

## TECHNOLOGY

### Occupational Therapy

#### Computers

Computers can provide a positive written output experience for a child with printing or handwriting difficulties.

#### Proper Positioning:

- Feet flat on the floor.
- Sitting in the middle of the chair.
- Working surface (keyboard) ~ 2" higher than elbow level.
- Screen height set to prevent eyestrain and maximize viewing ability (i.e., top of the screen at or slightly below eye level, screen should be located 1 arms away from body, discouraged twisting and turning of head).

#### Accessibility options:

Volume should be monitored for those children with hearing impairments when using educational software (with headphones).

#### Filter Keys:

Slow down the **repeat rate** for children that tend to have difficulty removing their fingers from the keys using "**Filter Keys**" option:

- Go into "**Control Panel**".
- Choose "**Accessibility Options**" or "**Ease of Access**".
- Indicate "**Filter Keys**" on.
- Choose "**Settings**".
- Indicate "**Ignore Quick Keystrokes and Slow Down the Repeat Rate**".
- Choose "**Settings**".
- Set repeat rate at desired level.
- Note: Usually keys should be held down for 0.00 seconds to activate keys immediately; If unsure of settings try test area.
- Press "**OK**" and press "**OK**" again.

- When back to first accessibility options screen press **“Apply”**. This option will remain on until indicated that it is not needed by unselecting and applying at the first accessibility options pop-up.

### Sticky Keys

For children who have difficulty coordinating both hands to depress shift key and letter to form capitals use **“Sticky Keys”** option. This allows the child to depress **“Shift”** and then the letter (both keys do not have to be pressed at once). Go to **“Control Panel”** select **“Sticky Keys”** on. This feature is used with **“Shift, Alt and Ctrl”** keys. Should the key (**Ctrl, Alt, Shift**) be held down, the Sticky keys feature may be disabled. A quick way to enable this feature if it has “disappeared” is to hit the enter key 5 times. When **“Sticky Keys”** is activated there will be a small outline keyboard symbol on the information bar at the bottom right hand of the screen.

### Increase Font Size

- For children who have difficulty with visual perception or as they are just learning letter and keyboard recognition, an increase in the font size can facilitate typing.
- In the “control panel” under ‘display’ there are options to modify the icon and display sizes (i.e. windows extra large to make it easier to select items on the desktop).

### Mouse Options

- The mouse/cursor can be slowed down to help when targeting objects on the screen. This is done through the “control panel” and then selecting ‘mouse’. You can slow the speed of the cursor and the double click speed.
- In this “control panel’ area you also have the option to increase the size of the cursor or the colour to make it easier to find and control.



### Typing Software

There are many typing programs available commercially for all ages to learn the ten finger typing method. Some of these programs are more suitable for younger age groups and some are more interactive. You may have to do some research as to what program your child may enjoy more.

The focus of the typing programs is often correct finger placement and not looking at the keyboard. For children with fine motor difficulties it is recommended that the focus be more on learning the keyboard better and not focussing on hitting the keys with all of your fingers. Often the keys that should be accessed using the little and ring finger are difficult to reach with difficulties of co-ordination and tone; therefore, insisting on proper finger placement will make the child less efficient.

Examples of typing websites/apps:

- Animal Typing/ D'actylo Zoo
- Tape Touche (French)
- Learning Without Tears Keyboarding (app)
- Dance Mat
- Nitro Type