

Class: Daily Living Skills Apps for Blind & Low Vision Users

This class introduces practical mobile apps that support independence in daily living for blind and visually impaired individuals. Each module focuses on a specific life skill area, the apps that support it, and the real-world tasks learners can accomplish using those apps.

Module overview:

Module 1: Personal Organization & Time Management

Module 2: Reading, Information Access & Document Handling

Module 3: Cooking & Kitchen Independence

Module 4: Money Management & Shopping

Module 5: Home Management & Labeling

Module 6: Navigation & Travel Skills

Module 7: Health, Safety & Daily Routines

Module 8: Communication & Social Connection

Module 9: Leisure, Learning & Personal Growth

Module 10: Skill-Building & Technology Training

Module 1: Personal Organization & Time Management

1. Voice Memos / Notes Apps

Purpose: Capture information quickly without needing to see the screen.

Examples: Apple Notes, Voice Memos, Microsoft OneNote.

Tasks Supported

- Record grocery lists, reminders, or instructions.
- Create audio labels for household items.
- Store class notes or meeting summaries.
- Organize tasks using headings or voice dictation.

2. Reminders & Calendar

Purpose: Manage appointments, routines, and deadlines.

Examples: Apple Reminders, Google Calendar.

Tasks Supported

- Set medication reminders.
- Schedule transportation pickups.
- Create recurring routines (laundry, trash day, meal prep).
- Receive spoken alerts through Voice Over.

Module 2: Reading, Information Access & Document Handling

1. Seeing AI

Purpose: AI narration for reading and identifying objects.

Tasks Supported

- Read mail, menus, and printed documents.
- Identify currency denominations.
- Describe surroundings or people.
- Scan barcodes to get product information.

2. Envision AI

Purpose: Advanced OCR and scene description.

Tasks Supported

- Read multi-page documents.
- Export text to Notes or email.
- Identify colors and handwriting.
- Call a sighted assistant when needed.

3. Voice Dream Scanner / Reader

Purpose: High-quality text scanning and reading.

Tasks Supported

- Convert printed text into accessible audio.
- Save documents for later study.
- Read books, manuals, or recipes hands-free.

Module 3: Cooking & Kitchen Independence

1. AIRA / Be My Eyes

Purpose: Live visual assistance from trained agents or volunteers.

Tasks Supported

- Confirm stove settings.
- Read expiration dates.
- Identify ingredients or spices.
- Check if food is fully cooked (visual confirmation).

2. Seeing AI (Short Text & Product Channels)

Tasks Supported

- Read labels on cans, boxes, and bottles.
- Identify pantry items using barcodes.
- Read microwave or appliance displays.

3. Big Oven / Yes Chef

Purpose: Accessible recipe browsing and meal planning.

Tasks Supported

- Follow step-by-step cooking instructions.
- Create shopping lists.
- Explore new recipes using Voiceover.

Module 4: Money Management & Shopping

1. Cash Reader / EyeNote

Purpose: Identify paper currency quickly and accurately.

Tasks Supported

- Distinguish between \$1, \$5, \$10, \$20, etc.
- Confirm correct change.
- Sort bills into labeled envelopes.

2. Instacart / Walmart / Amazon

Purpose: Accessible shopping platforms.

Tasks Supported

- Order groceries independently.
- Reorder frequently purchased items.
- Compare prices using Voiceover.
- Track deliveries in real time.

3. Seeing AI (Barcode Mode)

Tasks Supported

- Identify products while shopping.
- Check nutritional information.
- Confirm correct items in the cart.

Module 5: Home Management & Labeling

1. WayAround

Purpose: NFC tagging system for labeling household items.

Tasks Supported

- Label clothing with washing instructions.
- Tag pantry items with expiration dates.
- Mark cleaning supplies safely.
- Create custom audio labels for storage bins.

2. Voice Vista (Formerly Microsoft Soundscape) (or similar audio-based apps)

Purpose: Spatial audio cues for navigating indoor spaces.

Tasks Supported

- Map out room layouts.
- Learn new environments.
- Create audio landmarks for appliances or storage areas.

Module 6: Navigation & Travel Skills

1. Voice Vista / BlindSquare / Lazarillo

Purpose: Accessible GPS navigation.

Tasks Supported

- Navigate sidewalks and intersections.
- Locate businesses or bus stops.
- Receive turn-by-turn audio directions.
- Explore surroundings using “look around” features.

2. Uber / Lyft

Purpose: Independent transportation.

Tasks Supported

- Request rides without visual input.
- Track driver arrival using audio cues.
- Share trip status with family or caregivers.
- Save favorite destinations.

What 3 words

Purpose Unique identifier for precise location finder

Tasks supported

- **Navigate to any exact location**
- **Share and locate favorite locations or even your vehicle**

Module 7: Health, Safety & Daily Routines

1. Magnifier (Built-in iPhone Tool)

Purpose: Low-vision support for close up tasks.

Tasks Supported

- Read appliance dials.
- View medication labels.
- Inspect small objects or instructions.

2. Life360

Purpose: Safety and location sharing.

Tasks Supported

- Share location with trusted contacts.
- Receive alerts when family arrives home.

- Use emergency SOS features.

3. My fitness Pal

Purpose: Keep track of food/calories, exercise, etc.

Tasks supported:

- **AI fitness coach**
- **Calorie tracker**
- **Fitness tracking**
- **Water consumption logging**

4. Map my run

Purpose: GPS running tracker, Stats for running every mile and tracks your movement

Tasks supported:

- **Run smarter not harder**
- **Track pace and calories**
- **Adaptive coach for your goals**

Module 8: Communication & Social Connection

1. Zoom / FaceTime / Webex

Purpose: Accessible communication platforms.

Tasks Supported

- Attend classes or support groups.
- Participate in telehealth appointments.
- Connect with family using audio or video.
- Use keyboard shortcuts or Voiceover navigation.

2. Be My Eyes (Community Support)

Tasks Supported

- Get quick help with visual tasks.
- Access specialized support (Microsoft, Google, etc.).
- Join community events or training sessions.

Module 9: Leisure, Learning & Personal Growth

1. BARD / Libby / Audible

Purpose: Accessible reading and entertainment.

Tasks Supported

- Download audiobooks and magazines.
- Adjust reading speed and navigation.
- Bookmark and annotate content.

2. Dice World / Blindfold Games

Purpose: Accessible gaming for fun and cognitive skills.

Tasks Supported

- Play dice, card, and puzzle games.
- Practice memory and strategy.
- Engage socially with friends.

Module 10: Skill-Building & Technology Training

1. VO Starter

Purpose: Learn Voice Over gestures and navigation.

Tasks Supported

- Practice swiping, flicking, and rotor gestures.
- Build confidence using the iPhone.
- Complete guided lessons for beginners.

Optional Add-On: Class Activities

Hands-On Practice

- Scan a document using Seeing AI.
- Label a pantry item with WayAround.
- Navigate a short route using Voice Vista.
- Order a grocery item using Instacart.

Discussion Prompts

- Which apps feel most empowering?
- What tasks still feel challenging?
- How can technology reduce daily stress?