Categories

Wishlist from ICBD participants from Workshop 1 (26 June)
Taken from end of powerpoint

**Personal Care
/ Clothing**

Device helping to put on jumper/coat
Front fastening bra (clip less flimsy)
Stabilised shaver
Device for helping to put on socks & take them off

IT

Improved keyboard and mouse (trackball?) adjusting stability of keyboard? Voice recognition? Sleep monitoring device to wake up in the right sleep phase (tailored to Parkinsons)

**Mobility /
Fall prevention**

Falls and gait problems: help with timing/cueing/posture/Risk of Falling detection
Protective devices to protect against falls
Improved walker
Neutralising tremor with a device (peripheral nerve stimulation, e.g. Emma's Watch)

Personal Care/ Clothing

Device helping to put on jumper/coat

- Dressing Stick

https://www.mobilitysmart.co.uk/comfort-and-dressing.html

Personal Care/ Clothing

Front fastening bra (clip less flimsy)

- Bra dressing aid

Holds one end of the strap ready and in place, so that the user can bring the other end round to fasten it very easily

https://www.completecareshop.co.uk

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Personal Care/ Clothing

Stabilised shaver

- Wrist weight set

Weights on the hand and wrist can lessen tremors and improve function.

https://www.performancehealth.com

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Introducing: SteadyRest
Watch later   Share

Without SteadyRest

With SteadyRest

SteadyRest can be used for writing too.

SteadyRest can be used for writing too.
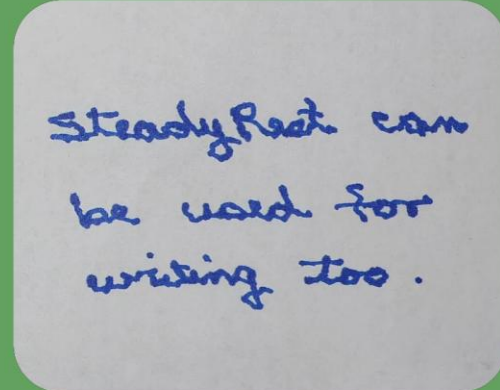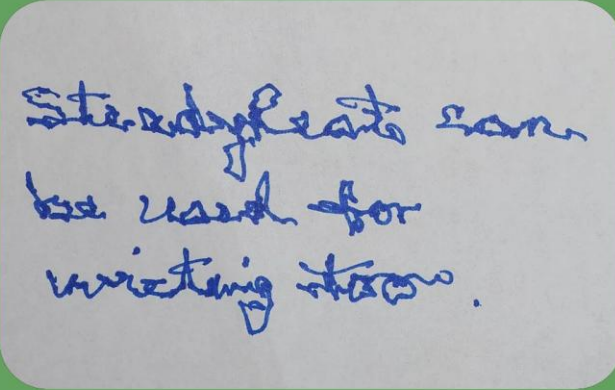
https://youtu.be/yCNYjkGa9ZU

https://www.steadyrest.org/

Stabilised shaver

No current solution except tremor reduction.
Gyroglove and Steadiwear- not available yet, £££??
Readi-Steadi available now for 300USD
Steadyrest available now for £30.

https://gyrogear.co/gyroglove

https://www.readi-steadi.com/

https://steadiwear.com/
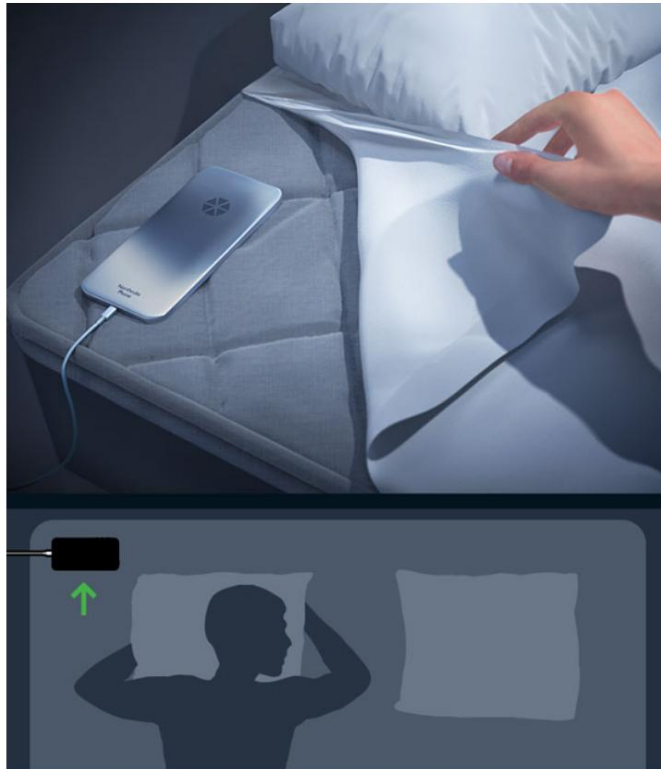
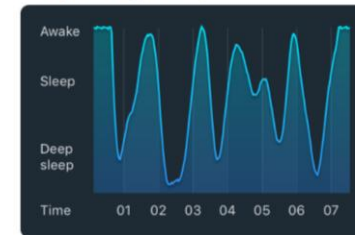# Sleep monitoring and waking up in a "good phase"

Accelerometer

The accelerometer is used to analyze your movements as you sleep. It's important that you place your phone correctly:
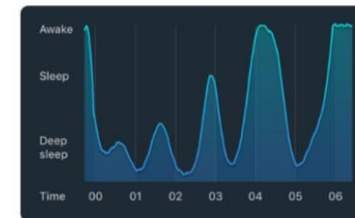
Examples of sleep graphs generated by Sleep Cycle alarm clock:

Example 1 – Regular sleep

This graph shows peaks about 90 minutes apart. The peaks represent sleep cycles, including all sleep phases described above. This is a great example of a sleep graph showing regular sleep patterns.

Example 2 – Irregular sleep

- https://www.sleepcycle.com/how-sleep-cycle-works/

IT: Making computers more usable.

- Alter the computer settings

- Software options

- Ergonomic mouse/keyboard optionsns

- Touchscreens
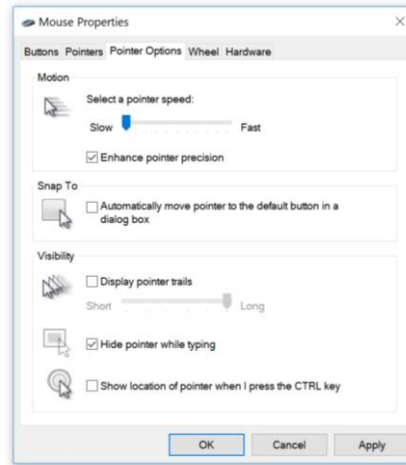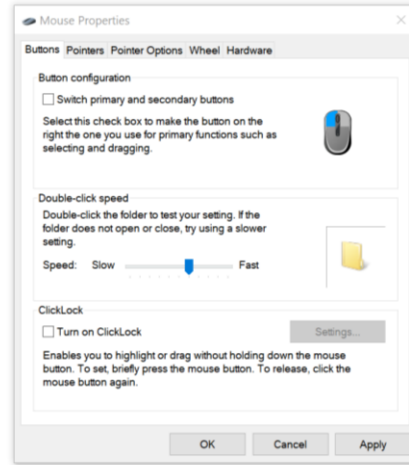
- Eye tracking

- Voice recognition

Platform specific instructions to alter parameters.

Windows
10

- Keyboard: Search "Keyboard"-control panel
  - Slide repeat delay to Long and Repeat rate to Slow.
- Mouse: Search control panel app/hardware and sound/mouse
  - Alter "Buttons tab"- Slow Double-click speed
  - Alter "Pointer options tab"-Slow pointer speed.
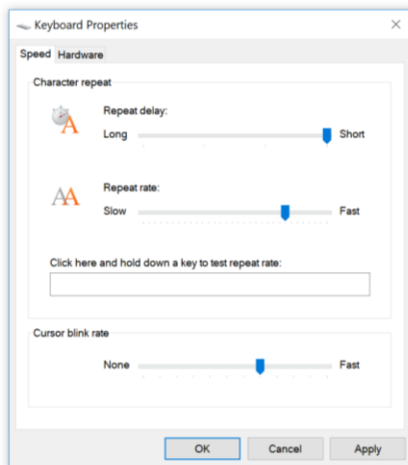
- Enable snapping to the cursor jumps to target locations.
- Increase the size of buttons and other targets

Apple MacOS

Keyboard settings:
Apple>System preferences>Keyboard
Reduce Key Repeat to **"Slow"** and Delay
Until Repeat to **"Long"**

Mouse settings:
Apple>System preferences>Mouse
Reduce Tracking speed to **"Slow"**

- Webpage showing how to alter Mouse settings on windows and Mac https://www.wikihow.com/Change-Mouse-Settings

- very helpful showing step by step the Universal Access features https://cleartalents.com/mcmw/motor/making-your-keyboard-easier-to-use/changing-keyboard-settings/changing-keyboard-settings-osx/
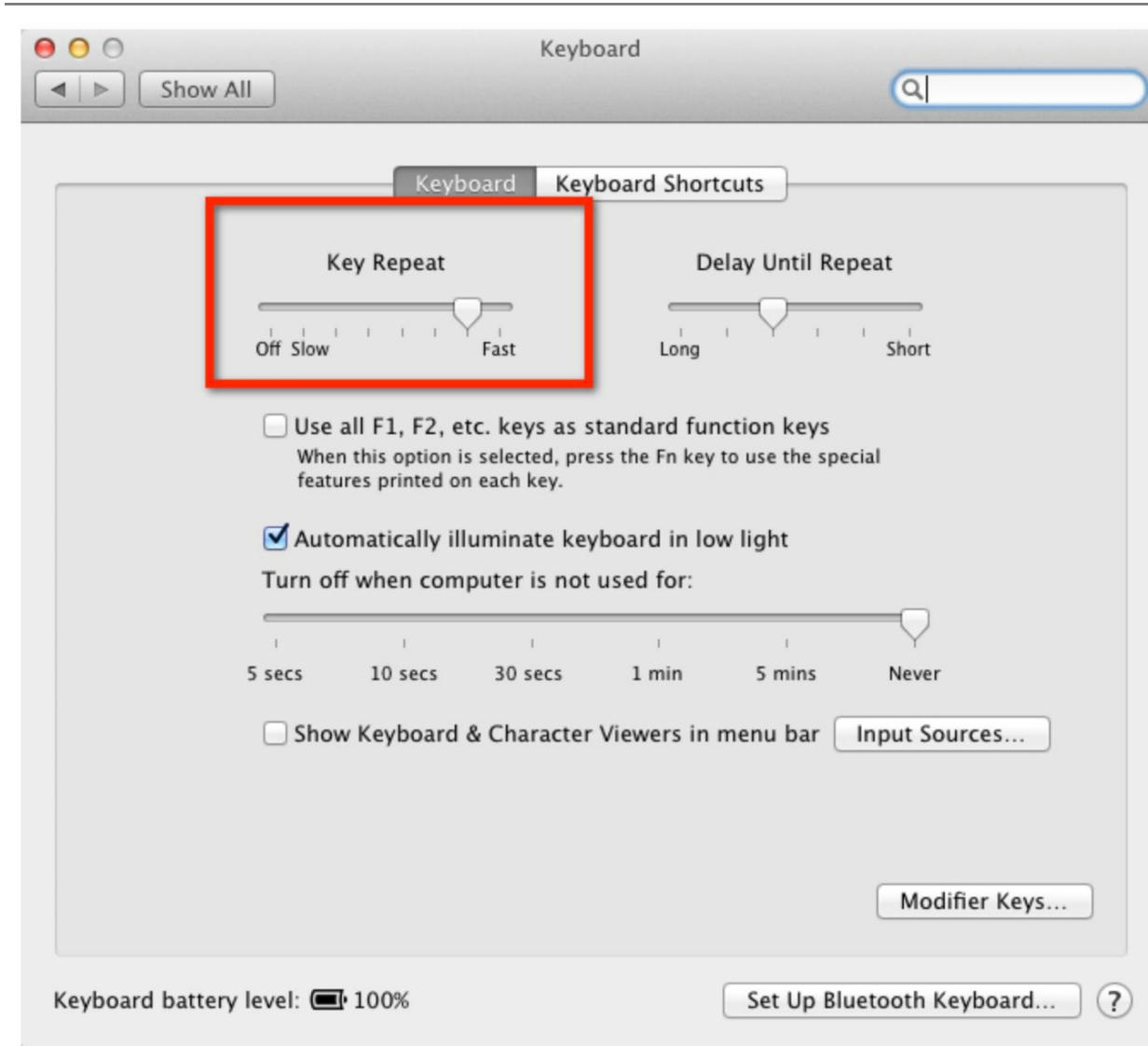
Software options

- SteadyMouse £40 no updates or £120 lifetime

Hardware options

AMAneo Assistive Anti-Tremor Mouse Adapter £200

https://www.youtube.com/watch?v=wW207mxmUi0

https://www.steadymouse.com/

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Ergonomic mouse options

Vertical mice realign the wrist to a more natural 'handshake' position, transferring movement onto the more powerful shoulder muscles.

Trackball, **trackerball** or **rollerball mice** remain stationary with the cursor controlled by rolling a ball with thumb, fingers or palm. This means there is little to no wrist movement.

Larger trackball mice are easy to use and may be particularly helpful. Can be strong and are often suitable for being operated by elbows or feet.

https://abilitynet.org.uk/sites/abilitynet.org.uk/files/Keyboard%20and%20mouse%20alternatives%20and%20adaptations%20April%202019_0.pdf

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Ergonomic mouse/keyboard options £15-40

Kensington Orbit Optical Trackball (for larger hands)

Logitech Marble Mouse (seems to fit nicely those with smaller hands)

Anker AK-UBA 2.4G Wireless Vertical Ergonomic Optical Mouse

Microsoft Natural Ergonomic Keyboard 4000 (UK Layout)

http://www.medialt.no/en-US/pc-users-with-parkinsons-disease--tips-for-appropriate-adaptations/593.aspx

Images sourced from Amazon.co.uk

Workshop 2
8.07.2019

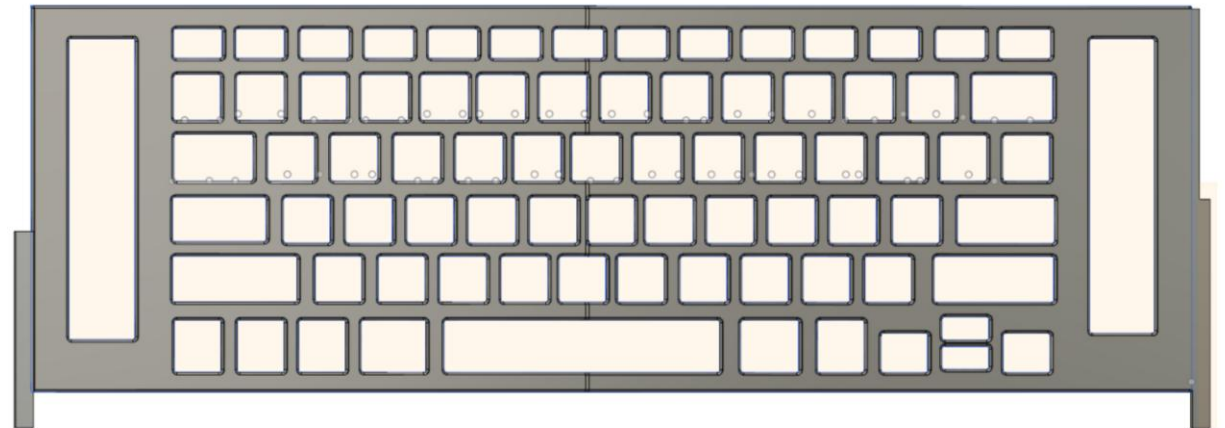# Ergonomic keyboard- Keyguard

http://www.inclusive.co.uk/standard-keyboard-and-keyguard

Commercially available ~£70-200

http://www.inclusive.co.uk/big-keys-lx-p1997

Bespoke keyboard guard for Apple Macbook Pro 15"
Initial designing/labour cost, then we could share designs openly
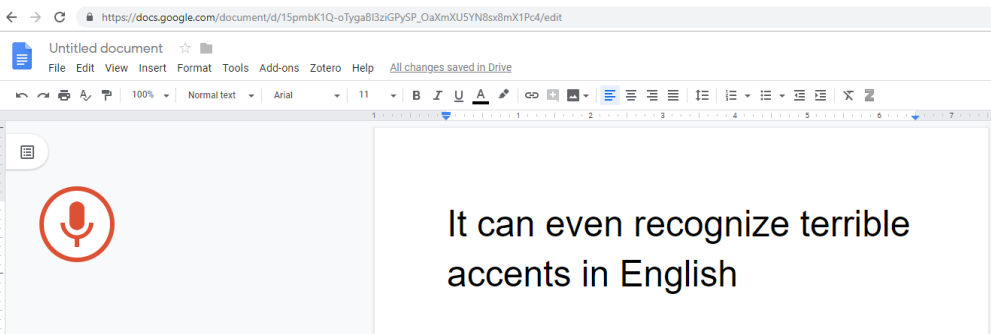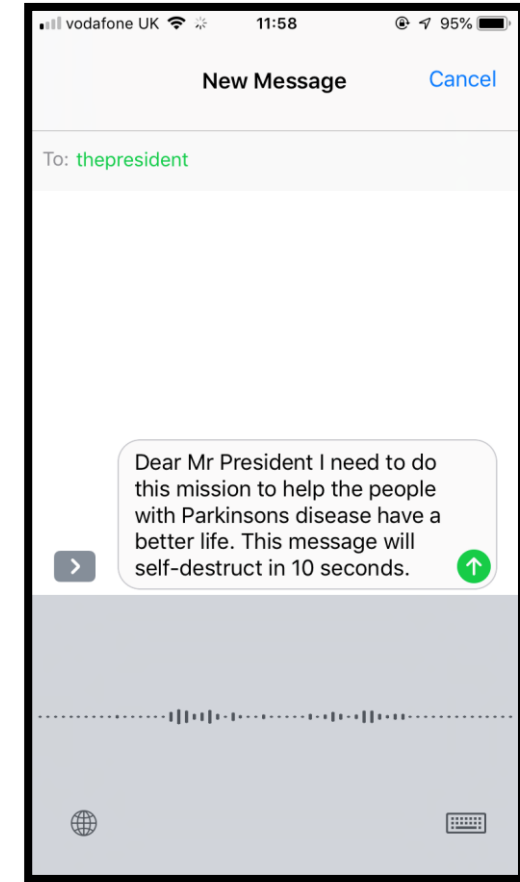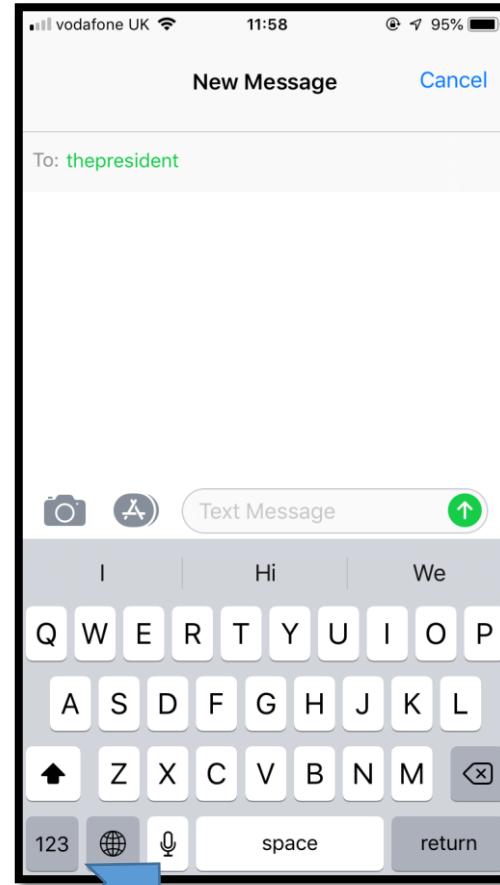Bonus: not having to purchase a new keyboard, good for laptops.

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Dictation software

iPhone 7 example of text dictation during messaging.

- Accuracy gets better with time
- Frees up hands
- Can get point across relatively easily

https://docs.google.com/document/d/15pmbK1Q-oTygaBl3ziGPySP_OaXmXU5YN8sx8mX1Pc4/edit

Untitled document
File Edit View Insert Format Tools Add-ons Zotero Help   All changes saved in Drive

It can even recognize terrible accents in English

To: thepresident

Dear Mr President I need to do this mission to help the people with Parkinsons disease have a better life. This message will self-destruct in 10 seconds.

Mobility /Fall prevention

- Falls and gait problems: help with timing/cueing/posture/Risk of Falling detection

- Protective devices to protect against falls

- Improved walker

- Neutralising tremor with a device (peripheral nerve stimulation, e.g. Emma's Watch)

Measuring to feedback...

- Posture Monitoring

"Tracks posture, steps, distance, and calories burned. Vibrations from sensor gently remind you to sit straight and stand tall to help you look and feel your best. Lightweight and discreet: _wear it as a fashion accessory or hide it under clothes_"

Roll over image to zoom in

https://www.amazon.co.uk/UPRIGHT-Wearable-Posture-Trainer-Android/dp/B0747YHYZF

Already available tips and tricks

- https://www.parkinsons.org.uk/information-and-support/everyday-life
- https://www.michaeljfox.org/news/7-home-safety-tips-people-parkinsons-disease