

# Smartphone Strategies for Tremor & Stiffness

## iPhone

There are various options to make using your smartphone easier when you have tremors or stiffness due to Parkinson's Disease. Making some small adjustments may result in your feeling much more confident in your ability to control your phone.

Before you adjust your phone, be sure your it is on a steady surface. A table, with proper posture can make the phone easier to use and reduce the effect a tremor can have. Some people prefer to purchase a stand to adjust the angle of the phone.

### Touch Accommodations

Using Touch Accommodations can change how the screen on your device responds to taps, swipes, and other gestures. This includes accidental touches that may occur when you have a tremor.

#### To Turn on Touch Accommodations:

1. Go to **Settings** 

2. Select **Accessibility**.



3. Select **Touch**.



4. Select **Touch Accommodations**.

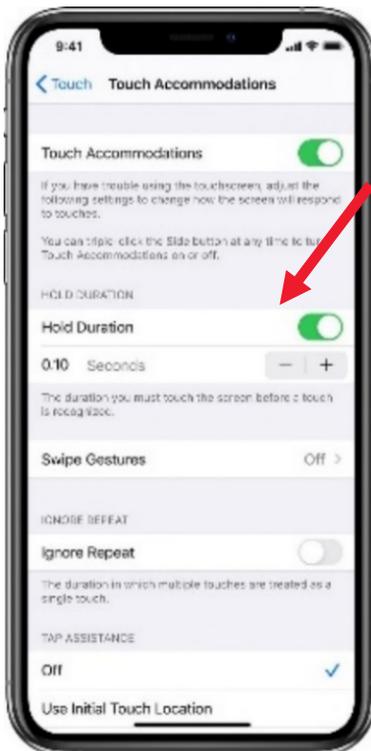


## Hold Duration

If tremors or stiffness cause you to have trouble using your phone's touchscreen, you can adjust some settings to change how the screen will respond to your touches. **Hold Duration** can be used to determine how long you press the screen before your touch is recognized. This is helpful to reduce accidental touches on your screen. Using the “-” and “+” allows you to personalize the desired duration (we have selected .10 seconds here, but you can select a much longer time based on your needs). Now, when you use your touch screen, you will see a timer under your finger that tells you how long before your touch is recognized. After the timer is finished, your touch will be recognized by your device as an intended or deliberate input.

### To Turn on Hold Duration:

1. Follow directions for **Touch Accommodations**.
2. Turn on **Hold Duration**.
3. Adjust **Hold Duration** using the - (minus) and + (plus) buttons.



## Ignore Repeat

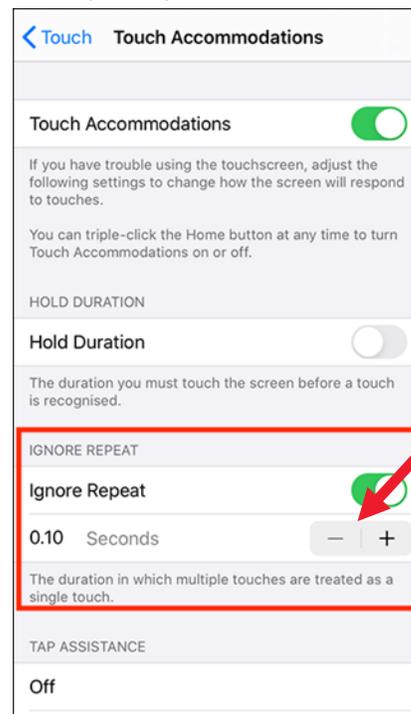
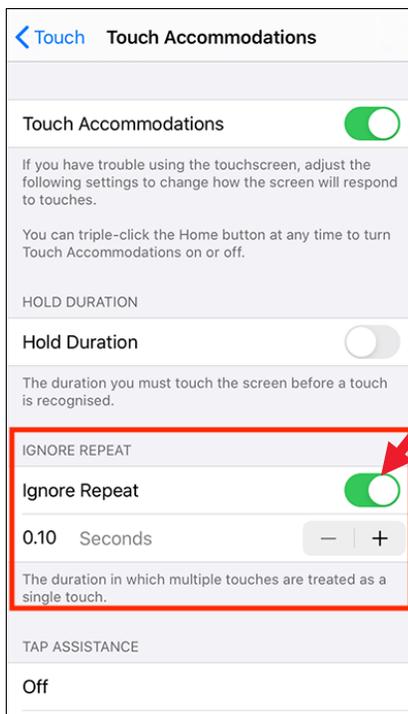
If you find that you strike the screen multiple times due to a tremor or stiffness, **Ignore Repeat** will help the phone disregard unintended or repeated strikes.

To turn on **Ignore Repeat**:

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

2. Tap on **Ignore Repeat**.

3. Adjust the **Ignore Repeat** duration using the + (plus) and - (minus) buttons.



## VOICE COMMANDS:

### SIRI

Using your iPhone's built-in voice commands is a good way to reduce the need to use your hands for phone access. Your iPhone has a built-in application called Siri. Enabling Siri is the first step to getting started with voice commands.

1. Open settings, **Siri** & Search then make sure to listen for Hey Siri (at the top of the screen).
2. When you switch from the off position, you will begin a tutorial to teach **Siri** your voice. Simply follow the prompts on the screen.



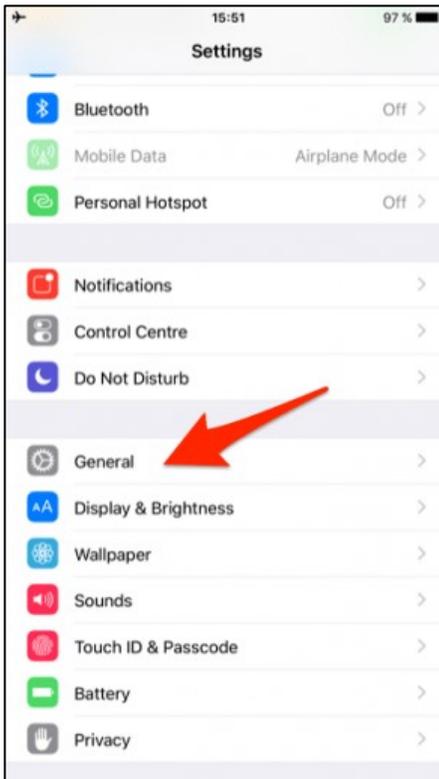
**Siri** will help you control all kinds of settings on your iPhone. As an example, you can ask Siri to:

- **Launch Applications**
  - Tell **Siri** to open Dropbox ("Hey **Siri**, open Dropbox) or launch YouTube ("hey **Siri**, launch YouTube") eliminating the need to scroll through your home screens.
- **Make Phone Calls**
  - Simply say, "Hey **Siri**, call Kurt" and **Siri** will make the call, allowing you to operate your phone hands-free.

## Dictation

Using your phone's built-in dictation feature is a nice way to reduce the need to use your hands for phone access. First, make sure that your phone's **Dictation** feature is enabled.

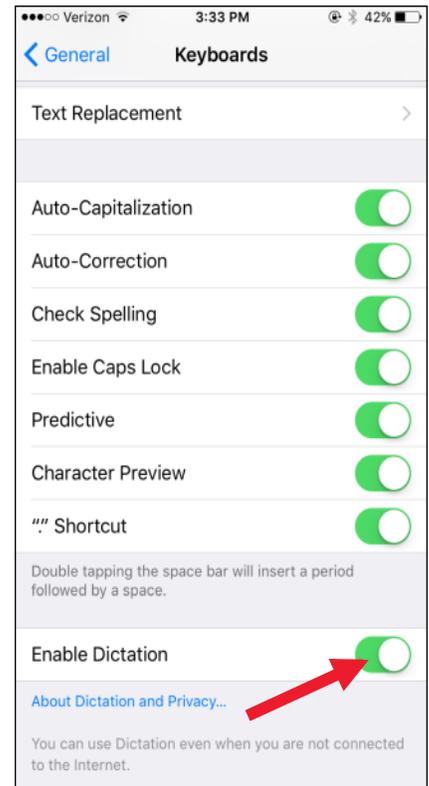
1. Go to **Settings** 
2. Tap on **General**.



3. Tap the **Keyboard** button.



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

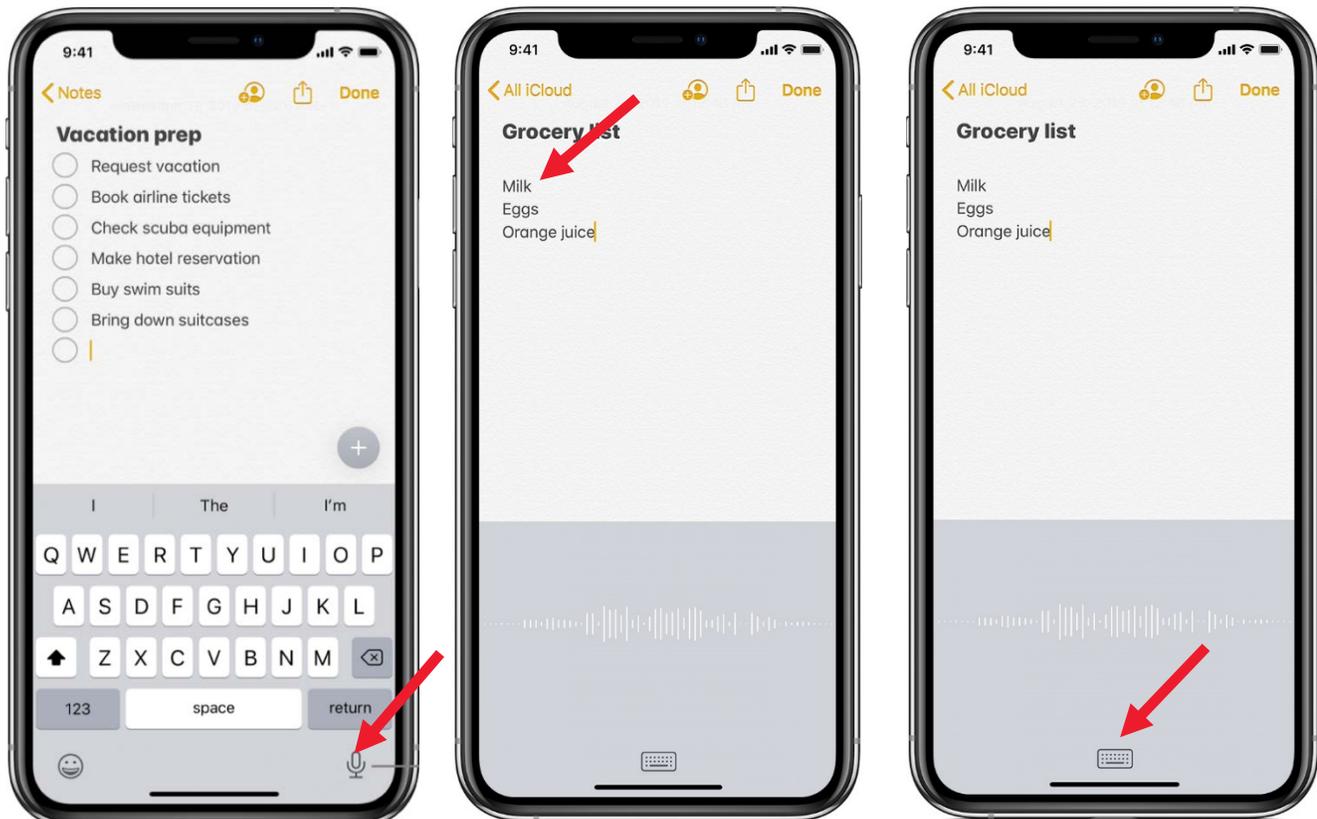


Once you have confirmed you have enabled dictation, look at the keyboard (for example, if you are in the Notes app or anywhere where you are typing), there is a small microphone on the bottom right (it may be on the bottom left on older phones). You can also say most common punctuation marks as part of your dictation, if you use periods and commas appropriately (e.g., “I need to leave early period”, will appear as, “I need to leave early”). Overall accuracy will improve including punctuation in your dictation.

1. To enter text, tap the **microphone button**  on your keyboard, then start speaking.

2. As you speak, the text appears on the screen.

3. To finish, stop speaking then tap the **keyboard button** .



If you are still having trouble after making these adjustments or if your needs change, there are also exercises that an occupational therapist can guide you through to work on the basic skills needed for phone access. If you are in the Chicago area, you can schedule an appointment at the **Shirley Ryan AbilityLab's Tech Center (312-238-2988)**. If not, please ask your neurologist or VR counselor for a recommendation for an occupational therapist that specializes in working with people with Parkinson's and/or access to technology in your area.