

DU Learning Guide

Make the computer fit you

"The computer should fit you, not make you fit it."

What's it all about

Computers are designed to fit the "average" person. However, no-one is "average". We are all different shapes and sizes, and have different abilities to see, hear and use our limbs. So the "average fit" might not fit you.

If your computer does not fit you, then you will find it harder to use than you need to, maybe even impossible to use, and you will get tired more quickly and suffer other problems, such as eye strain and muscle pain, when you do use it.

Fortunately, there are lots of things that you can do to make your computer fit you better. Many of them simply need a few adjustments to the computer, which cost nothing. Or you may need some additional equipment. The cost of this varies, but many useful tools are cheap.

AbilityNet is a charity that specialises in making computers and the Internet more accessible for people with disabilities. You don't need to be disabled to find their advice useful.

Try this

A section of the AbilityNet website, **My Computer, My Way!**, has all sorts of advice and tools to help you adjust your computer to fit your needs.

- Type www.abilitynet.org.uk/myway into the address bar of your browser
- Press **Enter** to display the **My Computer, My Way!** Home page
- Click on the underlined words to view more information

If you are doing this exercise at a Silver Surfers' Day Event, then the people who are helping you will be able to explain how the computer that you are using can be adjusted in line with the AbilityNet advice.

If you are doing this at home, you will probably find the advice easy to follow. But if you cannot, AbilityNet has a helpline (see website below).

More websites to explore

AbilityNet

www.abilitynet.org.uk

The main AbilityNet website has lots of other advice and links to the websites of all sorts of organisations that can help you.

UCanDoIT

www.ucandoit.org.uk

A charity that provides computer training to blind, deaf and disabled people, in London and certain other areas of UK.