

# Enabling Technologies : Video 2

## Transcript

Hi my name is Stella and I'd like to talk to you about how everyday technology helps me to do things that I might not be able to do otherwise. The first thing you'll notice is that I use this speech app on my Ipad to talk. It's called Assistive Express and costs about \$40 from the app store. It's not a super cheap app but it's a whole lot cheaper than many of the custom made electronic speaking machines. I can talk without it but you might not understand me easily so the app means that I can share my thoughts and ideas with you. I also have a laptop computer that I use for work. I find the track pad on the laptop much easier to maneuver than a desktop mouse.

I also enjoy doing community radio and being able to talk through my Ipad means I can do this too. I also have my Iphone that I keep on the arm of my wheelchair with a piece of sticky velcro. That's a really low-tech way of making sure I don't drop my phone too often. And I can answer the phone using speaker without having to pick up the phone. My phone is useful when I'm out and about and I need to communicate too. For example, I can tell a train driver which station I want to get off by typing it into messenger on my phone and showing the driver. I have an electric wheelchair which I think of as my freedom machine. I can walk a bit but I certainly wouldn't want to walk everywhere because I'd be exhausted by the time I got anywhere. This way I can go where I want and if I want to get out and walk a bit when I arrive then I can do that. This chair is great on public transport because it's sturdy and I feel secure in it. It does weigh 75 kilograms, so there's no lifting it up stairs.

We had the chair custom made so we could transport it in the back of our station wagon. The back of the chair comes off and so does the joystick. That way it fits into the car using portable ramps. I also have a lightweight chair which enables me to travel more easily as it can fold down quickly and be lifted into the back of any car. It also travels well on planes, because you can remove the joystick and batteries and carry them in the aircraft cabin. The lightweight chair is also good because if you're traveling and you come across one step then you can lift the chair up the step easily. I also recently got an automatic front door lock which means I can open and close the front door via an app on my mobile phone. I find getting a key into a lock way too difficult, so the electric lock is the perfect answer for me. Many of these things are pretty much readily available and some of the technology is quite new. It all means that I can do a lot more things for myself and live more independently which is great and means that I don't need to have a support worker with me all the time.