# 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 2:06 .ul 🕆 🚯 2:06 2:06 .ul 🕆 🗔 Touch Touch Accommodations Settings Settings Accessibility œ **Focus** Touch Accommodations 🔍 Zoom Off > Screen Time If you have trouble using the touchscree following settings to change how the so to touches Display & Text Size AA ത Motion HOLD DURATION General Dispoken Content Hold Duration Control Center Audio Descriptions The duration you must touch the screen before a touch is Off > Display & Brightness IGNORE REPEAT PHYSICAL AND MOTOR Home Screen & App Library Ignore Repeat Touch Accessibility A The duration in whi single touch. hes are treated as a Face ID & Attention Wallpaper TAP ASSISTANCE BB Switch Control Off 0e StandBy Off Voice Control Off > Siri & Search Use Initial Touch Location Side Button Face ID & Passcode Use Final Touch Location Apple Watch Mirroring Emergency SOS Enable Tap Assistance to allow any single finger gesture to perform a tap. Control Nearby Devices Exposure Notifications Apple TV Remote Battery Keyboards Privacy & Security Ш, PP Beats

# **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.

3. Adjust Hold Duration using the

Turn on Hold Duration:

2. Turn on Hold Duration

1. Follow directions for Touch Accommodations (above).

	- (mi	- (minus) and $+$ (plus) buttons.		
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ch Accommodations	Touch	Accommodations		
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a can triple-click the Side button at any time to turn ach Accommodations on or off.	You ca Touch	n triple-click the Side button at any Accommodations on or off.	time to turn	
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old Duration	Hold I	Duration		
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gnore Repeat	Ignore	e Repeat		
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AP ASSISTANCE	TAP AS	SSISTANCE		
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se Final Touch Location	Use F	inal Touch Location		
nable Tap Assistance to allow any single finger gesture perform a tap.	Enable to perf	Tap Assistance to allow any single form a tap.	finger gesture	

## **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

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# 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.

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Settings Siri	& Search	
ASK SIRI		
Listen for	"Hey Siri"	>
Press Side Button for S	Siri	
Allow Siri When Locke	d 🔍	$\mathbf{)}$
Language	English (United States)	>
Siri Voice	American (Voice 4)	>
Siri Responses		>
Call Hang Up	Off	>
Announce Calls		>
Announce Notification	s	>
My Information		>
Siri & Dictation History	,	>
Automatically Send Me	essages	>
Voice input is processed of your requests are sent to <b>Privacy</b>	on iPhone, but transcripts of Apple. <mark>About Ask Siri &amp;</mark>	

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.

3. Tap the **Keyboard** button.

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

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	Notifications	>
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C	Focus	>
X	Screen Time	>
	General	>
	Control Center	>
	Display & Brightness	>
	Home Screen & App Library	>
	Accessibility	>
	Wallpaper	>
	StandBy	>
	Siri & Search	>
	Face ID & Passcode	2
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About		>
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Picture in Picture		>
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Background App	Refresh	>
Date & Time		>
Keyboard		>
Fonts		>
Language & Regi	on	>
Dictionary		>
VPN & Device Ma	inagement	- >

4. Tap the button for **Enable Dictation** 

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Smart Punctua	ation	
Character Pres	view	
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Double tapping to by a space.	the space bar will inser	rt a period followed
ENGLISH		
Check Spelling	9	
Predictive		
Slide to Type		
Delete Slide-to	o-Type by Word	
Enable Dictatio	on	
Auto-Punctuat	tion	
Dictation proces Information will I Dictation & Priva	eses many voice inputs be sent to Apple in son acy	on iPhone. ne cases. About

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.

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	New Message	Cancel
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2. When you speak, the text appears on screen. When finished, tap the microphone but again to end dictation.







