

## Reading and Writing Equipment

This fact sheet discusses assistive technology which may assist people to perform reading and writing tasks more easily and independently.



### READING

Magnifying sheets, lamps and glasses can assist people with visual difficulties in reading tasks. Some documents (such as books, application forms etc) are available in large print upon request.

Talking books are available from city council libraries and Braille publications can be borrowed through the Vision Australia library service. For more details regarding magnification and other services for a visual impairment please refer to our low vision fact sheet.



For people who have difficulty holding books, a book holder may be of assistance. Book holders can be placed on a table or desk top or on the lap whilst sitting. Some are freestanding and can be placed next to a lounge chair for example. Most book holders are adjustable in angle and some are also height adjustable. This allows the book to be positioned ideally for the individual.



There are several options for those who enjoy reading in bed. Some book holders are also designed to be used on the bed surface to enable the user to read while lying in bed. Over-bed tables with a tilting surface may also be helpful when reading, writing or completing other tasks from bed. Prism glasses use prisms to alter the direction of view by 90 degrees, therefore also allowing the user to read whilst lying flat in bed.

People who have difficulties turning pages in a book may benefit from a page turner. These range from simple rubber thimbles to highly technical, electrically operated devices.



### WRITING

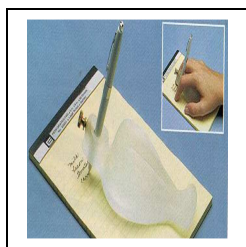
A large range of pen/pencil grips are commercially available to assist correct pen grip and to help reduce fatigue whilst writing. There are also different styles of pens which may be easier or more comfortable to use for some individuals depending on their abilities/difficulties.

#### LifeTec Queensland

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Pens and pencils with built up shafts are also easier to grip for people with a weak grip or painful hands. There is also a range of writing aids which attach to the forearm and allow a person with limited or no grasp in the fingers to use a pen or pencil. Wrist weights or weighted pens may assist people with tremors (shakes) or unsteady hands.



Angles writing surfaces may help prevent neck, shoulder and back pain for some individuals by helping improve desktop activities.

Signature and envelope guides can assist a person with low vision to sign documents and address a letter. A range of low vision notebooks and address books are also available. These have thick hold lines and use high contrast colours to improve visibility.



For some people using computers may be an easier way to produce written communication. Please contact LifeTec Queensland directly to discuss Computer Access or specific communication needs.

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists' about products. Alternatively, you can make an appointment to trial the equipment at our display centre or through our outreach service. Please phone LifeTec for further details.

## NEED TO KNOW MORE?

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Last Updated: April 2009

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