Ease of Access Centre – Mobility (Windows 7)

1. There are a number of Accessibility Options available within Windows 7 to help those with mobility problems. These are to be found in 3 ways.
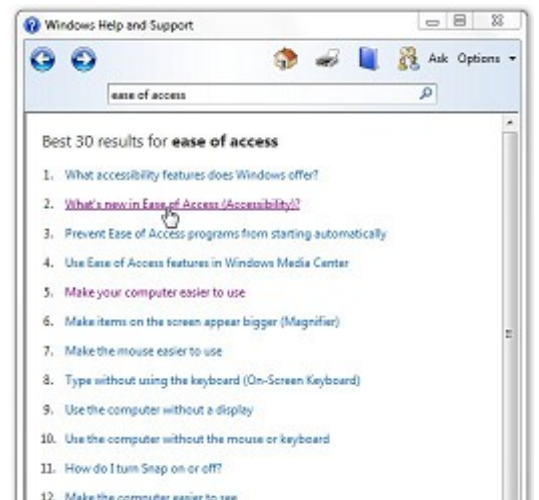
2. **Either** left-click **Help and Support** on the **Start Bar**

then type in **Ease of Access** and you will be given a list of relevant topics. (Windows 7 uses **Ease of Access** in place of **Accessibility** which was previously used). Choose those relevant to mobility or dexterity e.g. Make the mouse easier to use.

Follow through some of these by left-clicking on them to find out more.

In particular there is the facility in the **Ease of Access Centre** to fill in a questionnaire to get suggestions for accessibility features that you might find useful (see below).

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3. **Or**

left-click on **Control Panel** on the **Start Bar**, and on **Ease of Access Centre**

This allows you to select facilities relevant to mobility problems but if you're not sure then left-click on "Get recommendations to make your computer easier to use". This accesses the questionnaire and filling this out will point to whichever tools are recommended for your needs or those of the person you are trying to help. You can choose to select or not select these. In particular the second section addresses dexterity problems. When you have
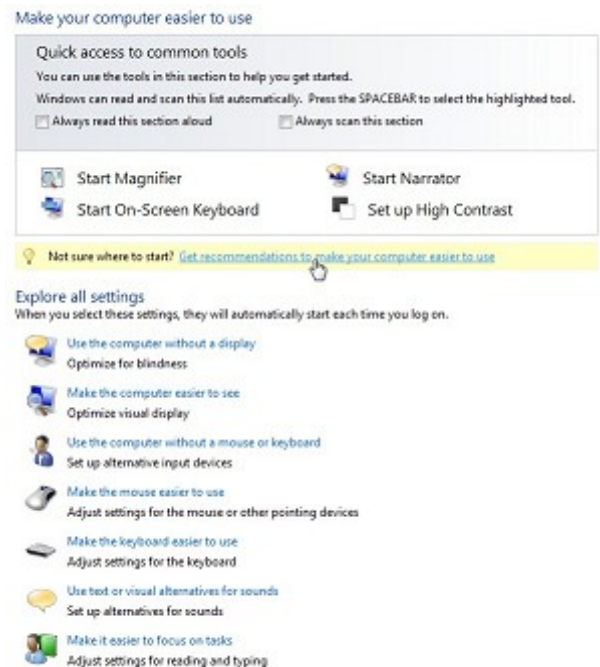
completed these a list of Recommended Settings appears which you can choose to select.
For instance there are sections for setting up Mouse Pointers, Control the Mouse with the keyboard, Make it easier to manage windows, and a route to Mouse Settings (Mouse Properties).

4. **Or**
simply left-click the Windows logo key +U and the **Ease of Access Centre** will open.

5. **Facilities available to help mobility problems**
These can be accessed by
Either
following links as above

Or
left-clicking on one of the selections in the **Ease of Access Centre** such as "Use the computer without a mouse or keyboard", "Make the mouse (or keyboard) easier to use". These lead into settings as follows:-

Mouse Keys is designed for people who have difficulty using a mouse. **Mouse Keys** allows you to use the numeric keypad to control the mouse pointer.

Serial Keys is designed for people who have difficulty using the computer's standard keyboard or mouse. **Serial Keys** provides support so that alternative input devices, such as single switch or sip and puff devices, can be plugged into e.g. the computer's USB port.

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Filter Keys is a keyboard feature that instructs the keyboard to ignore brief or repeated keystrokes. There are options to select.

Sticky Keys is designed for people who have difficulty holding down two or more keys simultaneously. When a shortcut requires a key combination, such as CTRL+P, **Sticky Keys** will enable you to press a modifier key (CTRL, ALT, or SHIFT), or the Windows logo key (⊞), and have it remain active until another key is pressed.

Toggle Keys gives an audible indication when CAPS LOCK, NUM LOCK, or SCROLL LOCK are switched on or off.

Display extra keyboard Help in programs. Some software programs provide additional Help for using the keyboard with the program.

On-Screen Keyboard is a utility that displays a virtual moveable keyboard on the

screen and allows users with mobility impairments to type data using a pointing device or joystick.

There are also links to set-up to use a Pointing Device with an On-Screen keyboard or Speech recognition.

6. Choose from the above to meet your particular needs or try the Questionnaire by left-clicking on "Get recommendations to make

your computer easier to use".
Left-click on each item that applies to you and then left-click on Next to get the next selection. After the last selection left-click on Done and a series of recommendations is listed which you can then implement by left-clicking on the relevant items and then on OK.

7. You can find other information and settings re Ease of Access on the web for Windows 7 by following the links to "Learn about additional assistive technologies online".

8. There are other forms of Features available for people who have mobility impairment which may be of more use and provide more advanced functionality for daily use.

   Search the web (eg www.abilitynet.org.uk/mcmw/) or seek advice from your usual source of help with these and with other Accessibility options to help with mobility problems.