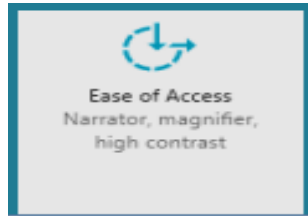- Should take into account likely changes and developments

Augmentative and Alternative Communication: Supporting Children & Adults With Complex Communication Needs **-** Beukleman & Mirenda (2012)

Best Care
Healthy Communities

# Assessment

- Positioning

- Settings

- Alternative Access

*Best Care*
*Healthy Communities*

# Accessing Computer/ Tablet
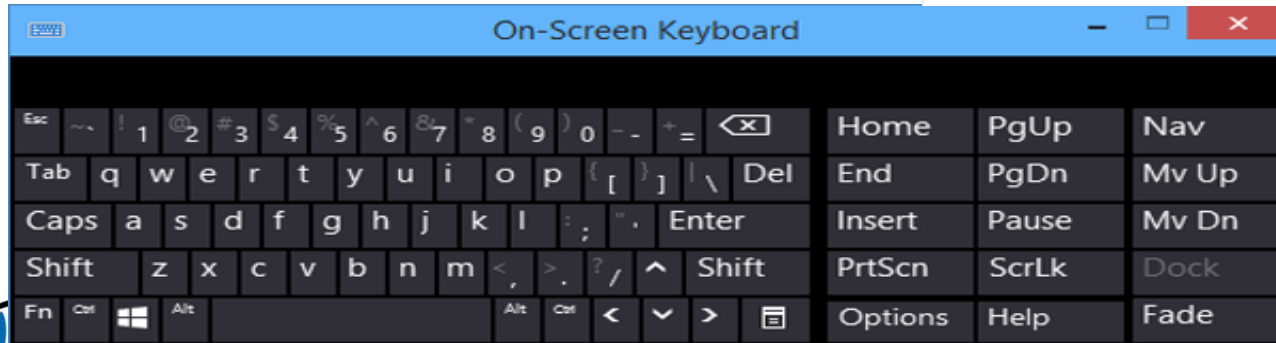
- Operating system - Windows / iOS

Ease of Access options – sticky keys

On Screen keyboard

Speech Recognition and Mouse Grid

Additional hardware and software

*Best Care*
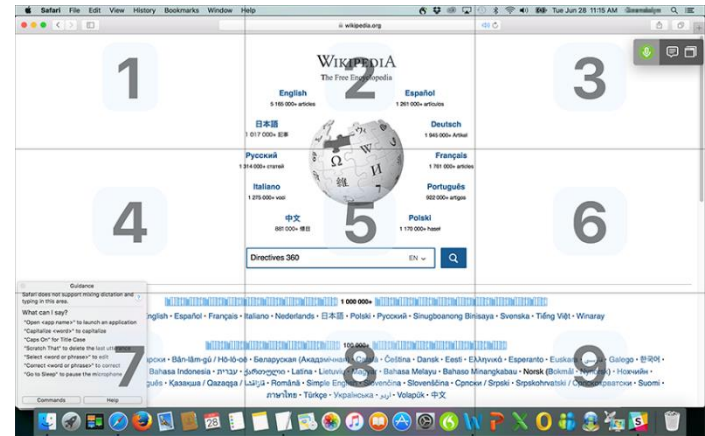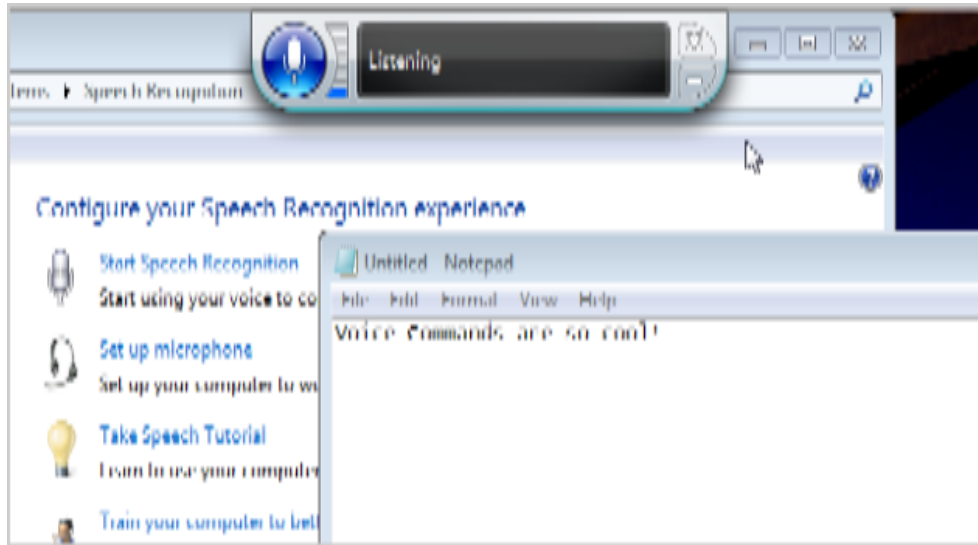*Healthy Communities*

# On-screen keyboards

Select on-screen keyboard
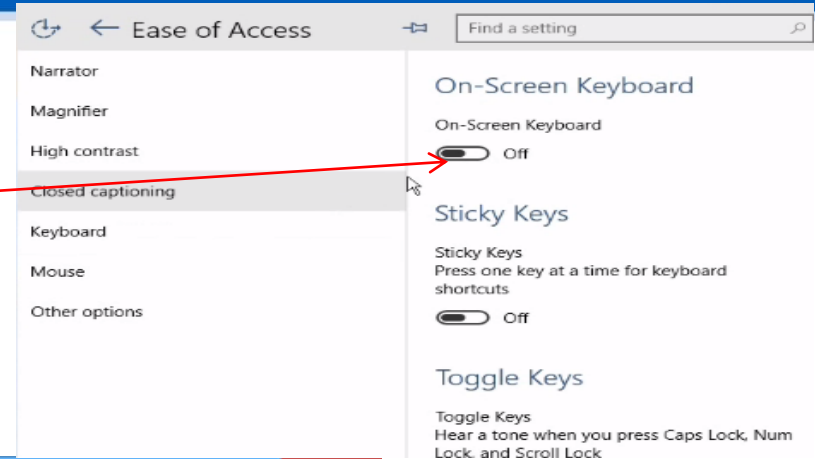
# Speech Recognition



Mouse grid in Windows 10

# Smart Speakers

**Amazon Echo**

**Amazon Echo Dot**

**Amazon Echo Show**

**Google Home**

**Google Mini**

**Google Home Hub**

Best Care
Healthy Communities

**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

*Best Care*
*Healthy Communities*

# 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

*Best Care Healthy Communities*

# Any Questions



- [Lynne.allsopp@bhamcommunity.nhs.uk](mailto:Lynne.allsopp@bhamcommunity.nhs.uk)
- [suzanne.squire@nhs.net](mailto:suzanne.squire@nhs.net)

Best Care
Healthy Communities

# References

- Blain, S., McKeever, P. & Chau, T. (2010) Bedside computer access for an individual with severe and multiple disabilities: A case study. Disability and rehabilitation. Assistive technology. Early Online 1-11
- Chard, D. (2007) Computer games and karate: the arts and crafts of today. British Journal of Occupational Therapy. 70 (8) 329
- Beukleman & Mirenda (2012) Augmentative and Alternative Communication: Supporting Children & Adults With Complex Communication Needs
- Trentham, B.(2019 )Ageism and the valorization of independence: are they connected? British Journal of Occupational Therapy Vol. 82(4) 199–200King, J (2017) Enabling independence around the home and beyond OTnews August 2017
- Verdonck, M., Ryan, S (2008)Technology as an Occupational Therapy Tool : Technophobe or Technogeek? British Journal Of Occupational Therapy Volume 71 Issue 6

# 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

- Offcom 2017 Rise of the Social Seniors revealed. Available at: https://www.ofcom.org.uk/about-ofcom/latest/features-and-news/rise-social-seniors

- Hayden, C. March 2018 The role of Alexa in Clinical Practice The OT Practice https://www.theothub.com/post/the-role-of-alexa-in-clinical-practice

*Best Care Healthy Communities*

# 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/

- http://www.bhamcommunity.nhs.uk/patients-public/rehabilitation/act/

Best Care
Healthy Communities