Did you know there are ways your smartphone adapts to tremor?

Essential tremor can make activities of daily life challenging. Using a smartphone is one example where tremor can impact your ability to perform tasks such as sending a message, adding to your grocery list, or calling a family member or friend.

The instructions below are specifically for an Apple iPhone.

Touch Accommodations:

Turning this feature on changes how your iPhone screen responds to taps and swipes, helping to filtering out accidental touches when tremor occurs. Once you've successfully tuned this feature on, there are two additional features for touch accommodations below (Hold Duration and Ignore Repeat).

1. Open the **Settings** application.

2. Select Accessibility

3. Select Touch

4. Select Touch Accommodations
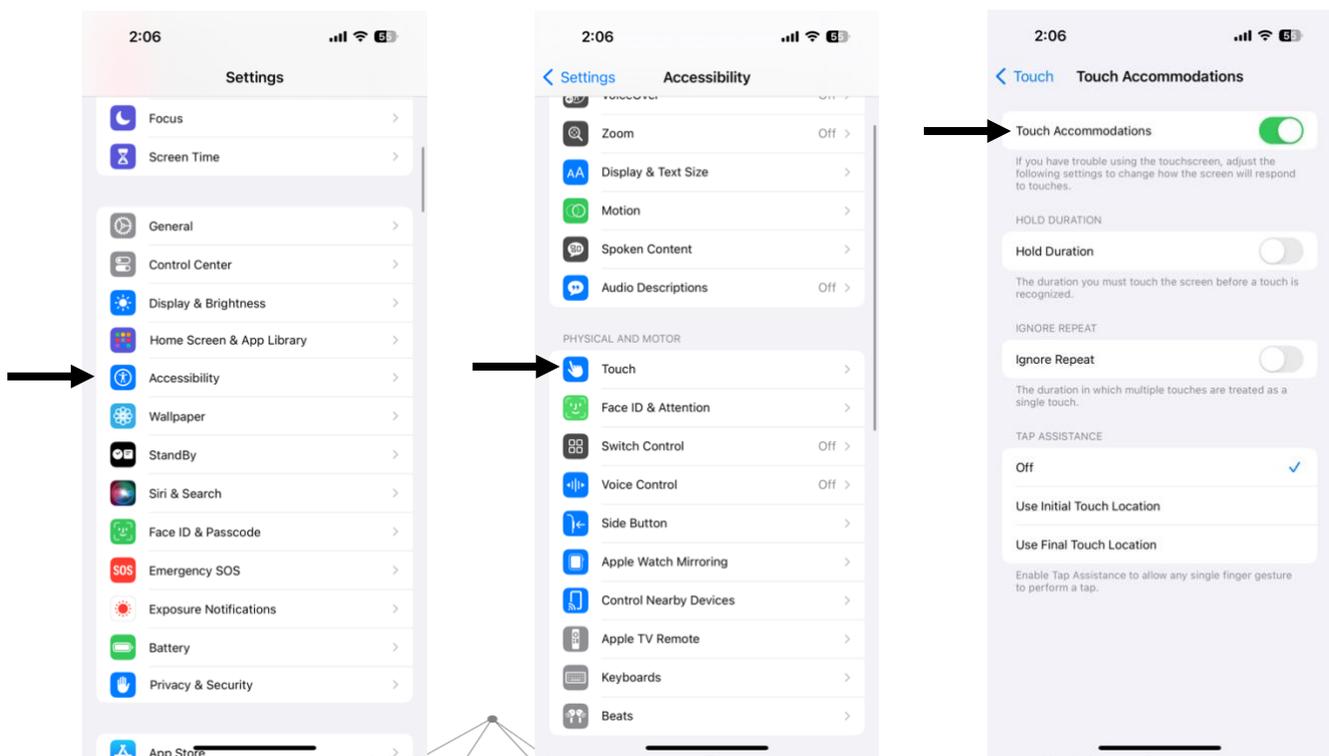
Hold Duration:

Turning on the "Hold Duration" setting helps your iPhone respond better to purposeful touches vs. accidental touches. You can personalize the desired duration for your iPhone to recognize your touch.

Turn on Hold Duration:

1. Follow directions for **Touch Accommodations (above).**

2. Turn on **Hold Duration**
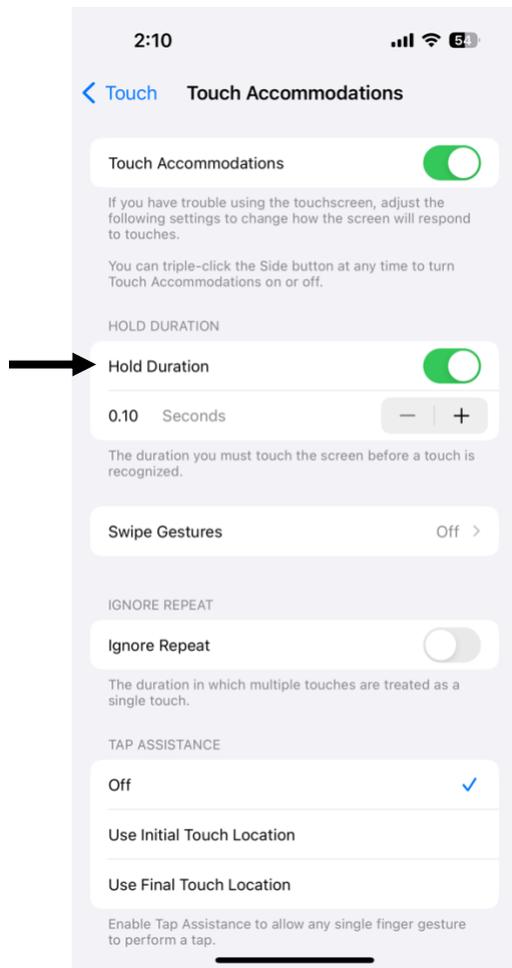
3. Adjust **Hold Duration** using the – (minus) and + (plus) buttons.
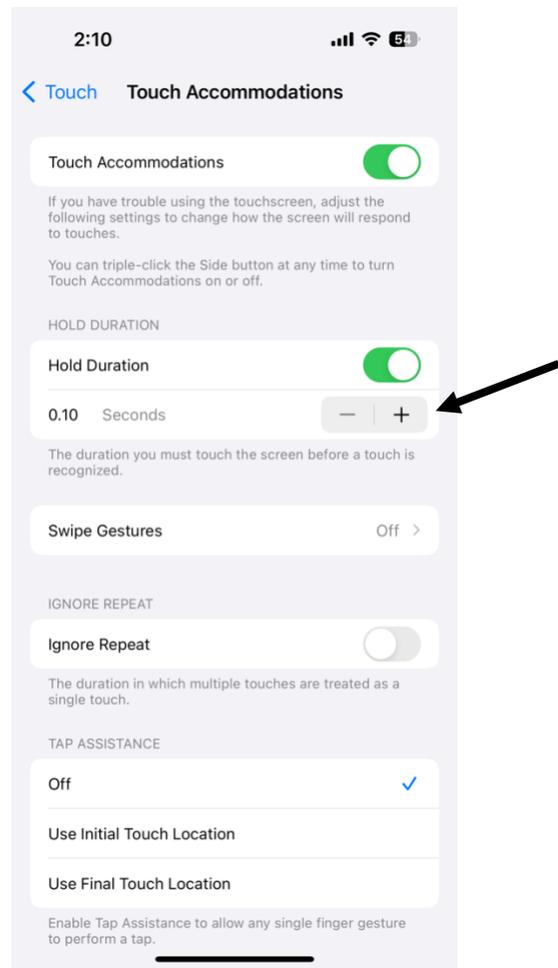
Ignore Repeat:

The Ignore Repeat setting helps your phone disregard unintended or repeated touches that could be caused due to tremor.

Turn on Ignore Repeat:

1. Follow directions for **Touch Accommodations.**

2. Turn on **Ignore Repeat**
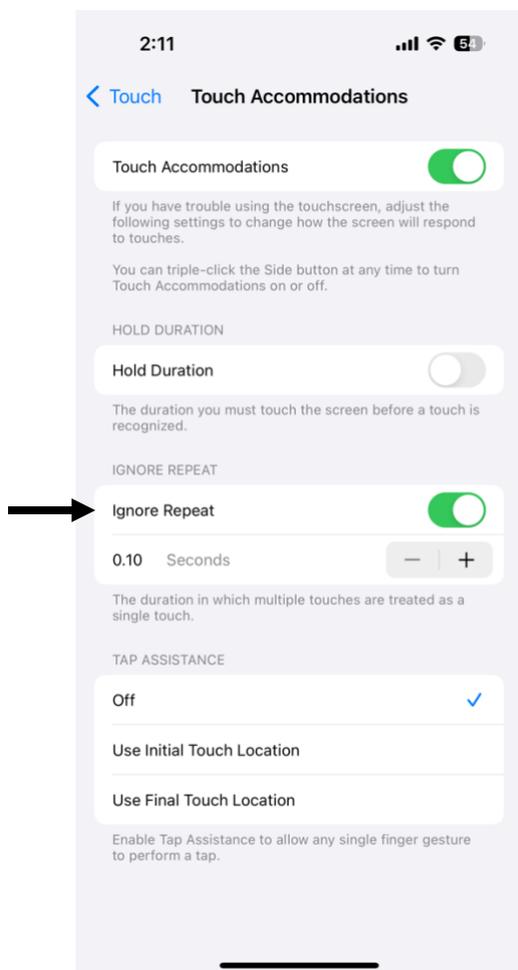
3. Adjust **Ignore Repeat** using the – (minus) and + (plus) buttons.
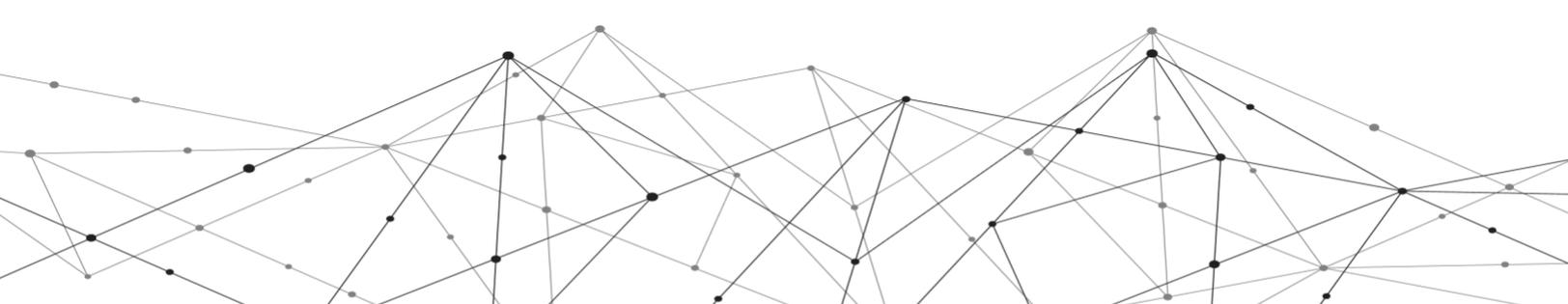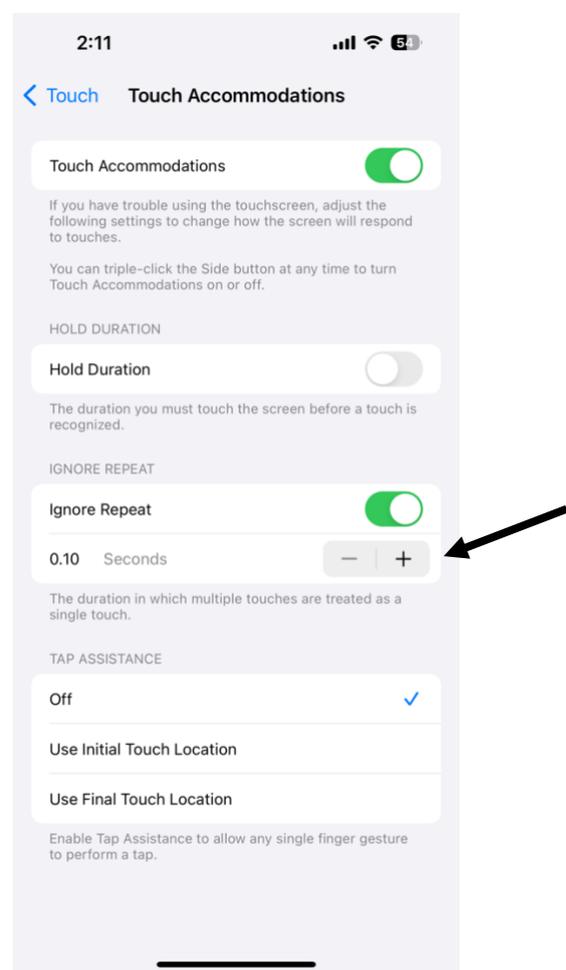
Voice Commands:

Using Siri, a built-in voice command, is another way to use your iPhone hands free. You first need to enable Siri as the first step to getting started with voice commands.

1. Open settings
2. Open **Siri & Search**
3. Open "Listen for" and select the "Hey Siri" option.
4. When you turn Siri on, you will be prompted to a tutorial where a series of questions will be asked for your iPhone to detect your voice correctly.
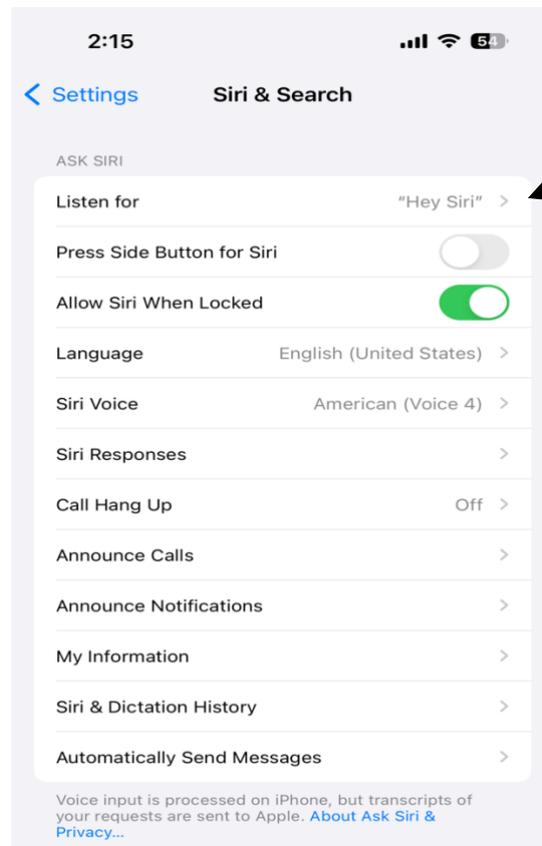
Siri helps perform multiple tasks such as opening applications, making a phone call, or searching on the web, all while using the dictation of your voice.

For example, if you were interested in the weather for the day, you would say "**Hey Siri, what is the weather today?**"
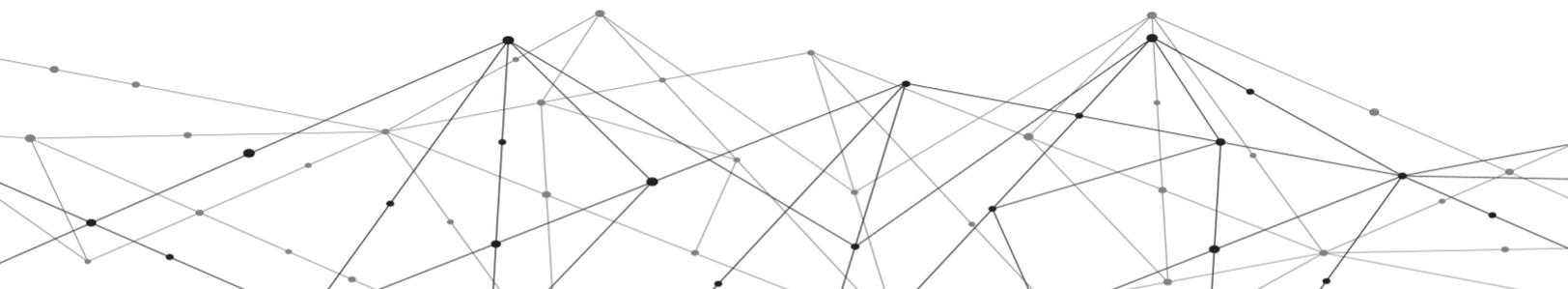
Dictation:

The Dictation feature is another feature that reduces the need to use your hands while using your iPhone.

1. Go to **Settings**
2. Tap on **General**

3. Tap the **Keyboard** button.

4. Tap the button for **Enable Dictation**
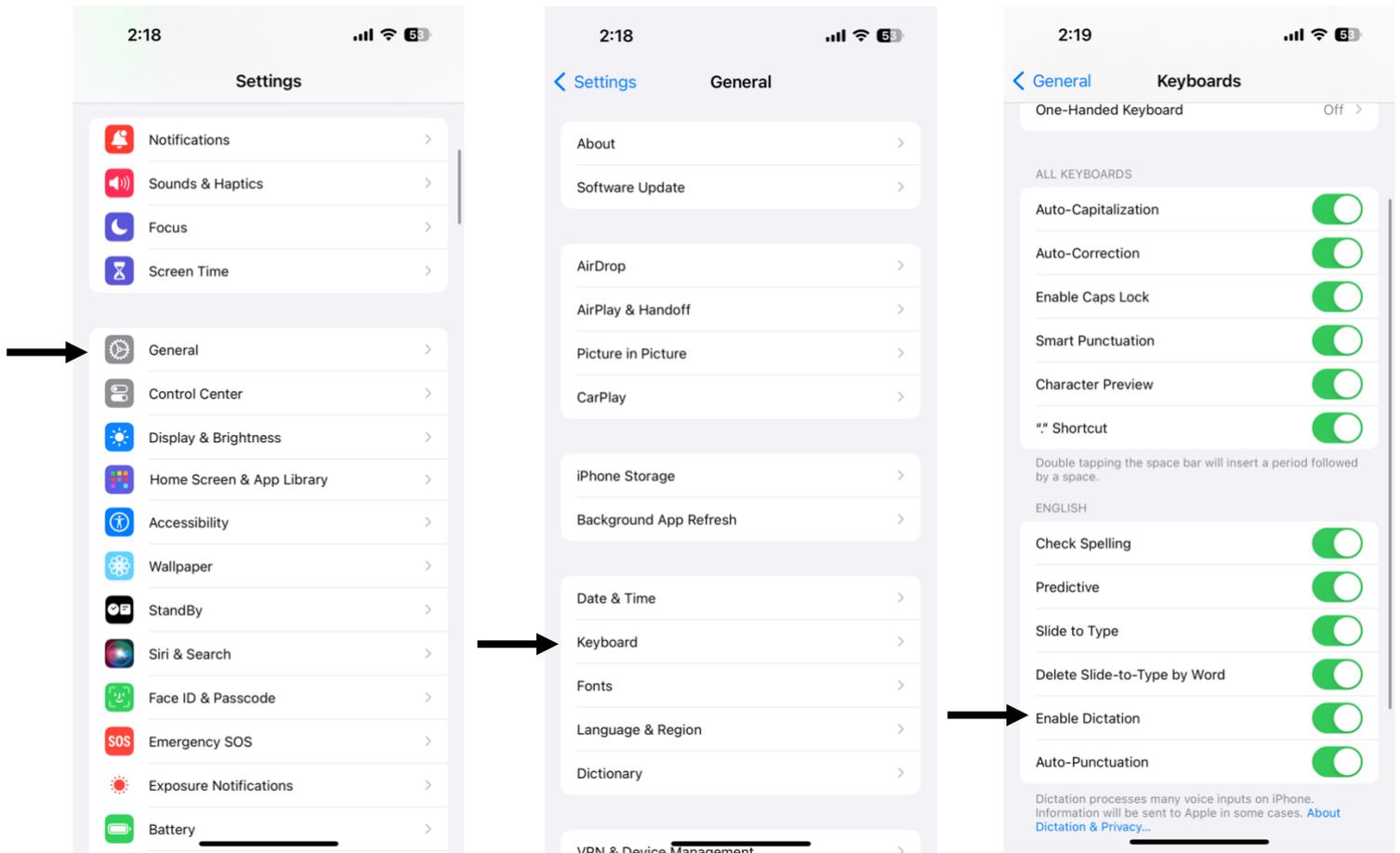
Once dictation has been enabled, a small microphone button will appear on the bottom right corner of your keyboard. When the microphone is clicked on, you can then speak into your phone to type instead of using your hands.

Below you will find an example of voice dictation when using messages.

1. Open messages, tap the microphone button, then begin speaking.
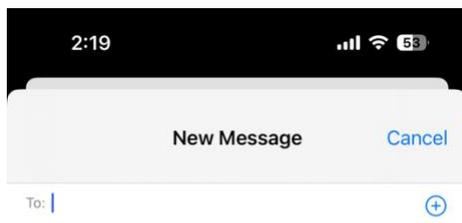
2. When you speak, the text appears on screen. When finished, tap the microphone but again to end dictation.