



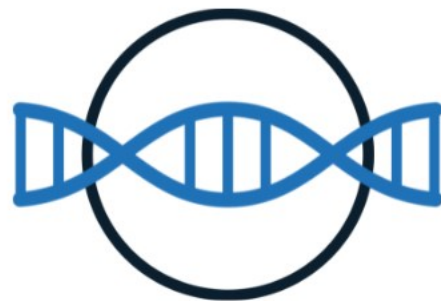
**Prajakt Deotale**  
Digital Advisory  
Industry Sponsor  
at Microsoft



**Amy Curran**  
NDF Patient Advocate  
Program Manager



Moderated by:  
**Mona Patel**  
NDF Patient Advocate  
Program Manager &  
Equality, Diversity and  
Inclusion Specialist at  
Manchester Metropolitan  
University, UK



## **GDEM SYMPOSIUM SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

# **Navigating Assistive Technology with Confidence**

Sunday, September 24th, 2023 • 9am PT



# Assistive Technology on Mobile Phones



- **Screen Readers and Voice Assistants**
- **Gesture and Voice Control**
- **Touch Accommodations**
- **Magnification and Colour Adjustments**
- **Switch Controls**
- **Accessible Apps**



# Voice to Text (Dictation)

- Google Speech to Text
- Microsoft Speech to Text
- Chrome Extensions
  - Speech to Text (Voice Recognition)
  - DictationBox
  - Voice In – Speech to Text Dictation

# Voice Navigation

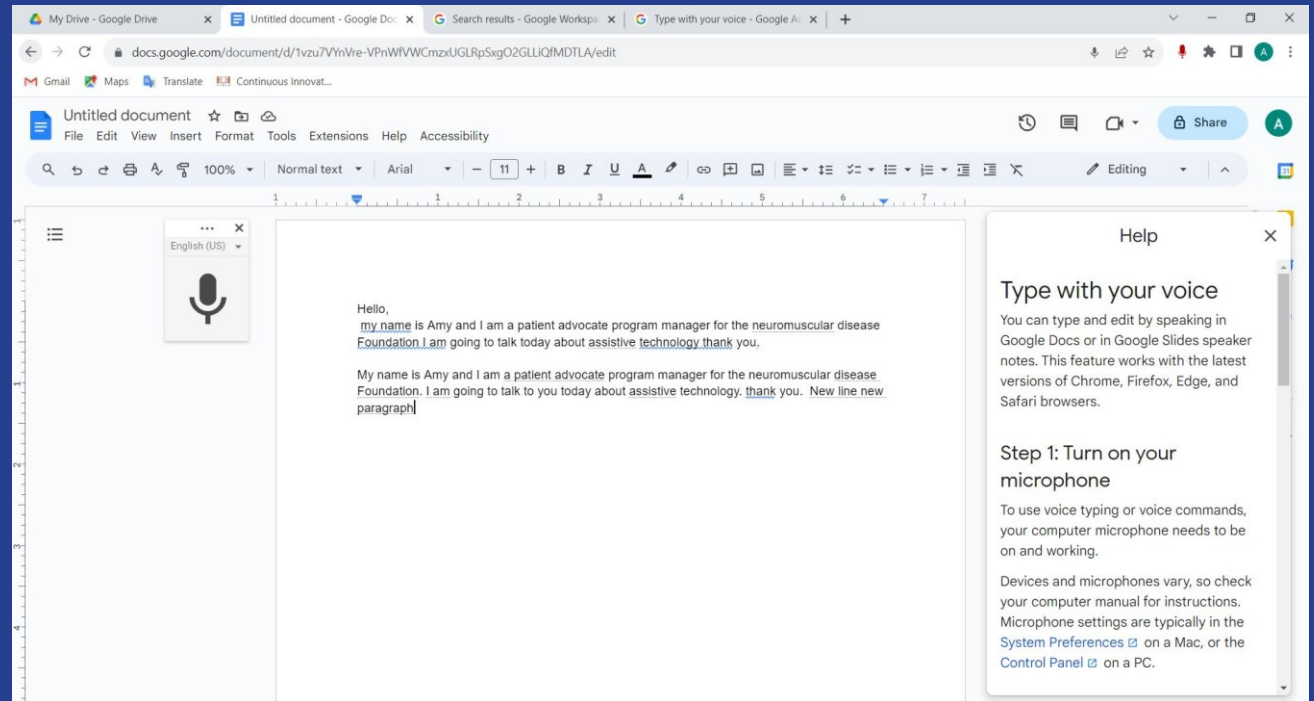
- LipSurf
- Speech Recognition Anywhere



# Voice to Text (Dictation)

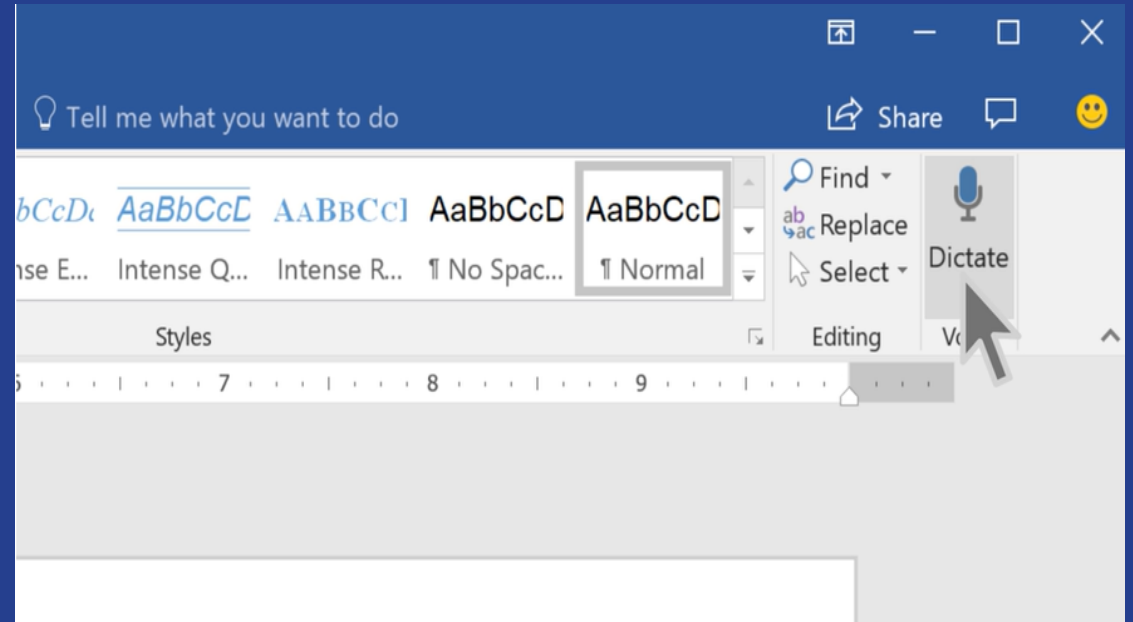
## Google Speech to Text

- Free if you have a Gmail account.
- Docs - Tools – Voice Typing.
- Instructions & Command list.
- Some commands don't always work.



## Microsoft Speech to Text

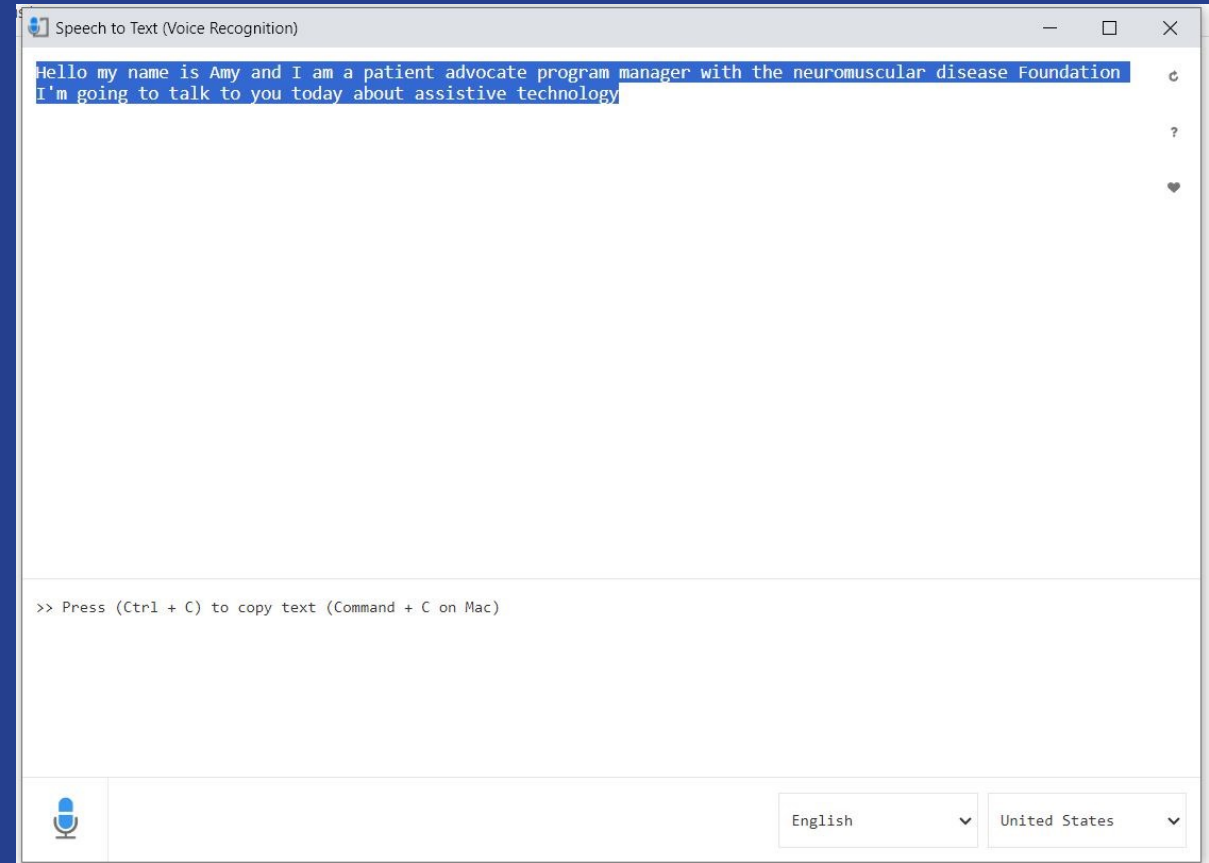
- Dictate in Microsoft 365.
- Dictation lets you use speech-to-text to author content in Office with a microphone and reliable internet connection. Use your voice to quickly create documents, emails, notes, presentations, or even slide notes.



## Voice to Text (Dictation)

# Speech to Text (Voice Recognition)

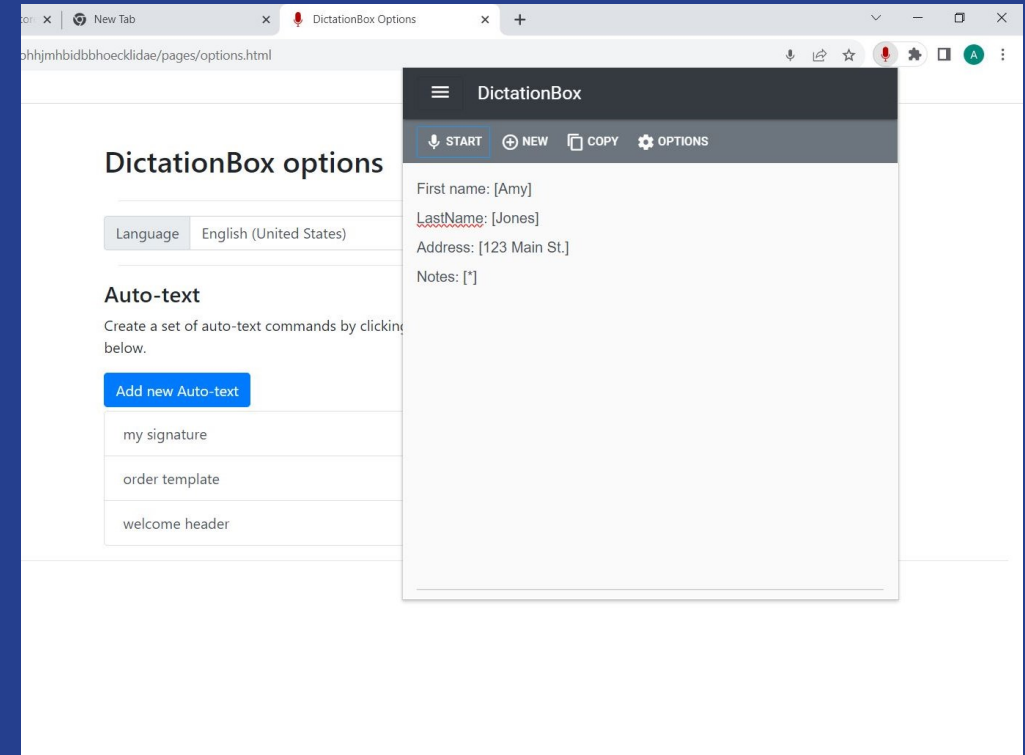
- Free.
- A self-supported pop-up box that can work offline.
- Supports many languages and dialects.
- Does not offer grammar or punctuation.
- Must copy and paste the text where you need it to go.





## DictationBox

- Free.
- Live Speech and Commands Recognition using DictationBox.
- Supported 100+ languages and dialects.
- Simple dictation using DictationBox text area field.
- Dictation only, does not help navigate internet.
- Auto-text commands are configurable in extension options:
  - Can make auto-text for your name, address, and other text you have to type often
  - Say "next field" to navigate to next [\*] field, see auto-text command "order template" for example.
  - Say "go to sleep" \ "wake up" to switch microphone between standby and listening modes.

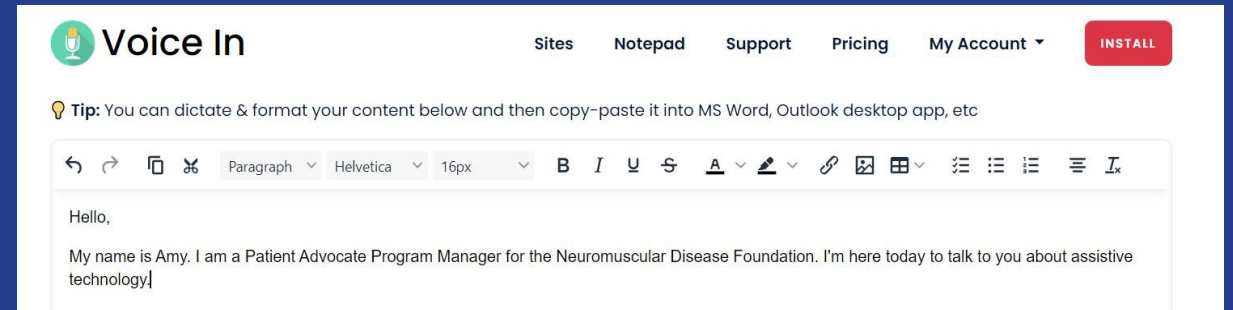
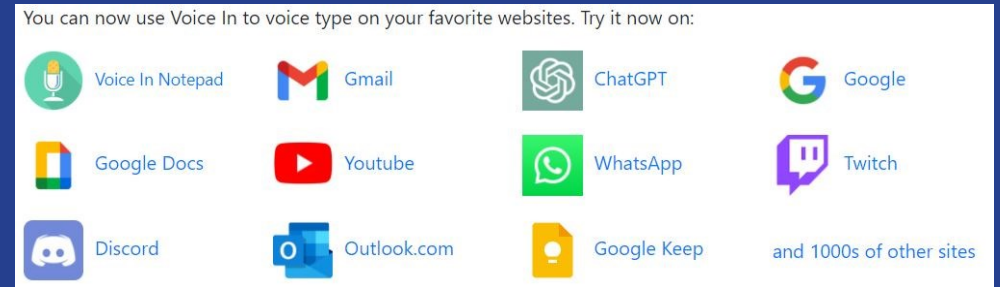




# Voice to Text (Dictation)

## Voice In – Speech to Text Dictation

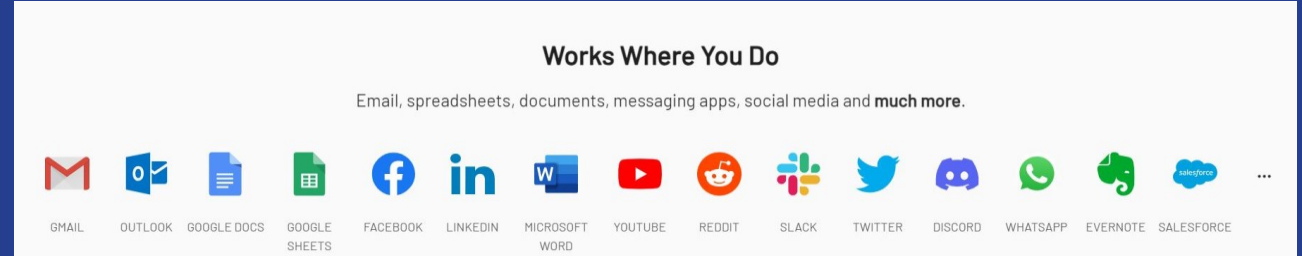
- Voice In contains built-in voice commands for punctuations, inserting a line break, triggering key press, etc., in 25+ languages.
- Dictation only, does not help navigate internet.
- 2 plans: Free & Plus - \$7.99/month, \$3.33/month if pay a year in full, or \$99.99 for lifetime membership
  - Voice In Plus unlocks dictation on all sites, the ability to define voice commands, dictation correction, etc.
  - Advanced Mode lets you use dictation to type on all sites and can handle more websites than the Basic Mode available in Voice In Free.



# Voice Navigation

## LipSurf

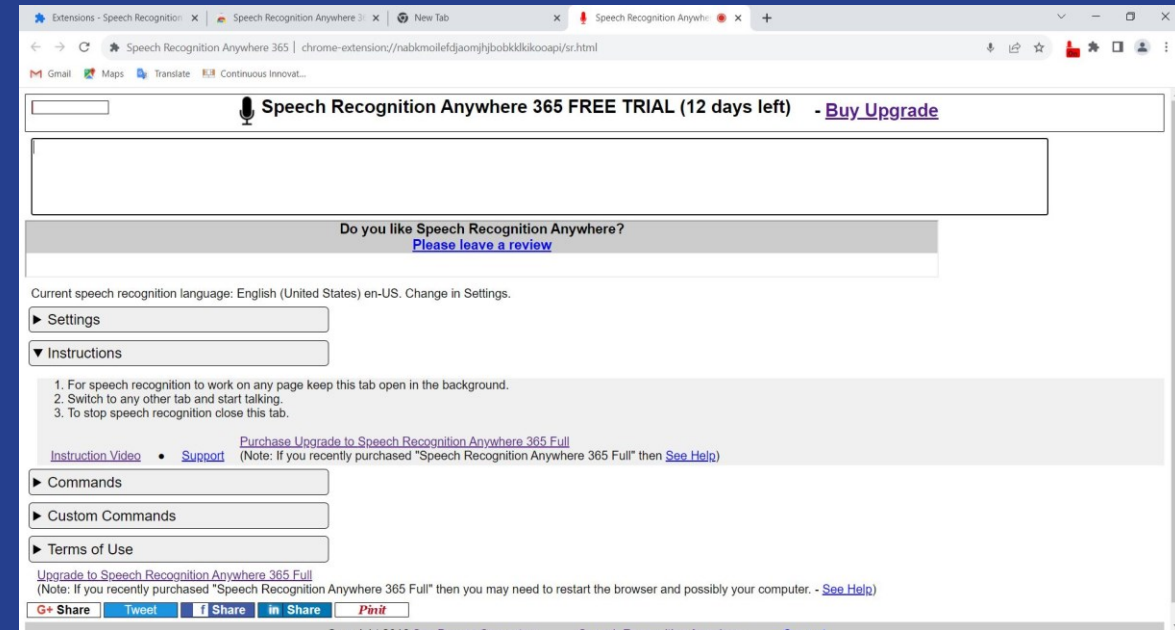
- 3 Plans:
  - Free – over 100 commands.
  - \$3/month - Duolingo, Wanikani reviews - answer questions completely based on voice control (handsfree).
  - \$6/month - dictate text, write and edit text, open websites/URLS, go custom URLs, wake-word, works in google sheets, write emails and dictate forms, spell mode.
- 6 main languages, 4 more in Duolingo
- Use voice to type, click anything, scroll, watch videos, open webpages, make custom voice shortcuts and more.
- Speech recognition for executing voice commands in the browser that would normally require a mouse and keyboard.



## Speech Recognition Anywhere



- 30 day free trial: then \$1.99/month or \$14.99/year
- Supports 16 languages and dialects.
- Control where you go on the Internet with your voice by using simple voice commands to go to websites or to click on buttons and links
- Use voice recognition to fill out forms, write documents, and dictate emails.
- Works with Google Docs, Microsoft Word online, Gmail, outlook.com and more



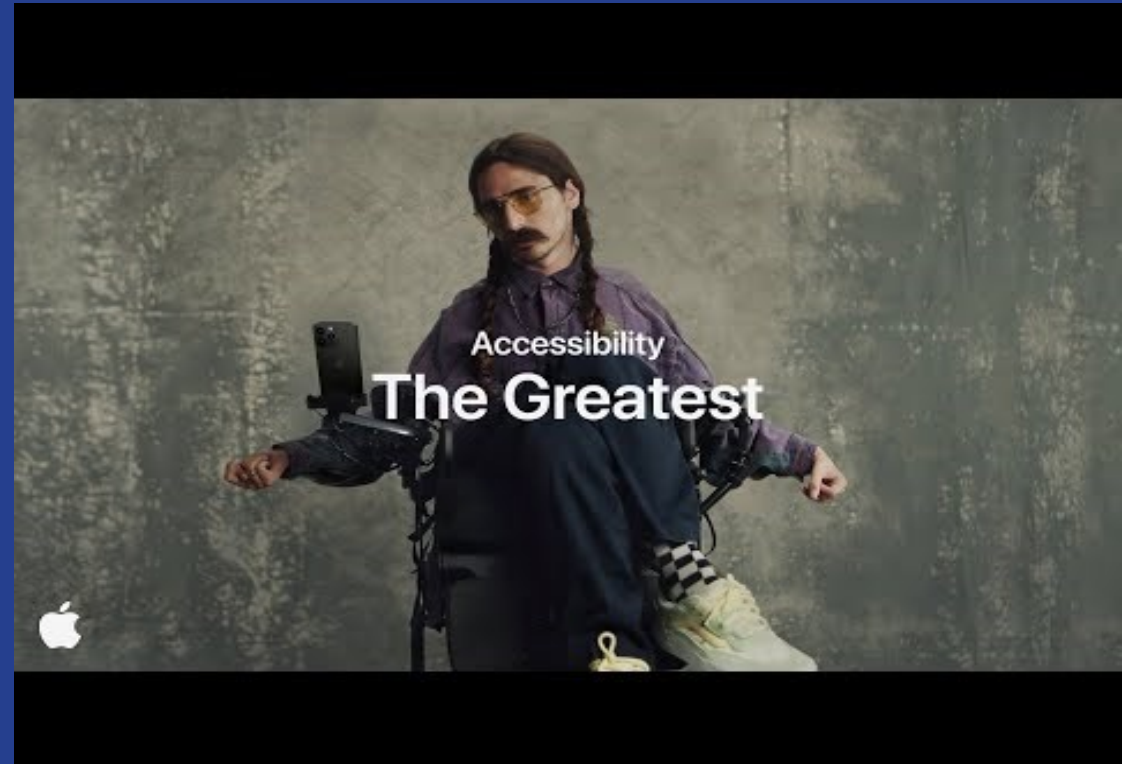
# Apple Accessibility - [www.apple.com/accessibility](http://www.apple.com/accessibility)

Mobility

Vision

Hearing

Cognitive

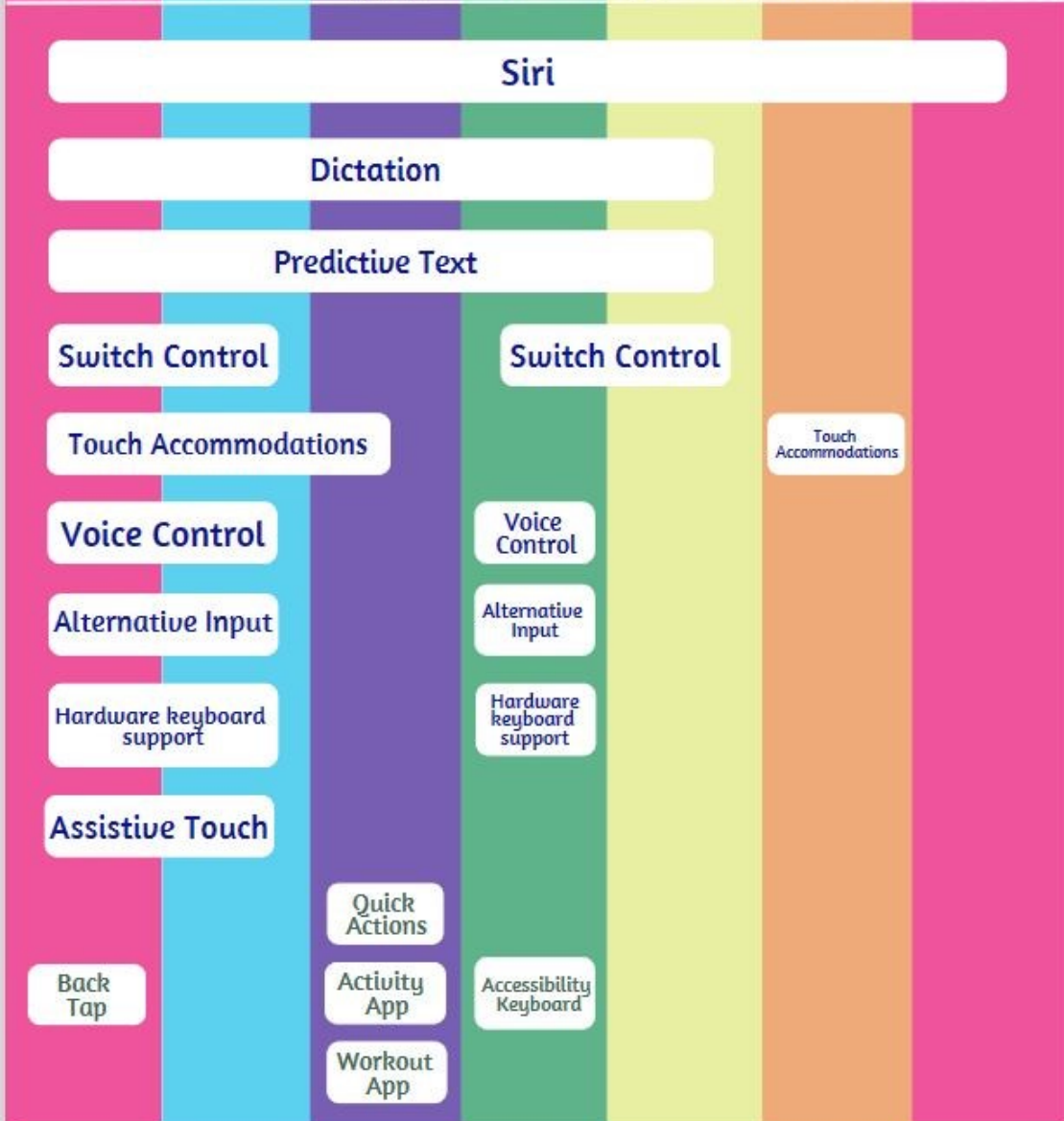


Voluntary Product Accessibility Templates – [support.apple.com/accessibility/vpat](http://support.apple.com/accessibility/vpat)





# Mobility Assistive Technology Options Across Apple Devices



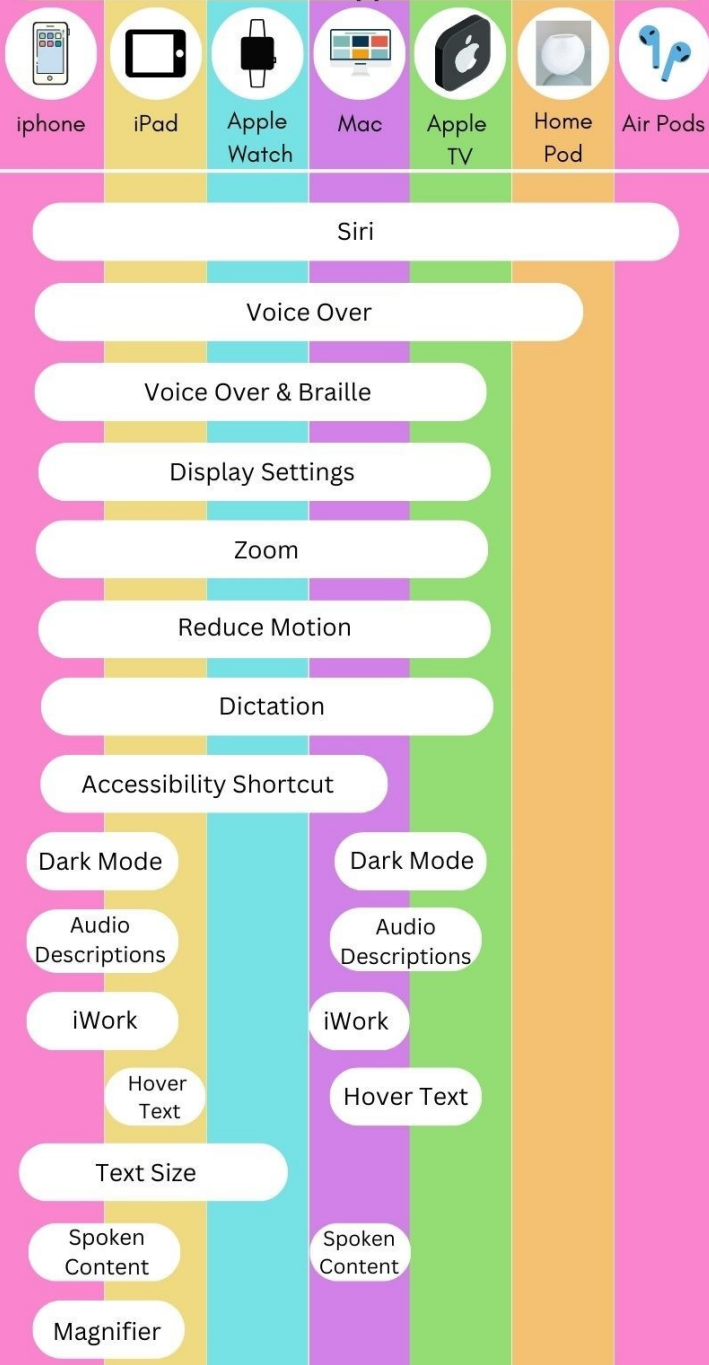
- **Siri** - Makes your life easier, in your language.
- **Dictation** - Lets you talk wherever you would type.
- **Predictive Text** - Let your device finish the sentence for you.
- **Switch Control** - Makes it easy to control your device with a variety of adaptive switch hardware, wireless game controllers, or even simple sounds.
- **Touch Accommodations** - Adjust how the screen responds to your touch.
- **Voice Control** - Navigate your device using just your voice.
- **Alternative Input** - Control your device with a single gesture.
- **Hardware Keyboard Support** - Create custom shortcuts for commonly used words and adjust sensitivity.
- **Assistive Touch** - adapt your touchscreen to fit your physical needs.
- **Accessibility Keyboard** - The customizable, onscreen Accessibility Keyboard lets you navigate and type in macOS your way
- **Back Tap** - lets you double-tap or triple-tap the back of your iPhone to automatically perform a range of custom tasks.
- **Quick Actions** - Merge subtle movement with masterful multitasking.

Mobility accessibility options across Apple Devices





## Visual Assistive Technology Across All Apple Devices



## Visual Assistive Technology Options Across Apple Devices

- **Siri** - Makes your life easier, in your language.
- **Voice Over** – A screen reader that tells you exactly what’s happening on your device.
- **Voice Over & Braille** - Describes exactly what’s on your screen, even in braille.
- **Display Settings** - Find the right view for you.
- **Zoom** - Enlarge your screen to your liking.
- **Reduce Motion**- You can decrease the movement of onscreen elements.
- **Dictation** - Lets you type by speaking — and it works in more than 60 languages.
- **Accessibility Shortcut** - Easily add, organize, and customize shortcuts for the tools and settings you use the most in Control Center or System Settings.
- **Dark Mode** - Make everything easier on the eyes.
- **Audio Descriptions** - Watch movies with detailed audio descriptions of every scene.
- **iWork** - Create a workflow that works for you.
- **Hover Text** - Get a quick size boost of what you’re reading.
- **Text Size** - Increase text legibility and visibility with simple font adjustments.
- **Spoken Content** - With Speak Screen, you can hear the content of your entire screen read aloud to you, while Speak Selection lets you select and hear a specific range of text.
- **Magnifier** -Uses the camera on your iPhone or iPad to increase the size of any physical object you point it at, like a menu or sign, so you can see all the details clearly on your screen.



# Apple Accessibility - How To

Apple Accessibility  
- YouTube





# Google Accessibility

- [about.google/belonging/disability-inclusion/product-accessibility](https://about.google/belonging/disability-inclusion/product-accessibility)

- Cognitive
- Hearing
- Mobility
- Speech
- Vision

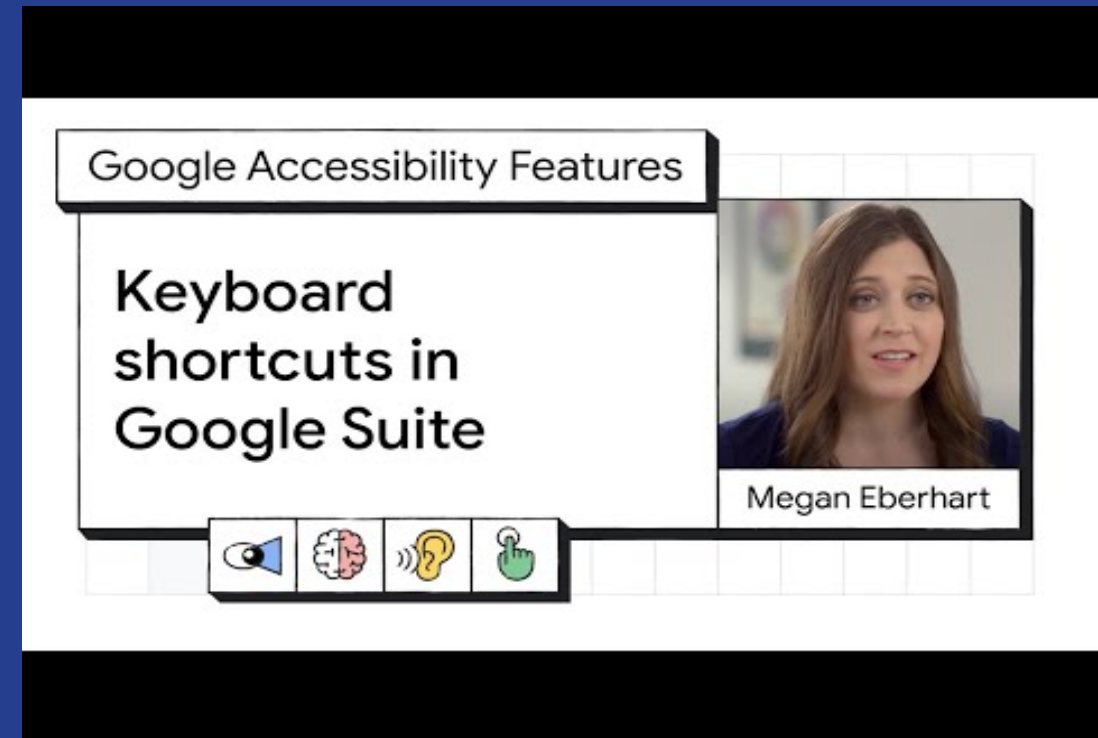
- Android
- Chrome
- Chromebook
- Classroom
- Cloud Search
- GBoard
- G Mail
- Google Assistant
- Google Calendar
- Google Chat
- Google Contacts
- Google Cloud
- Google Docs
- Google Drawings
- Google Drive
- Google Forms
- Google Groups
- Google Home
- Google Maps
- Google Meet
- Google News
- Google Photos
- Google Play Books
- Google Play Movies & TV
- Google Search
- Google Sheets
- Google Sites
- Google Slides
- Google TV
- YouTube



# Google Accessibility –

[about.google/belonging/disability-inclusion/product-accessibility](https://about.google/belonging/disability-inclusion/product-accessibility)

## Google Accessibility Features - YouTube

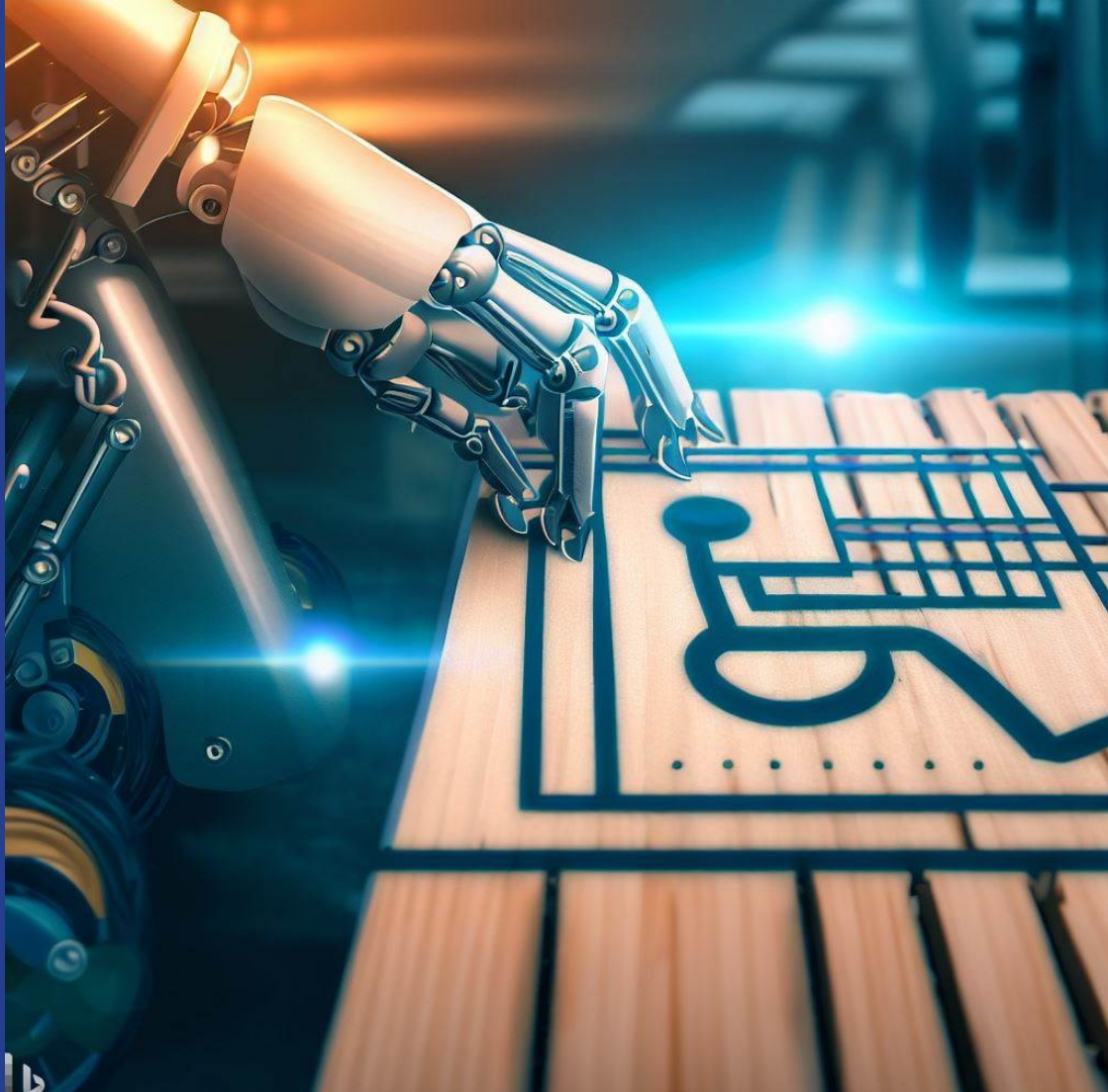


## Ably Powerful -

# Empowering People With Disabilities For Independent & Fulfilling Living

- Website powered by patients that shows all the assistive technology devices we've used successfully in our daily lives.
- Share our knowledge to help others make informed decisions about the devices that may help them in their daily lives.



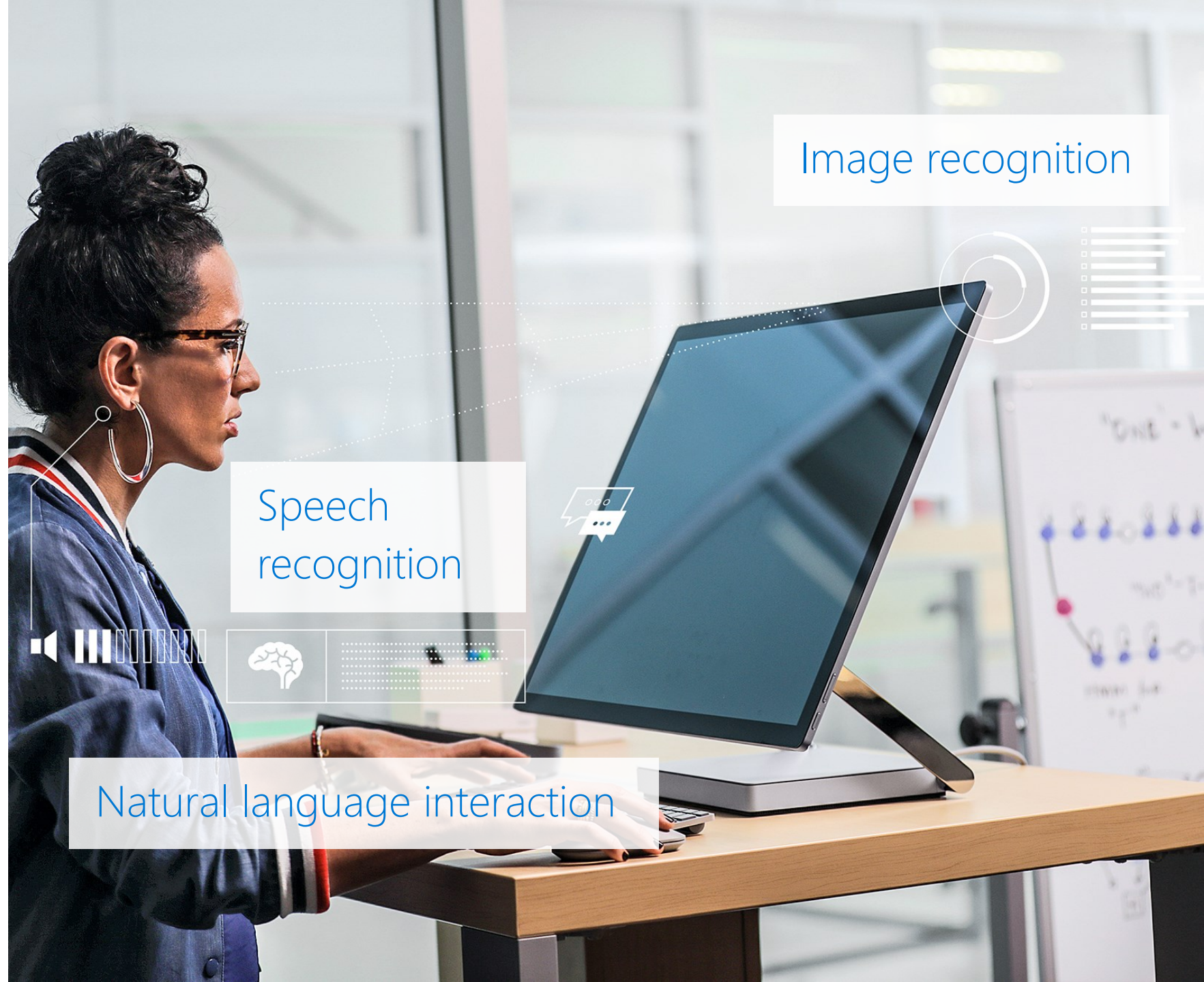


# Artificial Intelligence and Accessibility





Artificial intelligence is the science of making machines that can think like humans. It can do things that are considered "smart."



# AI Accessibility empowers people with disabilities at work, school, and in daily life



Vision



Hearing



Neurodiversity



Learning



Mobility



Mental Health

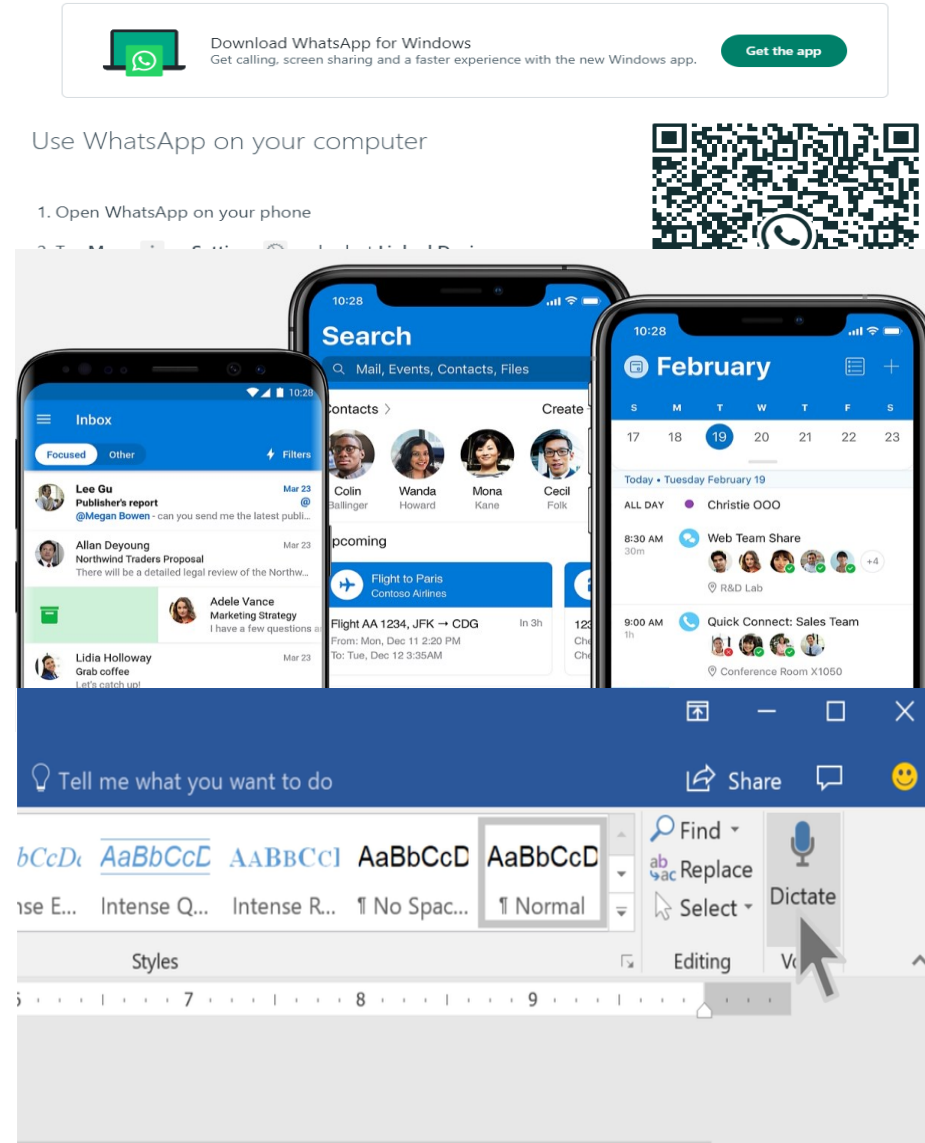
# Writing with Myopathy – What do I use today?

Writing emails and messages-

[Option 1](#)- write using WhatsApp on mobile, send it to self and copy it from WhatsApp Desktop

[Option 2](#)- Write email in drafts on Office Outlook mobile and continue the same on desktop Outlook to edit, add attachments etc.

[Option 3](#)- Use Microsoft dictate in Word, PowerPoint or Email





# Writing with Myopathy – What do I use today?

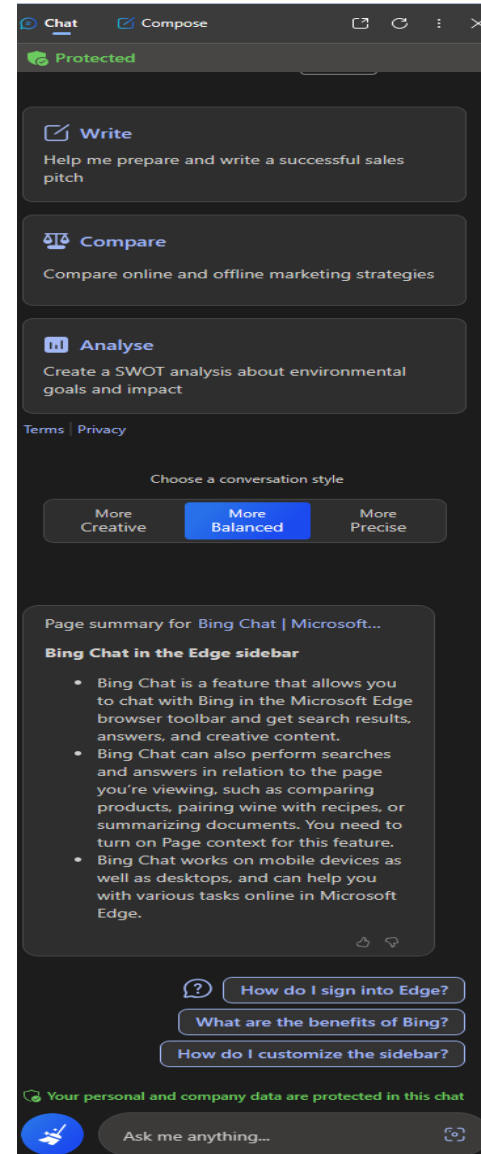
Writing emails and messages -

[Option 4](#)- Use AI - Prompts on ChatGPT or Bing Chat

Let's dive in ...

<https://chat.openai.com/>

[Bing Chat | Microsoft Edge](#)



 **Writing with Myopathy – What do I use today?**

 **Writing with Myopathy – What will I do?**

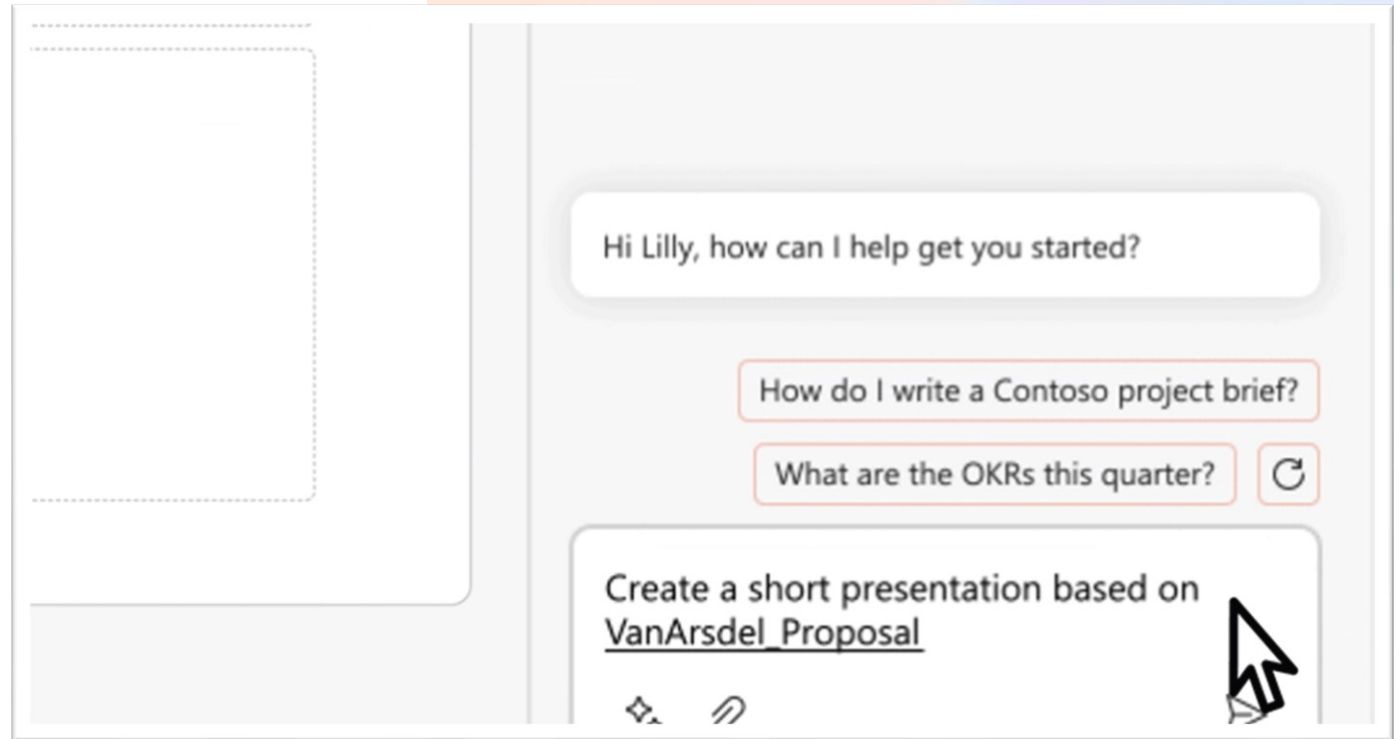
..... **Very soon!**

# Copilot in PowerPoint

Copilot helps you turn your ideas into stunning presentations.

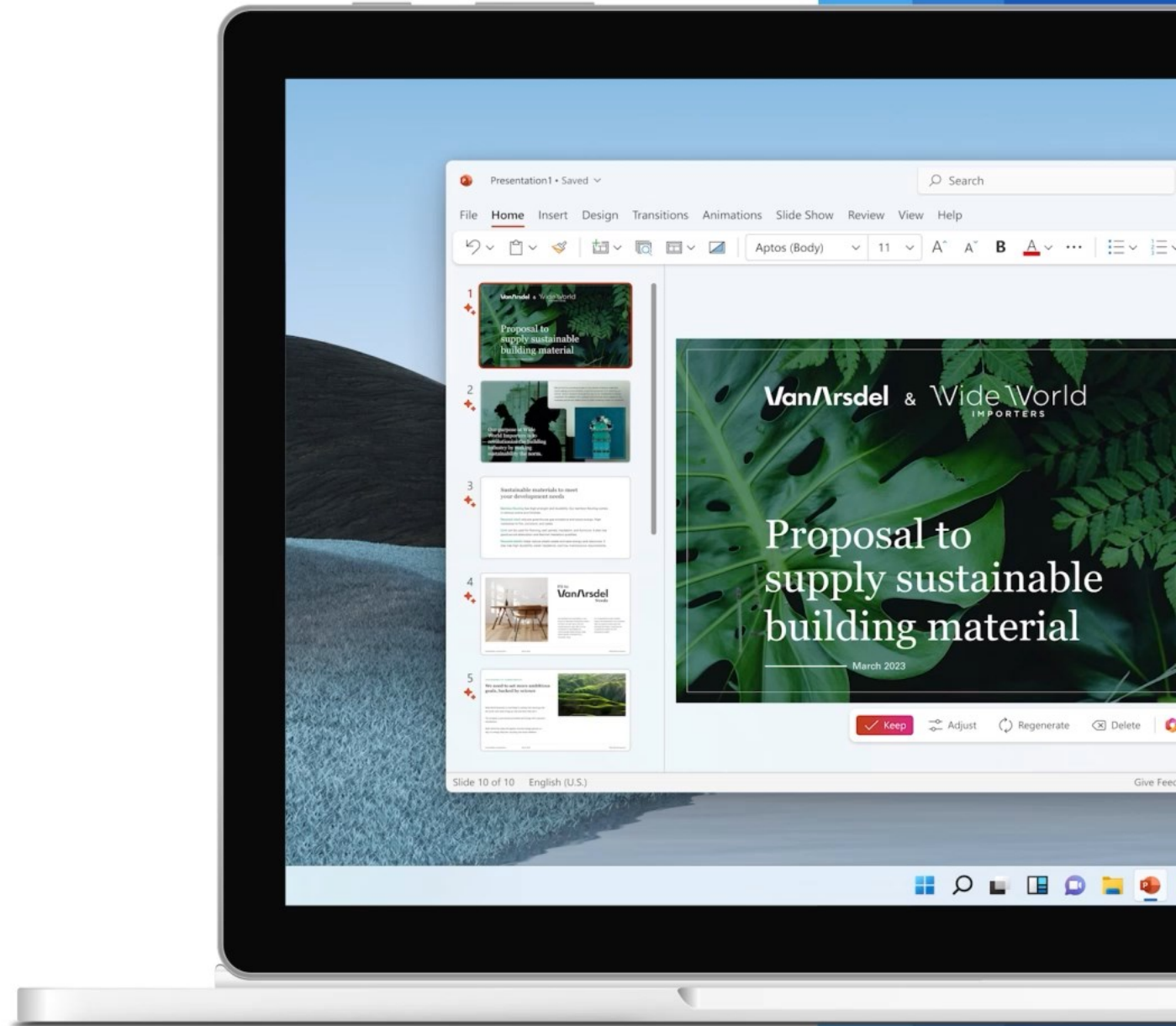
Some example prompts you can ask **Copilot**:

- Create a five-slide presentation based on a Word document, include relevant stock photos.
- Consolidate this presentation into a three-slide summary.
- Reformat these three bullets into three columns, each with a picture.



Microsoft 365

# Copilot in PowerPoint

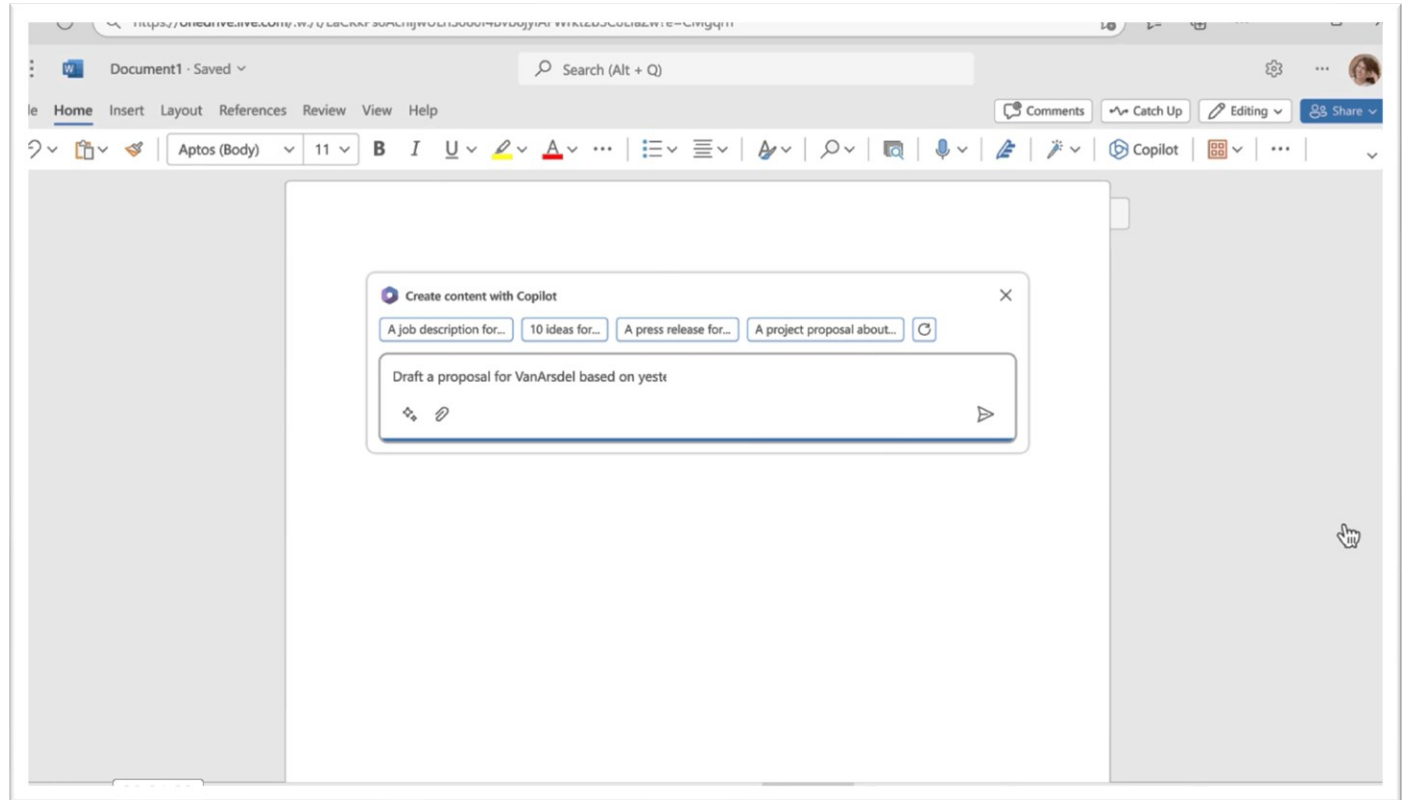


# Copilot in Word

Copilot writes, edits, summarizes, & creates right alongside you.

Some example prompts you can ask **Copilot**:

- Draft a two-page project proposal based on the data from [*document*] and [*spreadsheet*].
- Make the third paragraph more concise. Change the tone of the document to be more casual.
- Create a one-page draft based on this rough outline.

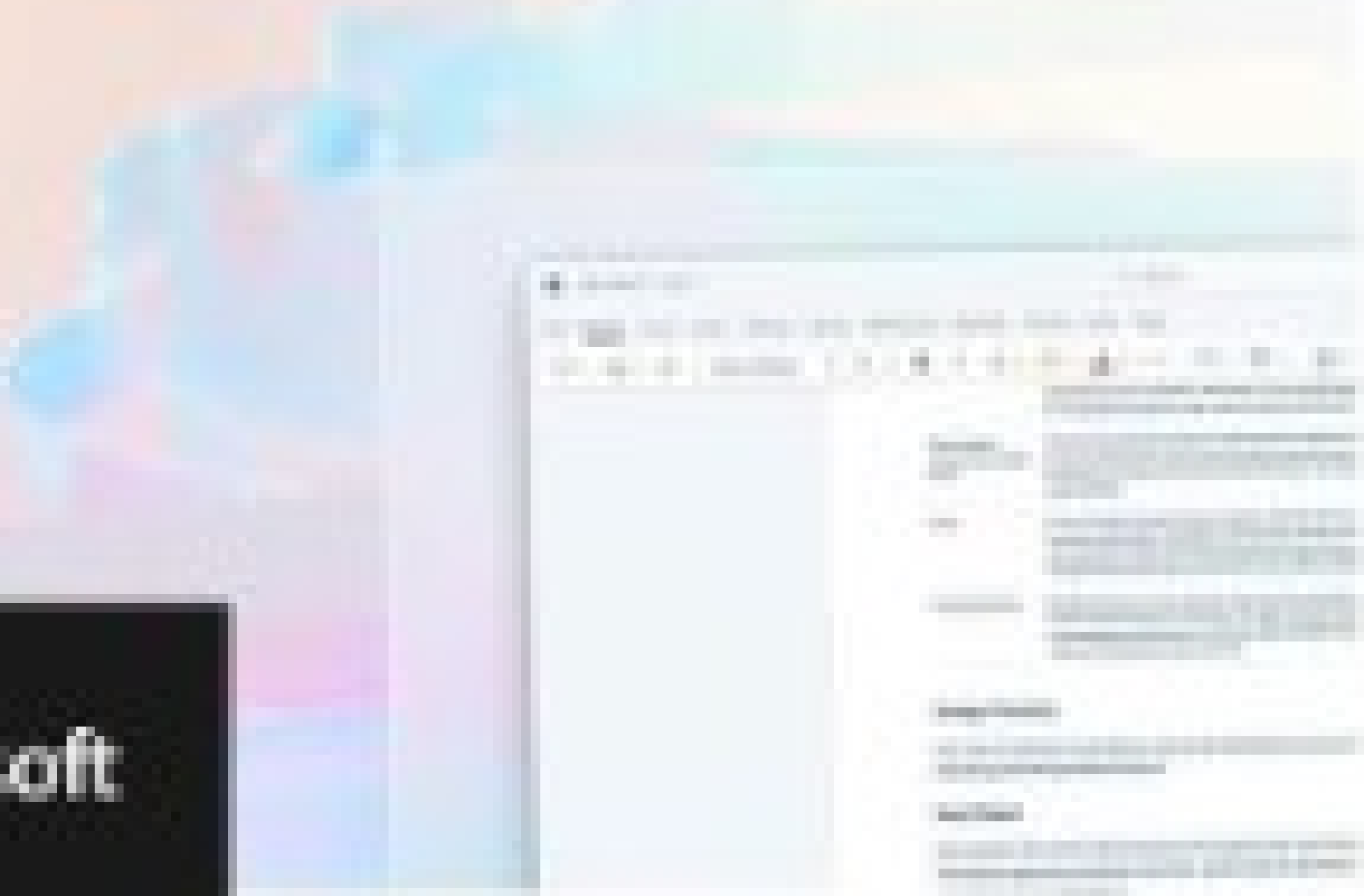


Microsoft

# Copilot in Word



Microsoft



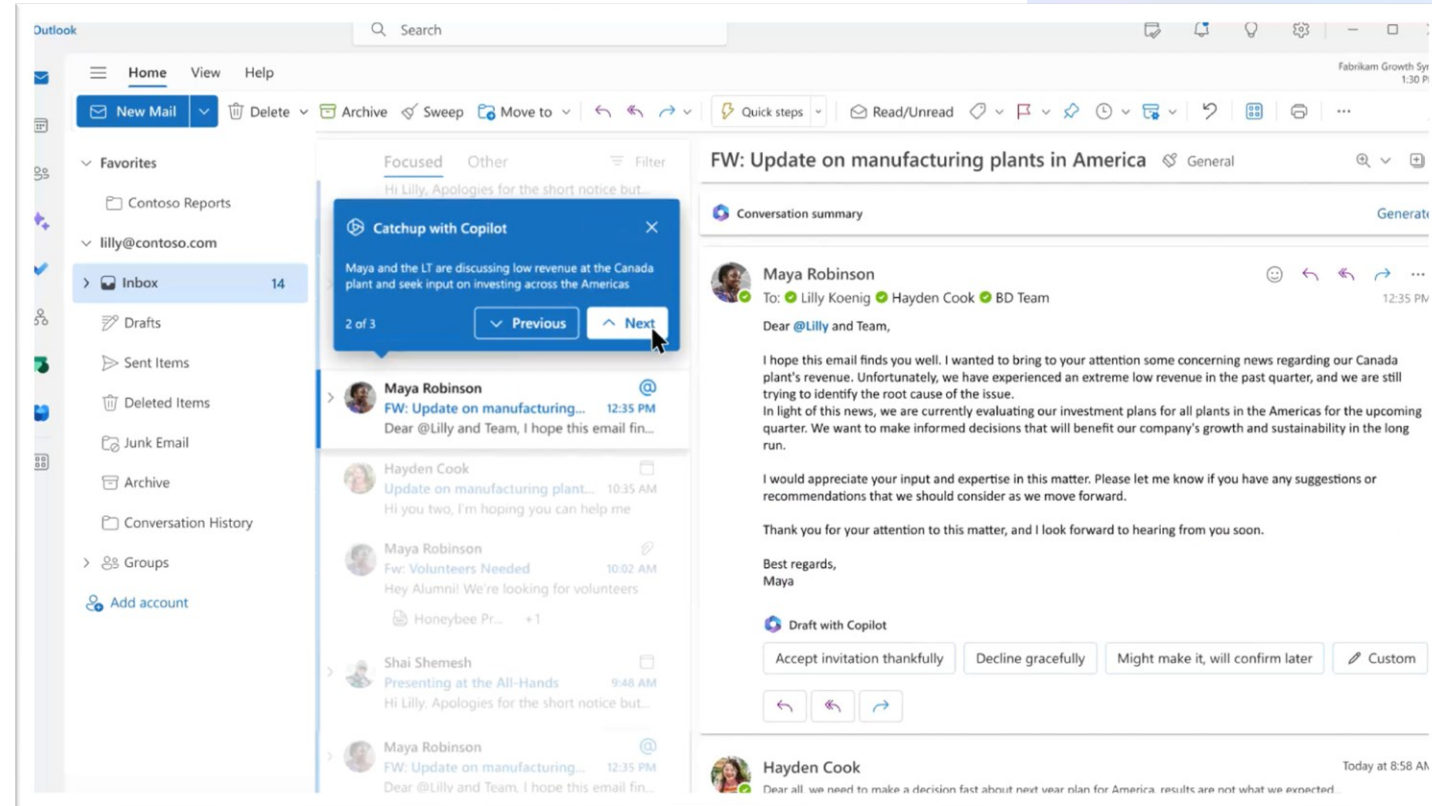


# Copilot in Outlook

Copilot works with you in cleaning your inbox and messages.

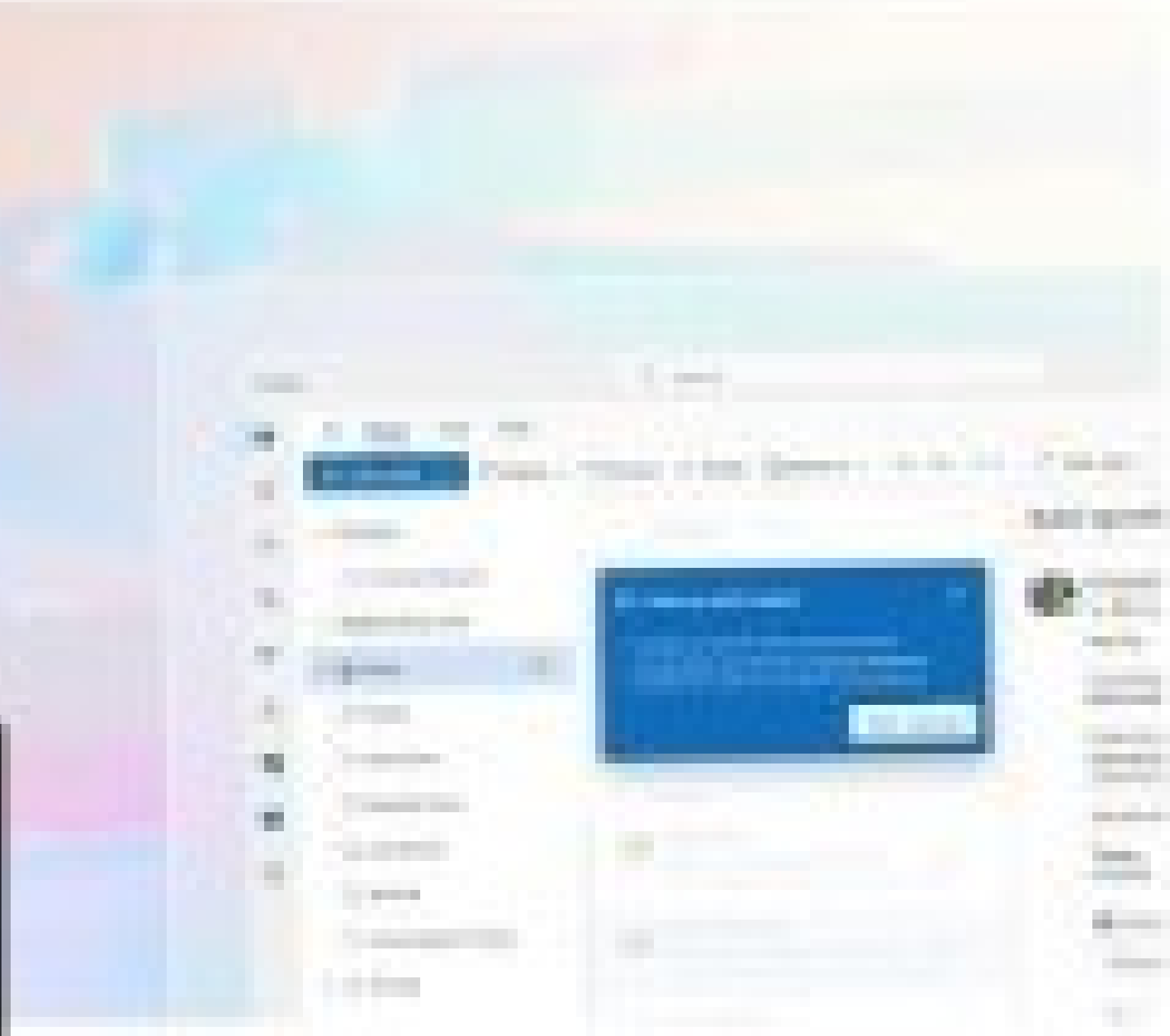
Some example prompts you can ask **Copilot**:

- Summarize the emails I missed while I was out. Flag important items.
- Draft a response thanking them and asking for more details; shorten this draft and make the tone professional.
- Invite everyone to a “lunch and learn” about new product launches next Thursday at noon



Microsoft

# Copilot in Outlook

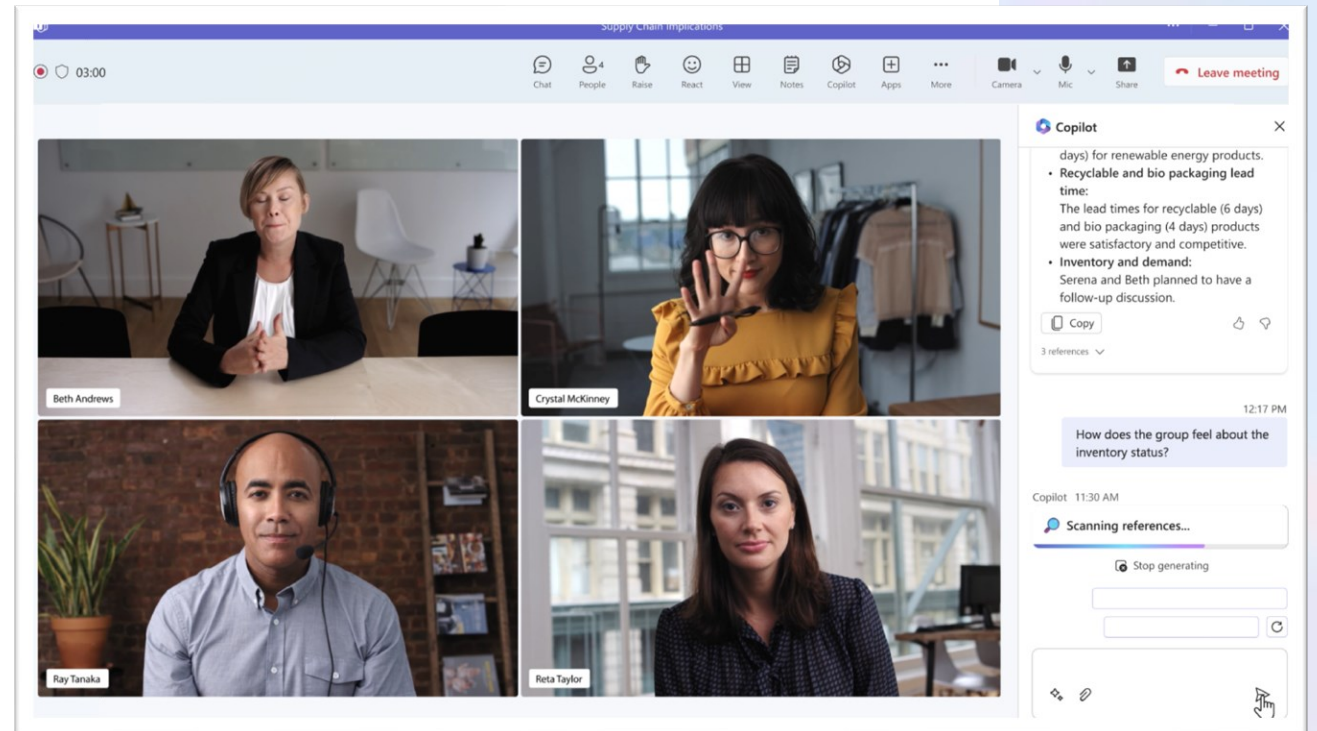


# Copilot in Teams

Copilot helps you run effective meetings, get up to speed, organize key discussion points, and summarize actions.

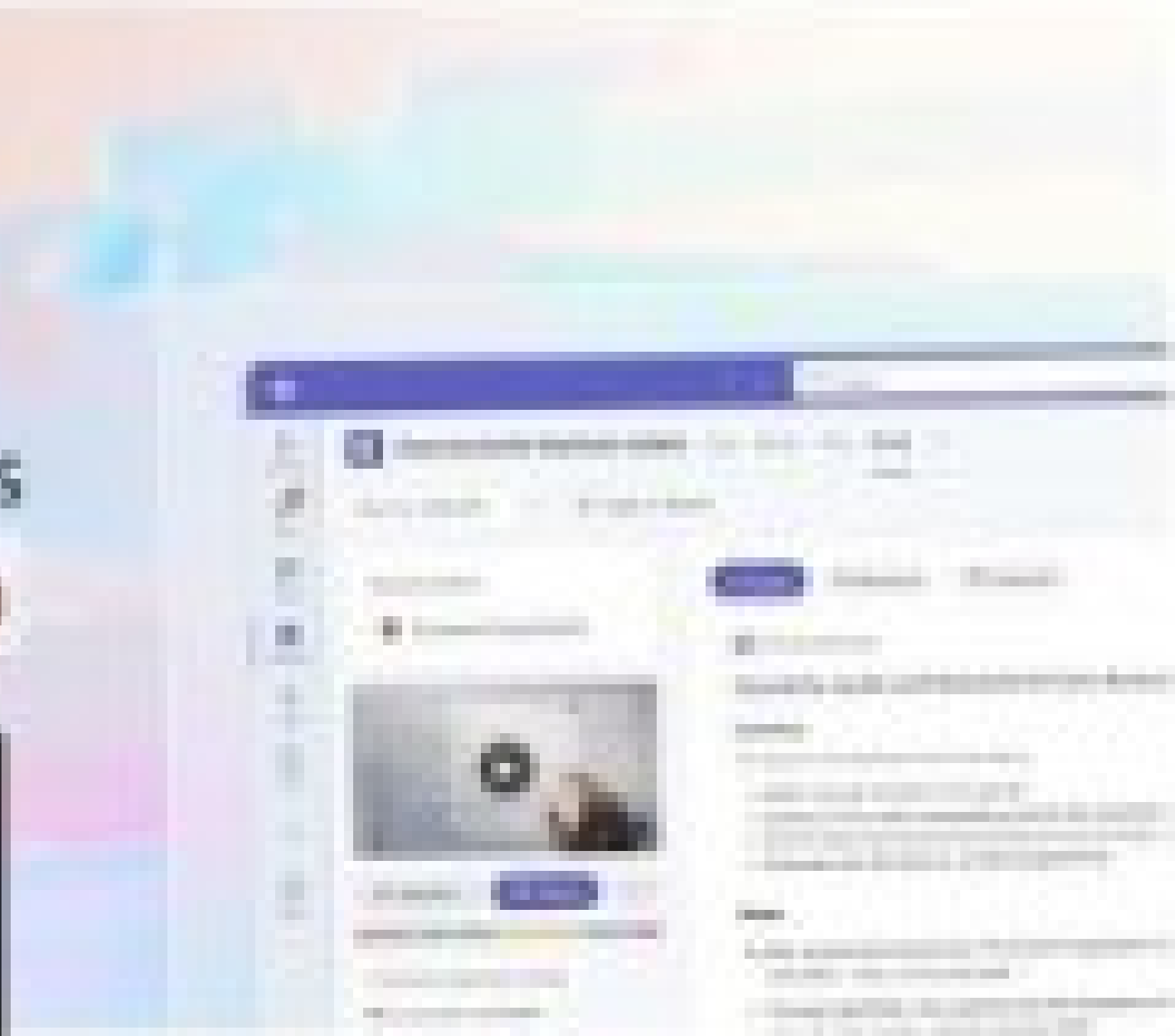
Some example prompts you can ask **Copilot**:

- Summarize what I've missed in the meeting.
- Create a table of pros and cons for [topic].
- What decisions were made, and what are some suggested next steps?



Microsoft

# Copilot in Teams Meeting Recap



# Helpful AT Resources

- Chrome Extension - Speech to Text Voice Recognition: <https://chrome.google.com/webstore/detail/speech-to-text-voice-reco/kcgloaobfaiejoiahlnfaolfcifjjho>
- Chrome Extension – Dictation Box: [https://chrome.google.com/webstore/detail/dictationbox/kbjkbnakcaaohjmhbidbbhoecklidae/related?utm\\_source=ext\\_sidebar&hl=en-US](https://chrome.google.com/webstore/detail/dictationbox/kbjkbnakcaaohjmhbidbbhoecklidae/related?utm_source=ext_sidebar&hl=en-US)
- Chrome Extension – Voice In: <http://chrome-extension://pjnefijmagpdjfhhkpljicbbpicelgko/setup.html>
- Chrome Extension – Lipsurf: <https://chrome.google.com/webstore/detail/lipsurf-voice-control-for/lnnmjmalakahagblkkcnjkoaihlfglon>
- Chrome Extension – Speech Recognition Anywhere: <https://chrome.google.com/webstore/detail/speech-recognition-anywhere/nabkmoilefdjaomjhjbobkklkikooapi>
- Apple – The Greatest Video: <https://www.youtube.com/watch?v=8sX9IEHWRJ8>
- Apple Accessibility - <https://www.apple.com/accessibility/mobility/>
- Apple Accessibility YouTube How To Playlist - <https://www.youtube.com/playlist?list=PLI2EzNYri0cLtSIZowttih25VnSvWITu>
- Google Accessibility - <https://about.google/belonging/disability-inclusion/product-accessibility/>
- Google Accessibility Features YouTube Playlist - [https://www.youtube.com/playlist?list=PLP7Bvyb3ap46yvUoQVHXDIEf3Ic-P5\\_IV](https://www.youtube.com/playlist?list=PLP7Bvyb3ap46yvUoQVHXDIEf3Ic-P5_IV)
- Ably Powerful – [www.AblyPowerful.org](http://www.AblyPowerful.org)



# Helpful AT Resources

- Microsoft Outlook for iOS and Android: <https://www.microsoft.com/en-us/microsoft-365/outlook-mobile-for-android-and-ios>
- WhatsApp Web: <https://web.whatsapp.com/>
- Dictate in Microsoft 365: <https://support.microsoft.com/en-gb/office/dictate-in-microsoft-365-eab203e1-d030-43c1-84ef-999b0b9675fe>
- ChatGPT: <https://chat.openai.com/>
- CoPilot YT – [\(4\) Microsoft 365 Copilot - YouTube](#)



# Q&A



**NEUROMUSCULAR**  
DISEASE FOUNDATION

If you have a question, please:

- raise your (virtual) hand; or
- unmute your mic or
- Use the Chat feature.





## GNEM SYMPOSIUM SPEAKER SERIES

*presented by The Neuromuscular Disease Foundation*

### “Navigating Assistive Technology with Confidence.”

By

- Prajakt Deotale, Digital Advisory Industry, Microsoft.
- Amy Curran, Patient Advocacy Program Manager (PAPM), NDF and
- Mona Patel, PAPM, NDF & EDI Specialist, Manchester Metropolitan University, UK

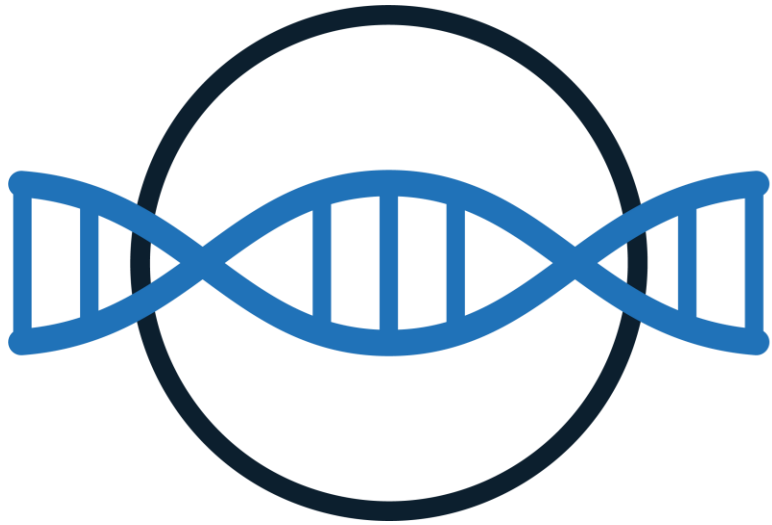
If you have any questions, contact: [info@CureGNEM.org](mailto:info@CureGNEM.org)

## Key Takeaways:

- 1. Free Platforms:** Both PCs and mobile phones offer free built-in accessibility features;
- 2. Diverse Tools:** Lots of assistive technology (AT) tools available, catering to different needs/preferences keeping disabled people empowered in their everyday life and/or workplace;
- 3. Continuous learning:** Stay equipped by keeping informed on AT advancements as they become available; and
- 4. Awareness:** Share knowledge about the transformative impact of AT with others to promote a more inclusive society.



**Thank you!**



**GNEM SYMPOSIUM  
SPEAKER SERIES**

*presented by The Neuromuscular Disease Foundation*

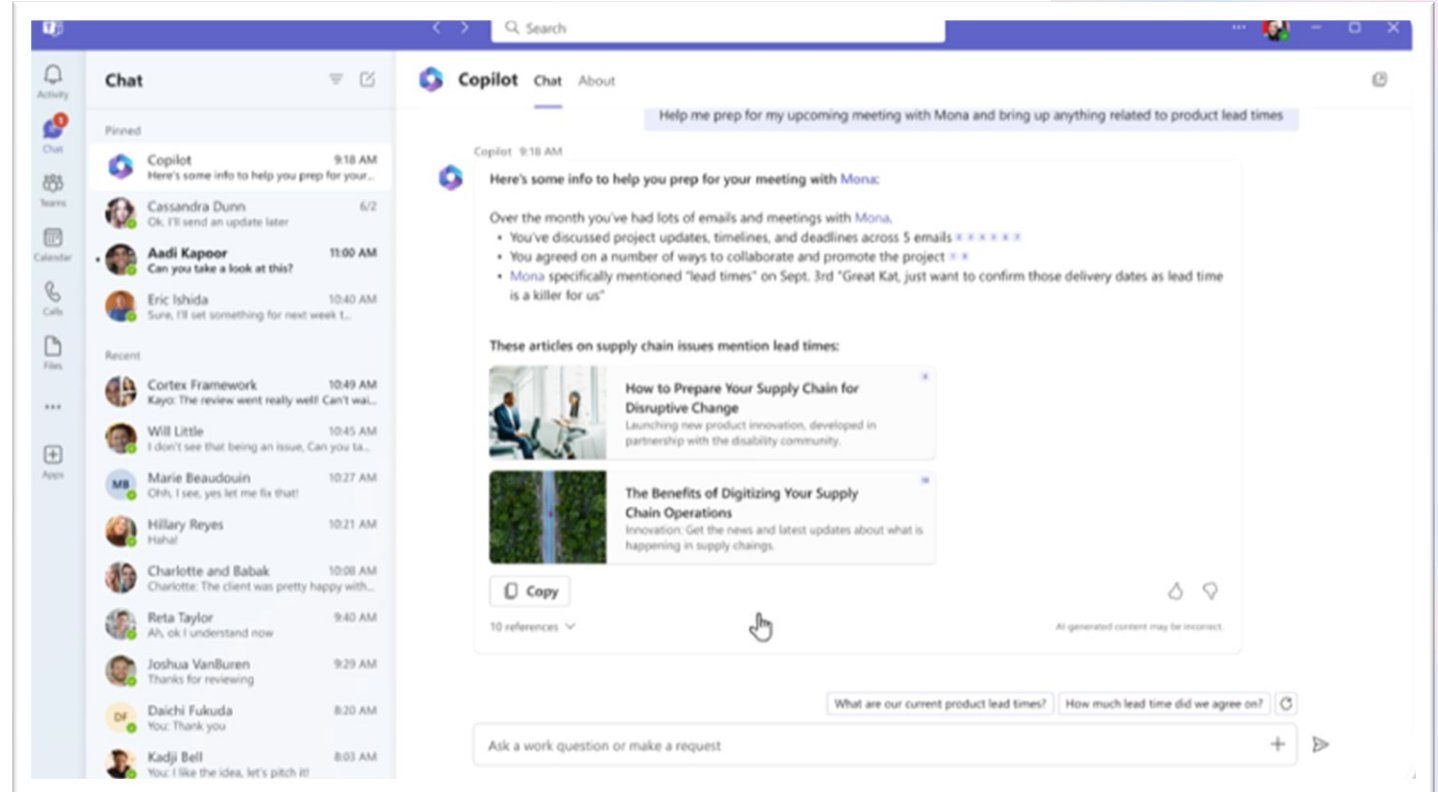


# Business Chat

Copilot works alongside you, to bring together data from your documents, presentations, email, calendar, notes, & contacts.

Some example prompts you can ask **Copilot**:

- Summarize the chats, emails, and documents about [*customer*].
- What is the next milestone on [*project*]. Are there any risks?
- Write a planning overview in the style of [*file A*] that contains the timeline from [*file B*] and incorporates the project list in the email from [*person*].

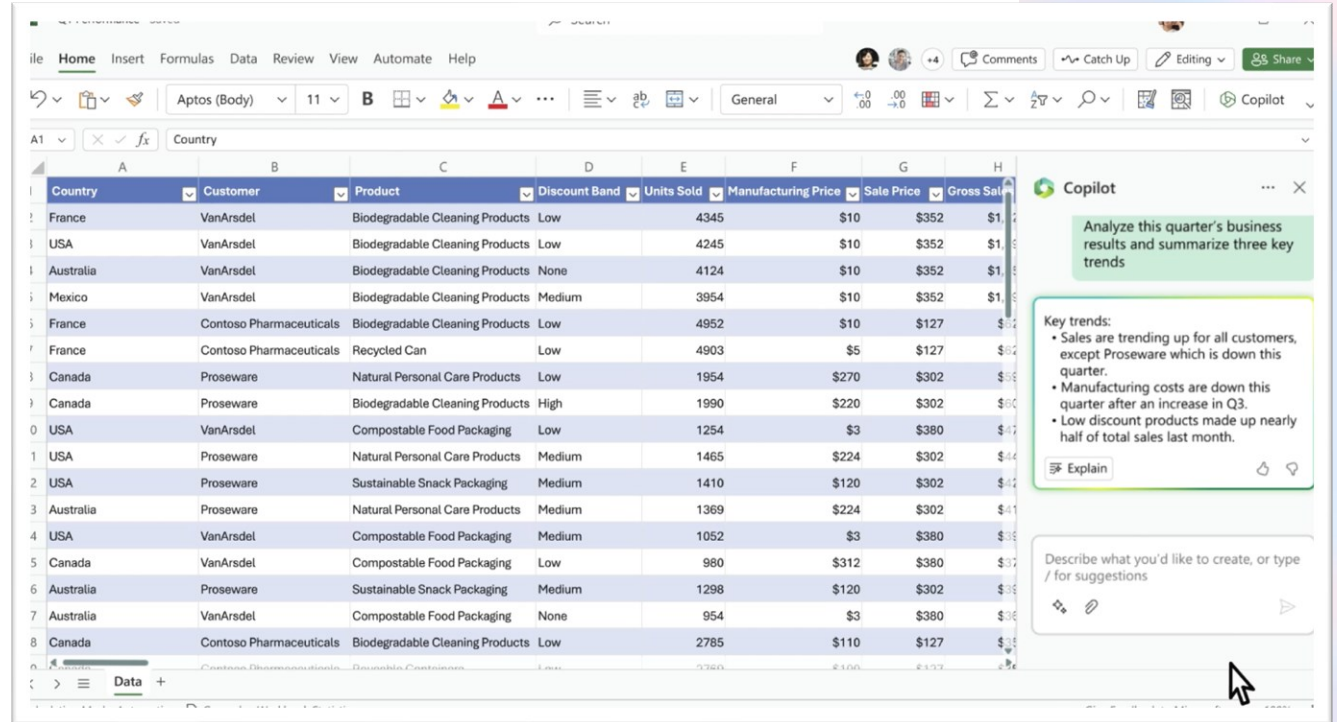


# Copilot in Excel

Copilot works alongside you to help analyze and explore your data.

Some example prompts you can ask **Copilot**:

- Give a breakdown of the sales by type and channel. Insert a table.
- Project the impact of [*variable*] and generate a chart to help visualize.
- Model how a change to the growth rate for [*variable*] would impact my gross margin.



The screenshot displays the Microsoft Excel interface with a data table and the Copilot sidebar. The table contains sales data for various countries, customers, and products. The Copilot sidebar is active, showing a prompt to analyze business results and summarize trends, along with a list of key trends and an input field for further suggestions.

Country	Customer	Product	Discount Band	Units Sold	Manufacturing Price	Sale Price	Gross Sal
France	VanArsdel	Biodegradable Cleaning Products	Low	4345	\$10	\$352	\$1,530
USA	VanArsdel	Biodegradable Cleaning Products	Low	4245	\$10	\$352	\$1,494
Australia	VanArsdel	Biodegradable Cleaning Products	None	4124	\$10	\$352	\$1,452
Mexico	VanArsdel	Biodegradable Cleaning Products	Medium	3954	\$10	\$352	\$1,392
France	Contoso Pharmaceuticals	Biodegradable Cleaning Products	Low	4952	\$10	\$127	\$629
France	Contoso Pharmaceuticals	Recycled Can	Low	4903	\$5	\$127	\$623
Canada	Proseware	Natural Personal Care Products	Low	1954	\$270	\$302	\$590
Canada	Proseware	Biodegradable Cleaning Products	High	1990	\$220	\$302	\$600
USA	VanArsdel	Compostable Food Packaging	Low	1254	\$3	\$380	\$477
USA	Proseware	Natural Personal Care Products	Medium	1465	\$224	\$302	\$441
USA	Proseware	Sustainable Snack Packaging	Medium	1410	\$120	\$302	\$426
Australia	Proseware	Natural Personal Care Products	Medium	1369	\$224	\$302	\$414
USA	VanArsdel	Compostable Food Packaging	Medium	1052	\$3	\$380	\$399
Canada	VanArsdel	Compostable Food Packaging	Low	980	\$312	\$380	\$372
Australia	Proseware	Sustainable Snack Packaging	Medium	1298	\$120	\$302	\$390
Australia	VanArsdel	Compostable Food Packaging	None	954	\$3	\$380	\$362
Canada	Contoso Pharmaceuticals	Biodegradable Cleaning Products	Low	2785	\$110	\$127	\$354

**Copilot**

Analyze this quarter's business results and summarize three key trends

Key trends:

- Sales are trending up for all customers, except Proseware which is down this quarter.
- Manufacturing costs are down this quarter after an increase in Q3.
- Low discount products made up nearly half of total sales last month.

Describe what you'd like to create, or type / for suggestions