

Did you know there are ways your smartphone adapts to tremor?

Essential tremor can make activities of daily life challenging. Using a smartphone is one example where tremor can impact your ability to perform tasks such as sending a message, adding to your grocery list, or calling a family member or friend.

The instructions below are specifically for Android users.

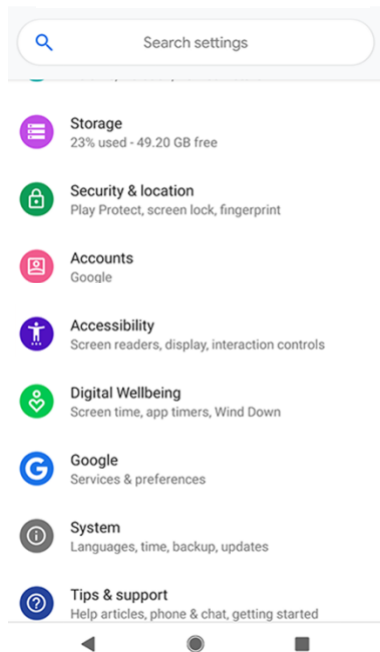
Touch Accommodations:

Turning this feature on changes how your phone screen responds to taps and swipes, helping to filtering out accidental touches when tremor occurs.

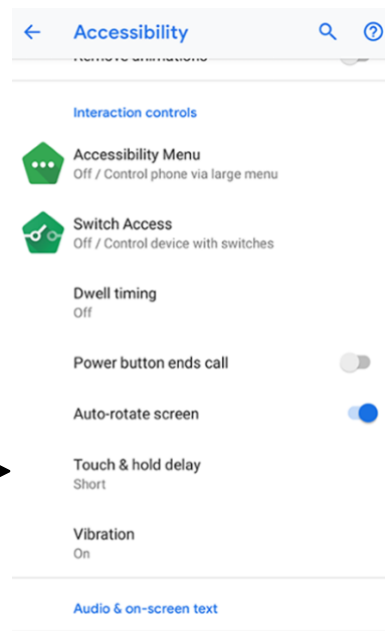
Touch and Hold delay is a setting which allows you to adjust the amount of time before your phone registers a tap on your screen as a “touch and hold”. This setting allows you to command specific actions on Android Devices and depending on what works best for you, there are options for short, medium, or long delays.

1. Open the **Settings** application.

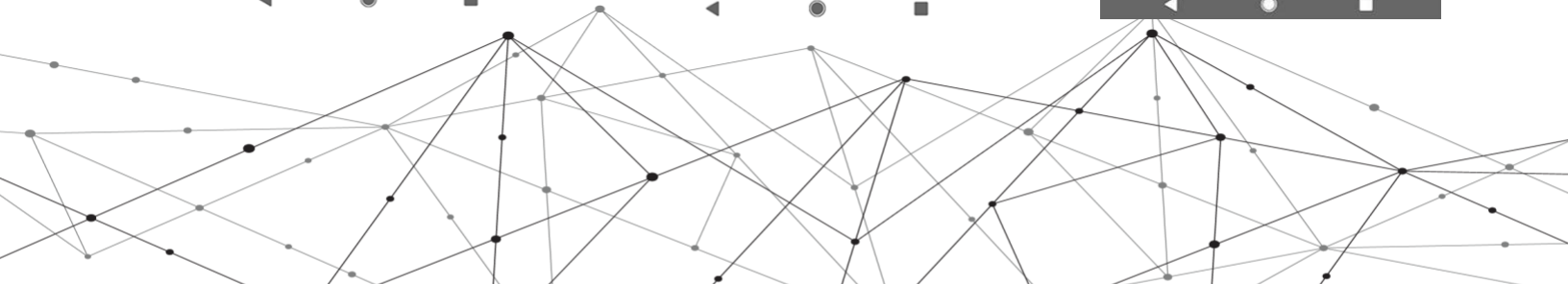
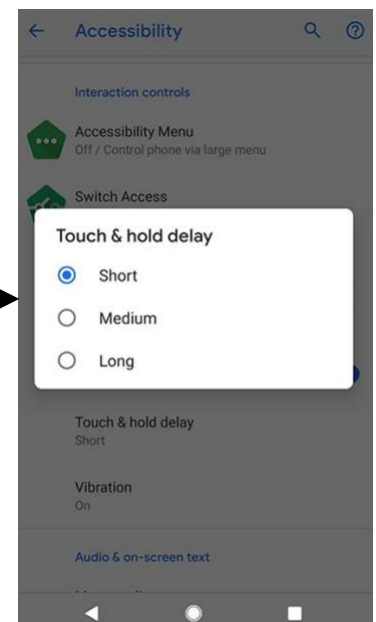
2. Select Accessibility



3. Select Touch & Hold



4. Select Short, Medium, or Long



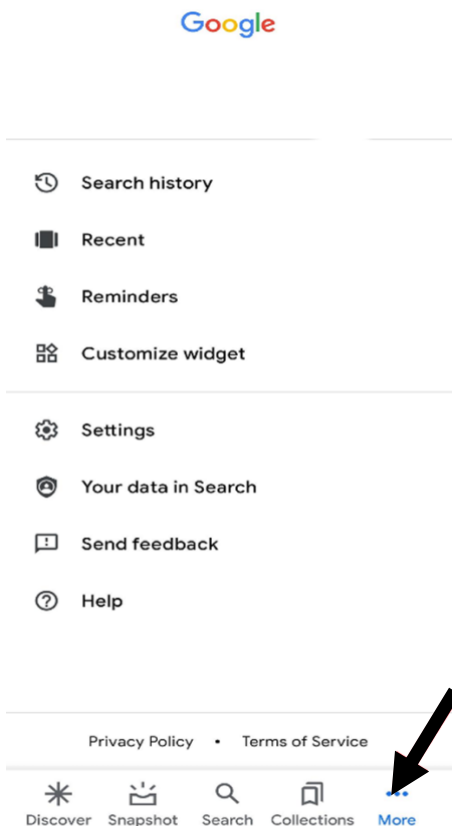
Voice Commands:

Using Google Assistant, a built-in voice command, is another way to use your phone hands free. You first need to enable Google Assistant as the first step to getting started with voice commands.

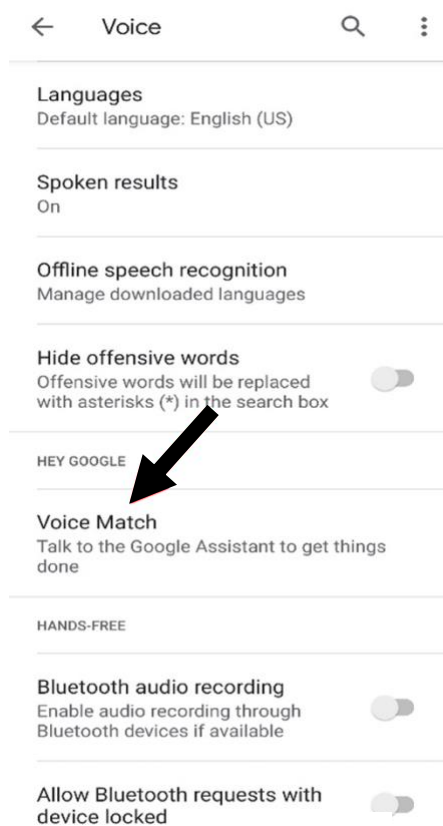
To Turn on Google Assistant:

1. To get started, open the Google app, and locate Google Assistant at the top of the screen. Once located, please make sure it is switched to on. If your assistant feature was already turned on, switch off, then on again. Turning assistant on will bring you to a tutorial on voice commands with Google Assistant.

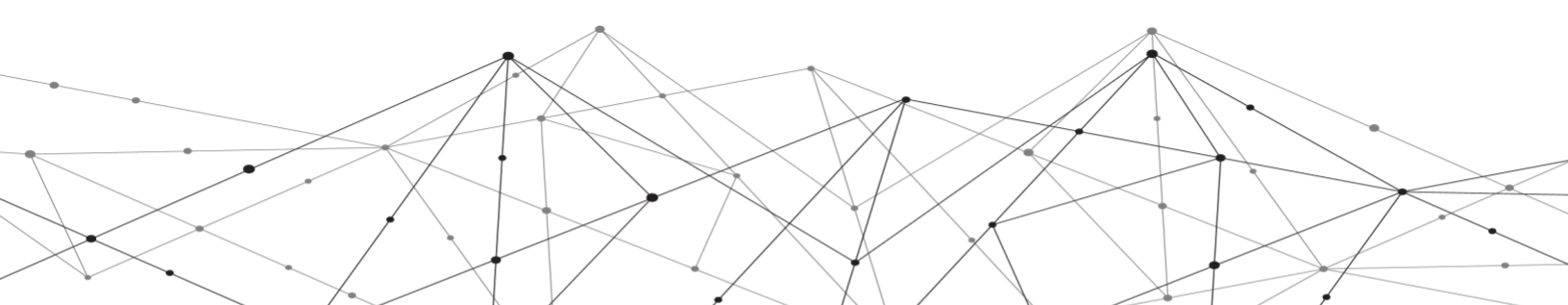
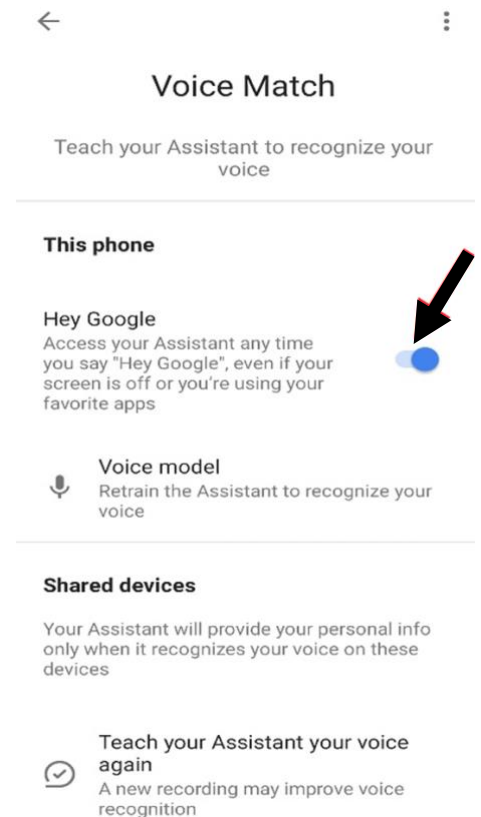
2. At the bottom right, tap **More Settings**, then **Voice**



3. Under the Voice tab, click on **Voice Match**



4. Turn on **Hey Google**



Interaction and Dexterity (Samsung Galaxy users):

The users who have physical and motor skill impairments due to essential tremor are intended to benefit from the enhanced dexterity and interactivity. These functions, which either improve on or replace touch interactions, are intended to make using the S10 simpler. There are multiple options your device offers that may work best for you.

When selecting the **slow keys**, you will be able to choose how long a key must be held before your phone recognizes it as being pressed.

Selecting the **Bounce Keys** option will assist your device to ignore accidental repeated taps if you notice that you are tapping the screen repeatedly due to tremor.

To Turn on Interaction and Dexterity:

1. Select **Accessibility**
2. Select **Interaction and Dexterity**
3. Select **Slow Keys**
or
4. Select **Bounce Keys**

Enable Bixby Voice:

Bixby Voice is Samsung's voice assistant that helps you use your device with voice commands.

To Turn on Voice Commands:

1. Press and Hold the Bixby key to launch Bixby Voice
2. Select the language you would like to use.
3. Enter your Samsung Account information to sign in. If you are already signed in, this will not appear.
4. To fully activate Bixby, you will have to agree to the terms & conditions. Once agreed, you will complete a series of tasks to recognize your voice.
5. After completing set up, you will be able to press and hold the Bixby key and Bixby voice will launch and start listening to your commands. Commands can be used for texting, making phone calls, opening applications, etc.

