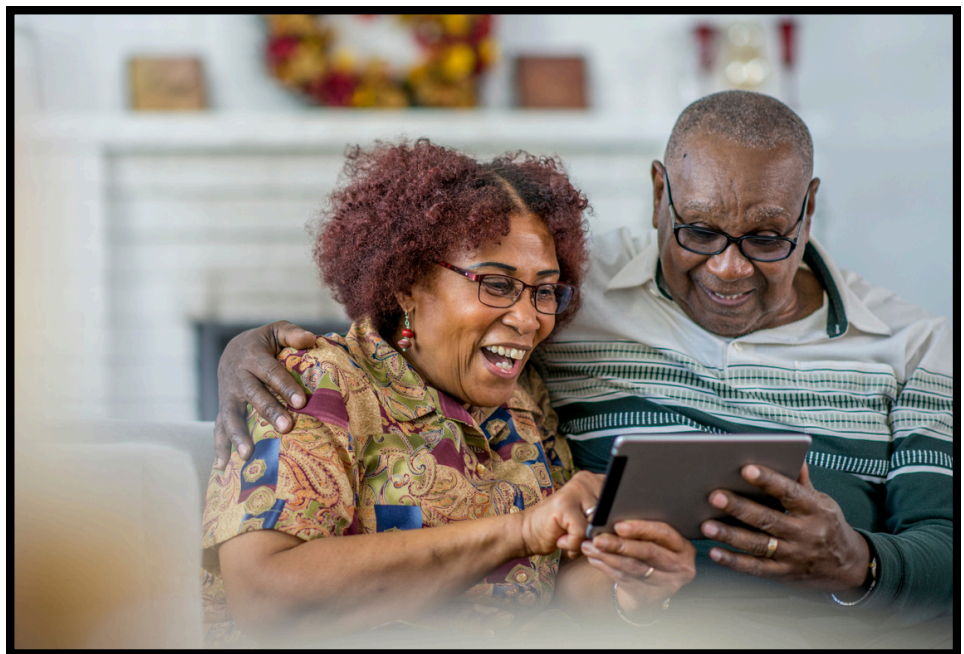Booklet 6

Assistive Technology for Leisure

This booklet is the sixth of six sections in the Assistive Technology Toolkit, which was created in collaboration with the Department of Occupational Therapy at the University of Manitoba and Jewish Child & Family Service.

Table of Contents

Disclaimer

This document was developed by students from the University's Rady Faculty of Health Sciences in accordance with their program requirements. The information provided in this document is intended to provide helpful information and is not intended to replace the advice & guidance of a professional health care provider. There are no guarantees of completeness or accuracy with regard to the information contained in this document. All individuals involved in the creation of this document disclaim any liability in connection with the use of this document & the information contained herein. This document is provided without warranty of any kind.

Introduction

This section will talk about how assistive technology can be used to engage in leisure activities. Leisure activities include any activity that you enjoy doing daily such as reading books, exercising, watching television, listening to music, etc.

Assistive technology helps people engage in the activities they enjoy! By participating in activities, you improve your physical and mental health, which will lead to greater life satisfaction and happiness.

As we age, these activities can become more difficult to do or access, so assistive technology can allow you to engage in them from the comfort of your home.

Before purchasing, consider:

- **Installation**
- Set-up
- **Compatibility** with your home
- Speaking with your doctor before engaging in physical activity
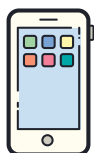- Researching products

We have organized the assistive technology by price and simplicity. With simple and cost-friendly options listed first.

Look for the symbols from the legend. They will appear at the top right side of the page for each device. This will help you prioritize the assistive technology.

Legend

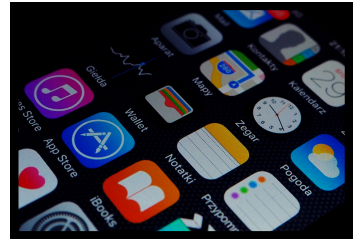| Requires WIFI | Requires Smart Phone/Tablet/ Computer | Requires app installation | Cost |

Definitions

App: An app, short for "application," is designed for use on computers, tablets, or smartphones. Each serves a specific function for gaming, banking, messaging, shopping, web browsing, and more.

Download: Transfer information from the internet or between devices to access apps, movies, shows, books, etc., offline once downloaded.
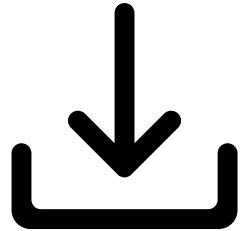
**Compatibility:** Works with devices you already own.

Installation: Setting up or putting something in place. Consider the tools and skills needed to install and make home modifications.

Internet: A digital library accessible through devices for information, videos, news, shopping, and communication.
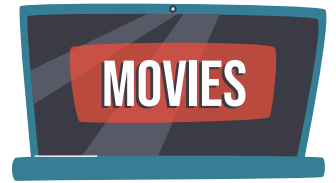

Live streams: Using the internet, you can watch and listen to live video coverage of events or classes as they occur on your devices.
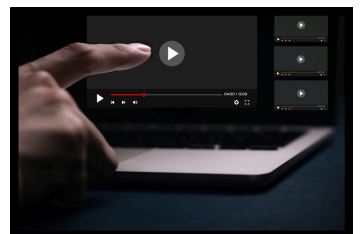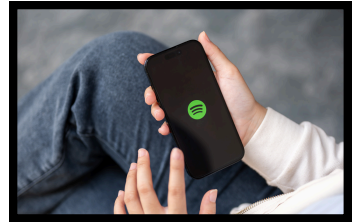
Definitions continued

Platform: A digital service that uses the internet to provide services and perform various functions, such as watching videos, connecting with others, or accessing information.
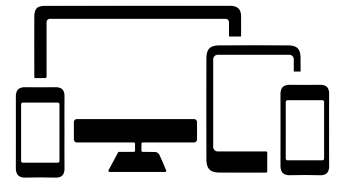
Playlist: A list of songs that you create and can access

Remotely: Accessing and using technology from a distance.

Smartphone/Tablet/Computer: Devices for messaging, calling, gaming, document editing, and internet access, usable with Wi-Fi or cellular data.

Streaming service: Online platform for watching movies, TV shows, or listening to music on smartphones, tablets, or computers.
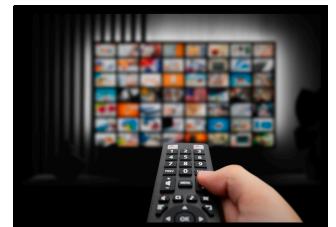
Subscription: Online platforms that charge a fee for service on a recurring basis instead of a one-time purchase.
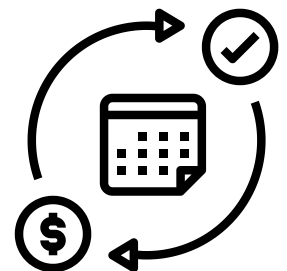
Wi-Fi: Wireless internet for homes and apartments, set up by providers like Bell MTS, or Rogers together with Shaw.

Assistive Technology for Leisure Overview

Online Exercise Classes

Games

Music

Television Streaming Services

E-Reader

Online Exercise Classes

Online exercise classes are instructor-led workouts that you can watch and follow along with through **live streams** or recorded videos on a **phone, tablet, computer**, or television. Classes can include yoga, pilates, dance, stretching, cardio, and strength training.

How does it work?

1. Find an open space in your home, grab your electronic device, water and any equipment needed

2. Find an online exercise class and follow along!

Online Exercise Programming Services:

- University of Manitoba
- Rady JCC
- Active Aging in Manitoba
- A & O Support Services for Older Adults

Is it for you?

- Engage in physical activity from the comfort of your home, increasing physical and mental health, safety and reducing cost and need for transportation.
- Choose from various types of classes that match your interests and level of fitness.

Cost: Free online resources!

May require registration to participate.
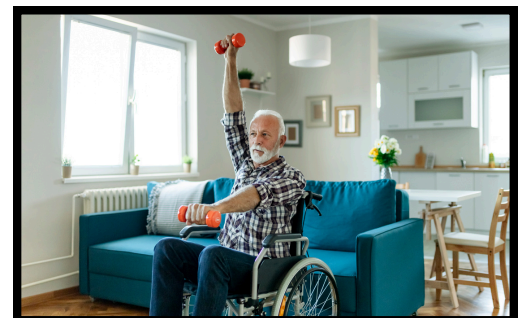
Games

You can play a game over the **internet** or on an **app** by using a **phone, tablet, or computer.**

> ## Examples of Games Available Online or on Apps
> - Solitaire
> - Candy Crush
> - Sudoku
> - Crosswords
> - Puzzles
> - Scrabble
> - Chess
> - Mahjong
> - Memory Games
> - Word Games

Features:

- Games can be played **remotely** and on various devices

- You can play a variety of games to fit your interests

- No physical board game or supplies are needed

- You have the option to connect with others and play together

Is it for you?

- Boost your mood and exercise your thinking skills, such as memory, attention and multitasking.

- Play with friends and family who live far away, increasing social connectedness as you can play anytime and anywhere.

- Save money and storage space by not purchasing physical games and supplies.

Cost: Free!

Music

Listen or watch music videos using different **platforms** or **apps** on a **phone, tablet, computer**, or other devices. Search your favourite artists and listen to music from any genre or year that fits your music needs.

How does it work?

1. Grab your listening device and browse your **streaming service** for the genre of music you would like

2. Select your music and start listening!

> **Free streaming services:**
> - Youtube
> - Online websites & radio stations
> - Spotify

> **Paid streaming services:**
> - Itunes
> - Apple Music
> - Amazon Music

Is it for you?

- Reduce the cost of buying CDs or records and reduce the need for transportation to buy new music.

- Listen to music **remotely** from anywhere, such as driving, going for a walk or from the comfort of your home.

- Create personalized **playlists** with your favourite songs.

Cost: Free -$20 monthly

Platforms will have different **subscription** rates.

Television Streaming Services

Download apps that **stream** television (TV) series and movies **remotely** from anywhere, using your **phone, tablet, computer**, or TV. Each **streaming service** offers different TV series and movies from various genres, offering a wide selection.

Paid Online Streaming Services:
- Netflix
- Crave
- Amazon Prime
- Disney Plus
- Apple TV
- Paramount
- Discovery +
- Hulu

Free Online Streaming Service:
- YouTube

Features:

Minimal set-up is required with no **installation** or cable box. Instead, create an account and **download** the **app** on your device.

Create an account on a **streaming service** and watch tv or movies on various devices.

Choose from a wide selection of movies and tv series. Options are customized to match your interests and preferences.

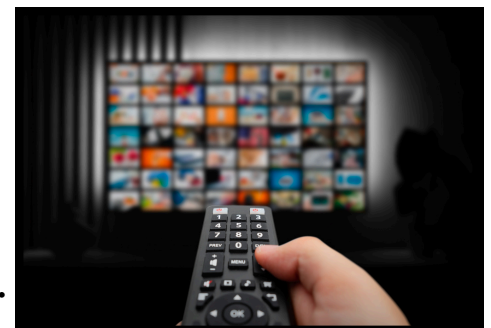Commercial free and closed captioning options.

Is it for you?

- Watch a variety of movies and TV shows from the comfort of your home, reducing the need for transportation.

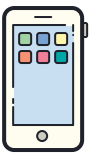- Save money as cable and channel packages are expensive.

Cost: $6-$30 monthly, Youtube is free.

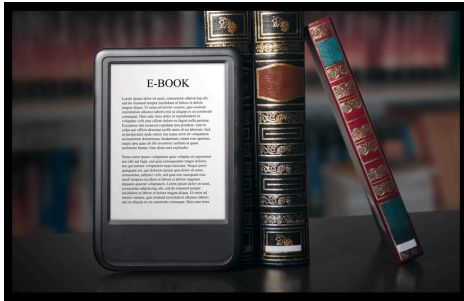**Platforms** will have different **subscription** rates.

E-Readers

An electronic device that looks like a **tablet** but is used for reading digital books. Digital books can be bought online or borrowed from online libraries and then **downloaded** onto your E-reader.

How does it work?

1. Purchase your E-Reader and browse books

2. Buy books using an **app** on the E-Reader or borrow it at a local library website

3. **Download** the book and enjoy!

Useful Link

Manitoba E-library website**:** https://elm.overdrive.com/

Features:

- Devices hold up to 5000 digital books, are light weight and are portable allowing you to take it anywhere.

- Adjust the font style, size and colour, as well as the background colour, to enhance readability. Additionally, increasing the space between the sentences, can also contribute to improved legibility.

- Listen to audiobooks as the E-readers have audio speakers to read the book to you out loud.

Is it for you?

- Support your reading with adjustable features for low vision.

- Save money, storage space and reduce the need for transportation to go get a physical copy of a book from a store or library.

Cost: $130-$500 $ $ – $ $ $

Resources

This toolkit is a great first step in exploring assistive technology, which can make life easier and more enjoyable. By learning more about **computers**, **smartphones**, **tablets**, and **apps**, you can boost your confidence and become more independent. The following are resources that can assist you with assistive technology use:

- **A&O: Support Services for Older Adults**: not-for-profit organization that provides services for older adults in Winnipeg and Manitoba. You will work one-on-one with trained Tech Mentors and participate in their webinars and online activities.
    - Address: 200 – 207 Donald St., Winnipeg, MB R3C 1M5
    - Phone: 204-500-1959
    - Email: info@aosupportservices.ca

- **Winnipeg Public Library**: Computer workshops and eMedia appointments.
    - Address: Administration Office, 251 Donald St 3rd Floor
    - Phone: 204-986-6462

- **Connected Canadians:** An online resource that provides one-on-one technology training sessions, Mindful Mobility Classes, Digital Literacy Workshops, and Virtual Social Gaming.
    - Website: https://www.connectedcanadians.ca/
    - Sign-up online

- **University of Manitoba:** Extended education at the University of Manitoba has collaborated with the University of Alberta, and Edmoton Life Learning Association, and the Lifelong Learning Center at the University of Regenia to offer a wide range of online courses for older adults.
    - Address: 185 Extended Education Complex University of Manitoba (Fort Garry campus) Winnipeg, MB R3T 2N2
    - Phone: 204-474-8800
    - Email: extended@umanitoba.ca
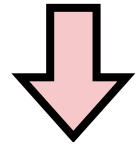
Take a picture of the QR code below to learn more!

Resources continued

- **Geek Squad at Best Buy**: Offers technology support and services, such as setting up new technology or learning about product options. You can schedule an in-home appointment or visit them at Best Buy.
    - Phone: 1-844-433-5778

- **Staples**: Offers Tech services for your devices and tech-related issues. They offer in-store and online support. They offer various services like helping you set up new devices, connecting your devices to Wi-Fi, repairs, and giving expert advice.
    - Phone: 1-877-258-0369

- **The Source**: This company offers unlimited tech support for all technology (old or new) for one year. It is available 24/7 via self-serve online, phone, or chat. The service costs $100.

- **London Drugs**: Book an appointment to receive in-store tech support. They have technicians who can assist in set-up, installation, virus removals, cleaning, troubleshooting, and software. You can book an appointment online or call/visit their store. They also offer additional services for a fee.

- **Portage Learning and Literacy Center:** This center hosts seminars in January to help older adults learn to use tablets, smartphones and computers. The center focuses on transferable skills so that the knowledge gained can be used across multiple platforms. In partnership with Cyber-Seniors, they provide technology support.
    - Address: 110 Saskatchewan Ave. West
    - Phone: 204-857-6304
    - Email: info@pllc.ca

Quick Tip

Ask JCFS staff for help on how to use YouTube to explore the assistive technology in this section.