



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:



2. Select Accessibility.

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_	Settings	
6	Notifications	,
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_	Sounds & Haptics	>
C	Do Not Disturb	>
X	Screen Time	>
Ø	General	>
8	Control Center	>
AA	Display & Brightness	>
1	Accessibility	>
*	Wallpaper	>
3	Siri & Search	>
Ľ	Face ID & Passcode	>
SOS	Emergency SOS	>
	Battery	>
•	Privacy	>
A	iTunes & App Store	>
	Wallet & Apple Pay	2

3. Select Touch.

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	VoiceOver	Off
•	Zoom	Off
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9	Magnifier	Off
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V	Touch Face ID & Attention	
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	Touch Face ID & Attention Switch Control Voice Control Side Button Apple TV Remote Keyboards	Off

4. Select Touch Accommodations.







Hold Duration

If tremors or stiffness cause you to have trouble using your phones 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 selcted .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.

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Touch Accommodations	
If you have trouble using the touchscre- following settings to change how the si- to touches.	
You can triple click the Side button at a Touch Accommodations on or off.	any time to tur
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Swipe Gestures	Off >
	off >
IGNORE DEPEAT	0
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3. Adjust **Hold Duration** using the - (minus) and + (plus) buttons.







Ignore Repeat

If you 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.

Couch Touch Accommodations		
Touch Accommodations		
If you have trouble using the touchscreen, adjust the following settings to change how the screen will respond to touches.		
You can triple-click the Home button at any time to turn Touch Accommodations on or off.		
HOLD DURATION		
Hold Duration		
The duration you must touch the screen before a touch is recognised.		
IGNORE REPEAT		
Ignore Repeat		
0.10 Seconds - +		
The duration in which multiple touches are treated as a single touch.		
TAP ASSISTANCE		
Off		

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3. Adjust the Ignore Repeat





VOICE COMMANDS:

SIRI

Using your iPhones 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).
- 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.

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(⁴)	Mobile Data	Airplane Mode	>
0	Personal Hotspot	Off	>
C	Notifications		>
8	Control Centre		>
C	Do Not Disturb	-	>
Ø	General		>
AA	Display & Brightness		>
*	Wallpaper		>
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	Battery		>
	Privacy		>

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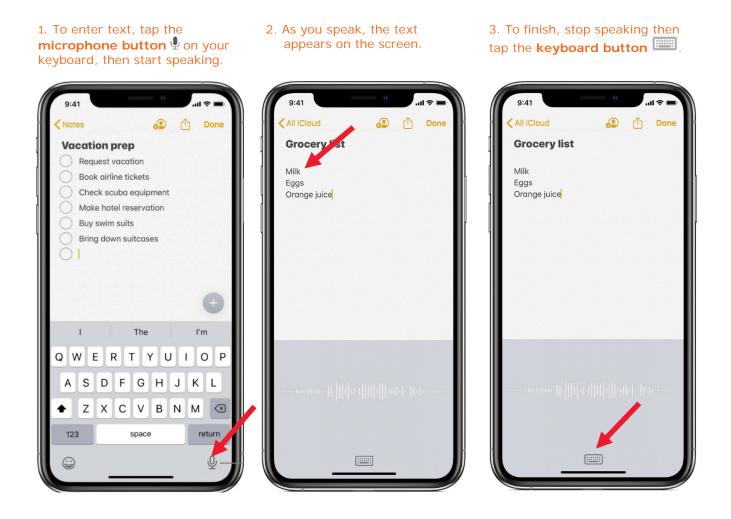
3. Tap the **Keyboard** button. 4. Tap the button for **Enable** Dictation.

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Double tapping the followed by a space	space bar will insert	a period
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About Dictation and	Privacy	
You can use Dictation to the Internet.	on even when you are	e not connected





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.



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.