**Intl: Week 2 Meghan Talks about using Assistive Technology**

**Meghan:** [00:00:04] Hi Again, I'm Meghan, the Training and Innovations Lead at Diversity and Ability and in this quick video, I'm going to talk to you a little bit about the assistive technology that I use every day to ensure that I can be at my best self when I'm at work. So for me, I experienced barriers around reading and also in processing or planning things.

So what that means is quite often, things will get a little bit jumbled and that might mean that I need to reread things several times to make sure I've understood them correctly.. I've been using assistive technology for lots of years and some of the key things that you might find me using are my text to speech tools.

So things like Natural Reader, Talk Free or Claro Read, some of those softwares are on this, on this course, hopefully next week and these are great tools because they turn long emails or documents into spoken text and that's really quick for me to listen to, and it means that I don't have to reread things or I can listen to them when I'm walking around or making a cup of tea or busy at home.

Something else that I experienced is lots of headaches that can eventually impact my vision. So one of the ways that I manage this is by tinting my screen, using a colour filter like you might see in the f.Lux tool. That's F dot Lux if you want to have a bit of a look and this is a free tool that lets you tint the colour of your screen to a little bit more orange and that helps to reduce eyestrain.

And for me, I find that that can reduce some of the headaches I get or at least the severity of the headaches that I might experience. And I can absolutely work without these tools, but I definitely prefer not to because I know that when I'm using these tools, I'm much better able to show the things that I can do with much more ease and without too much extra stress

from having to reread things over and over again and take a lot longer to do things. It would be great to keep having this conversation with you online, so, please do get in touch via the forum. Let us know if you've tried any of these tools yourself, or if you've used any assistive technology tools and how they help you.