**Blog writing and using technology-Nina’s day, transcribed**

Hi so today I am doing some social media work, writing a blog post, and doing some emails.

10 sec Just getting prepared for a social group that I run with Henshaws under the friendship matters umbrella.

20 sec and also my Esmes friends support group under Esmes Umbrella for people with Charles Bonnet syndrome. So just a bit of admin work really.

30 sec And then writing one of my blog posts and I just wanted to share with you how I do that and what technology I use for this.

40 sec So I have a Macbook air and with Apple products they have voiceover which is a screen reading software.

50 sec So basically, the voice says everything that’s on the screen. So anything I tab over, scroll over, it tells me what’s there.

1 min And that’s how I work so, what I will do, I will quickly just open a word or pages document cos it’s the Apple version.

1 min 10 sec And just show you how I start typing a blog post. I wont share emails and stuff like that as I don’t want anyone’s personal details being shown.

1 min 21 sec So I will just run through that with you now. So, to open my Macbook,

(Macbook can be heard in the background as Nina begins demonstration)

With the latest ones

1 min 30 sec you have fingerprint technology on it so all I have to do is put my fingerprint on there and it unlocks the laptop for me.

1 min 40 sec

(Macbook can be heard in the background)

So, when I am on the desktop screen, so I am going to go down to the doc at the bottom.

1 min 50 sec As you can hear it is speaking. I am just going to scroll till I find pages.

(Pause)

2 min 5 sec There is it, the voiceover command-space and that opens pages.

I’m just scrolling through

(Pause)

2 min 20 sec Until I find a new document, there’s new document so voiceover-space so that opens your new document.

(Pause)

2 min 35 sec And then to start typing in your new document I need to scroll

(Pause)

2 min 51 sec So I need to choose a blank document, so just going into each section, then into that section and then I find it, blank portrait, open that up. Now this should have just opened up a blank page.

3 min 10 sec Now this should have opened up a blank page, like a blank word document or pages in this instance. I want to get in the body of the document so its voiceover command shift and down to go down into the body of the document.

3 min 25 sec And then I just start typing away so what can we say.

(Macbook can be heard in background as Nina types)

Working with technology so..

I learnt at a very young age because I had a visual impairment all my life, I learnt in primary school how to touch type as well.

3 min 54 sec So I can just type, well I have always been able to type without seeing the keys so that was a very good skill that I learnt at a young age and that has come in really handy now as I cant see the keys.

But as I type, the voiceover does tell me what I’m typing.

4 min 13 sec So

(Macbook can be heard in background as Nina types)

As you can see there. Also if you come in a little closer to the key pad (Direction to camera to zoom in), you can see that on the buttons have these bumps.

4 min 31 sec And I’ve put these on certain buttons so that I can use the keyboard a lot quicker. So, I’ve got, with touch typing you have always got to start in your primary position, which is your index fingers are on the F and the J keys.

(Laughs as locating keys) And that’s your primary position to start typing. So I have the two bumps there so I know where them keys are. Then I have the command bump,

5 min with the command key, as this is where my voiceover is command buttons are. And then I have one on delete and then on enter and this just gives me a little bit of a guide on here so that I know from there I can go up to the numbers and here next to that is the space.

5 min, 20 sec It’s just that it gives me a bit of a map ahead of the keyboard. Erm so yes so if I am wanting to save the document so I just do command M.

5 min, 30 sec And this brings me to the file at the top and I just scroll through.

(Macbook is speaking as Nina selects the option)

Until you find what you want, press the command space

5 min 45 sec So as you can see, everything on the computer, it talks to me and then I am able to visualize in my mind and work around what I am doing and being able to work around a computer. And it’s the same with the email.

**Henshaws   
T: 0300 222 5555 E:** [**info@henshaws.org.uk**](mailto:info@henshaws.org.uk)

**Supporting people with sight loss and a range of other disabilities to go beyond expectations**

English charity number 221888, acting by its trustee, Henshaws Society for Blind People Trustee Limited, English company number 8313313.