



Everyday Tech for Low Vision

Guidebook

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Welcome Message

Thank you for joining our Everyday Tech for Low Vision event!

This guide is also available online at:
<https://cv-atlab.org/learn/everyday-tech/>



Stations: There are 10 stations to visit today. Most stations are drop-in, where visitors can come and go anytime. Three stations are timed entry with short presentations. These start at 3:15pm and will run every 30 minutes. See details of stations on next page. Also, visit the Resource room and Accessible Voting on the 4th floor at anytime!

Restrooms:

Located on 1st and 4th floor




Hosted by:



Community Vision, the Oregon Commission for the Blind, OHSU Casey Eye Institute, and AARP.








Where am I?



1 st Floor	Station	Details
	1 - RedCat	Audio system
	2 - Talking Books and BookShare	Free books in accessible format
	3 - Smart Home	Smart Home tips and tricks

3 rd Floor	Station	Details
	4 - Adaptive Cooking	Demonstrations from The Blind Kitchen
	5 - Free Apps	Discover free apps for low vision
	6 - Guide Dogs for the Blind	Meet a guide dog!

4 th Floor	Station	Details
	7 - Phone & Tablet Accessibility	Built-in accessibility features
	8 - Resource Room	Learn about local resources
	9 - Accessible Voting	Multnomah County options
	10 - Pen Friend	Digital pen for labeling and note taking
	Food and Drink	Refreshments and snack in our accessible kitchen



RedCat Sound Audio System

Whether in a classroom, meeting, workshop, or community event, RedCat helps everyone stay engaged by delivering clear, even sound throughout the room.

It is lightweight, portable, and does not require installation. Reliable wireless technology allows you to add microphones or connect media devices for different settings.

Wherever people gather to learn, share, or collaborate, RedCat helps conversations come through loud and clear.



Oregon Talking Books

This program helps print-disabled Oregonians access free audio books.

Oregon Talking Books is federally funded through the National Library Service for the Blind and Print Disabled.

Details:

- Free long-term loans of playback devices
- Human-narrated audiobooks on cartridges
- Each cartridge holds up to 8 titles
- Free shipping and returns with a pre-paid USPS sticker



Braille and Audio Reading Download (BARD) app

The program also offers a free app with instant access to audiobooks, magazines, and music to those who qualify.

Details:

- A collection of over 180,000 audiobooks and eBraille books
- Use website or BARD App
- Download up to 250 items each month

Station 3 - Smart Home



Smart home technology allows you to control your home environment by using your voice or phone/tablet!

Smart home can help you:

- **Control the lights in your home!**



Alexa, turn off the lights.

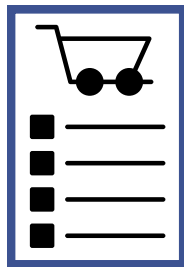
- **Use a smart speaker to identify an item.**



Alexa, what am I holding?

- **Manage daily tasks:**

- Set timers for cooking
- Add items to your grocery list



Alexa, add apples to the shopping list.

For more information, check out the AT Lab's guide to get started with Smart Home.



Visit the AT Lab Smart Home Room!
503-292-4964 x152 | atlab@cvision.org

Station 4- The Blind Kitchen



Debra Erickson
Executive Chef and Founder

The Blind Kitchen (TBK) was founded by Debra Erickson to provide simple and clear strategies to help blind and visually impaired people stay safe, independent, and confident in the kitchen.

Debra is a former instructor for blind and visually impaired adults and she is the only blind student to graduate from her class as a culinary professional.

Visit www.theblindkitchen.com to see:

- Recipes using TBK tools
- Audio-described video tutorials
- Articles and blog posts
- Adaptive cooking tool collections with tips and strategies
- And more!

Debra will demonstrate these products during the event:



Baking Grid Pan



Locking Lid Pan



Wet Measuring Spoons



Seeing AI



Seeing AI is a Microsoft app that uses your device's camera to identify and describe people, objects, and text.



AI Tools

- **Documents:** Scan and hear descriptions of documents.
- **Short text:** Speaks text as soon as it's in front of the camera.
- **Products:** Scans barcodes, using beeps to guide you, and provides you with spoken product descriptions.
- **People:** Save people's faces so you can recognize them.
- **Currency:** Recognizes bills.
- **Handwriting:** Reads handwriting.

Details

- **Free** download onto an iPad or iPhone (iOS only).
- User friendly, tools in the app are announced as you click.

Drawbacks

- Requires good lighting and getting desired objects into the camera frame.
- Text to speech feature can be inaccurate.
- May not be able to read messy handwriting.



Be My Eyes



Be My Eyes is an app that connects your device to a volunteers who lend their eyesight and support with everyday tasks.



Features

Virtual volunteers are **available 24/7** in 39 different languages who can help you with every day tasks:

- Checking expiration dates
- Navigating new spaces
- Kitchen/cooking
- Finding lost items
- Matching outfits/identifying clothes
- And more!

Details

- **Free** to download onto iPad, iPhone, and Android devices.
- The app places you on a call with a volunteer who can see your device's camera.

Drawbacks

- Poor video and/or audio quality may impact the ability of volunteers to help.
- Wait time is variable; may take time to connect to a volunteer.

Station 6 - Guide Dogs for the Blind



Since 1942, Guide Dogs for the Blind has helped people who are blind or visually impaired live with greater confidence and independence. All programs and services are provided free of charge.

Details:

- **Guide Dog Program** – Professionally trained dogs matched with clients.
- **Orientation & Mobility Training** – Skills to prepare for working with a guide dog.
- **K9 Buddy Program** – Companion dogs for children and adults.
- **Youth Programs** – Camps, workshops, and mentoring opportunities.
- And more!

To learn more visit www.guidedogs.com



Station 7 - Phone & Tablet Accessibility



Talk to Siri

With your Voice

- Say “Siri” or “Hey Siri.” Ask a question or make a request.

Using a Button

1. Press and hold the side button (or Home button).
2. Ask a question or make a request. Example: “Set the timer for 3 minutes.”

For more information: [Apple Support: Siri](#)



Light or Dark Mode

Choose light or dark mode to change your device display.

Make Text and Other Content Larger

Go to Settings  > Accessibility. Vision features are at the top.

 **Zoom in:** Enlarge what you’re viewing

 **Make text bigger and bolder:** Adjust the size.

 **Spoken Content:** Reads screen out loud

For more information:
[Apple Support: Vision Accessibility](#)



Station 8 - Resources



Stop by the Resource Station during the event on the 4th floor! Connect with local organizations and services that support people who have low vision. This is a chance to learn more about community resources, ask questions, and take home information that may be helpful for you or someone you support.

Looking for more? Be sure to check out **the list of resources on the last page of this guidebook!**



Station 9 - Accessible Voting



Looking for a different way to vote?

Check out Multnomah County's on-site Independent Voting Unit (IVU). Open to all voters, the IVU provides an easy and accessible way to vote in person at the Multnomah County Elections office.

Three options available to help you vote successfully.



1. Assisted

Election worker present for the entire voting process.



2. Hybrid

Election worker on call for immediate assistance.



3. Independent

Voter fills out ballot alone without assistance

Touch Screen

High-contrast with large font.

Headset

Volume and speaking speed control for ballot reading audio.

Interactive Tools

Vote using either a handheld controller with tactile buttons and braille labels, or a stylus.



Printer

To print voted ballot, which will then be placed in a return envelope, signed, and put in a ballot box.



Be sure to bring your Official Ballot Return Envelope with you!

Call Button

For immediate election worker assistance.

Make a plan to vote!

Multnomah County Elections wants all voters to be able to vote and know who to ask for assistance. The Voter Assistance Team (VAT) assists voters with disabilities and voters with other questions.

We can provide assistance to you to:

- Register to vote or check your voter registration.
- Mark or read your ballot.
- Update or verify your name, address or other voter information.
- Understand election rules and steps in voting.

These services are always free.

Learn more about our assisted and independent voting options at [MultnomahVotes.gov](https://www.multnomahvotes.gov)

Contact us by calling, emailing or using our online form:
503.988.VOTE (8683) • elections@multco.us



Online form:
[multco.us/voter-assistance-request](https://www.multco.us/voter-assistance-request)

Los votantes que hablan un idioma distinto al inglés pueden obtener ayuda en el idioma de su preferencia, llame al **503-988-8683**.

母语非英语的选民可获得以首选语言提供的帮助, 请致电 503-988-8683。

Избиратели, не говорящие по-английски, могут получить помощь на предпочтительном для них языке, звоните по номеру 503-988-8683

Codeeyayaasha ku hadla luuqad aan Ingiriisi ahayn waxay kaalmo ku heli karaan luuqada ay doorbidaan, la hadal 503-988-8683

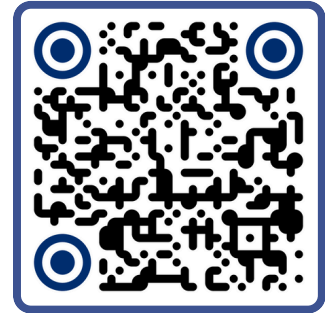
Виборці, які розмовляють іншою мовою, окрім англійської, можуть отримати допомогу бажаною мовою, телефонуйте за номером 503-988-8683

Các cử tri nói ngôn ngữ khác không phải tiếng Anh có thể được hỗ trợ bằng ngôn ngữ ưu tiên của họ, vui lòng gọi 503-988-8683

Station 10 - PenFriend



PenFriend is a labeling device that records your voice to create labels to identify objects and can also play audiobooks and music.



Features

- **Audio Labeling:** Record your voice on stickers or magnets for object identification.
- **Playback:** Touch the PenFriend to a label to hear your recorded message.
- **Multiple Modes:** recording, audiobook, MP3, and talking book.
- **Storage Capacity:** Up to 250 hours of recording time with 8GB internal memory.

Details

- Record up to 1 hour on each label.
- Operates on standard AAA batteries with a low battery alert feature.
- Compatible with Windows for file management
- Labels can be re-recorded multiple times.
- Moderate audio quality for playback of recordings.

Contact Us

Community Vision AT Lab

☎ 503-292-4964 x152

✉ atlab@cvision.org

🌐 cv-atlab.org/

Casey Eye Vision Rehab Dept. OHSU Low-Vision Clinic

☎ 503-494-3098

🌐 ohsu.edu/casey-eye-institute/vision-rehabilitation

Oregon Commission for the Blind - Independent Living Services

☎ Portland Office: 971-673-1588

🌐 oregon.gov/blind/individual-programs/Pages/independent-living.aspx

Multnomah Votes

☎ 503-988-VOTE (8683)

✉ elections@multco.us

🌐 multco.us/info/accessible-voting-options

Our Sponsors

Thank you to our sponsors, whose generous support allowed us to offer this Everyday Tech event for free.



You can support our work and future events by making a donation:
CVision.org/Donate-Now.

Resources

Other Medical Resources

Legacy Devers Eye Institute Vision Rehabilitation

- legacyhealth.org/Services-and-Resources/services/adult/eye-care/services-and-treatments/vision-rehabilitation
- 503-413-7022

NW EyeCare Professionals

- doctorbruce.net | 503-657-0321

AT Resources

Access Technologies Inc.

- accesstechnologiesinc.org
- 503-361-1201 | Salem, OR
- Offers AT assessments, trainings, a device lending closet, and more.

Boundless AT

- boundlessat.com
- 503-828-1221

Skills Training

Blind Mast

- blindmast.com | 971-217-0516

Hadley Helps

- Helps older adults discover new ways to do things while adjusting to vision loss and connecting with a network of peers.
- hadleyhelps.org