

Technology should work for everyone

Kerstin Gatu
211028
Mora Folk High School
DigiJag Center

MORA **FOLK**HÖGSKOLA
för dig som vill & behöver

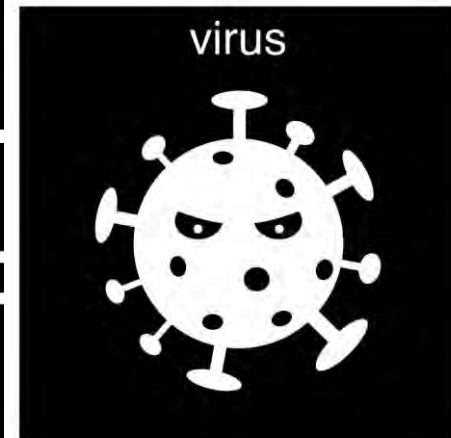
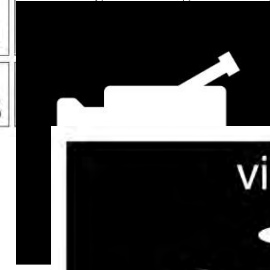
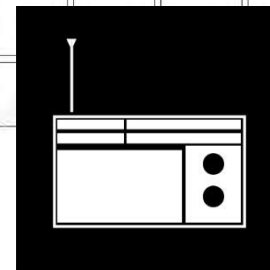
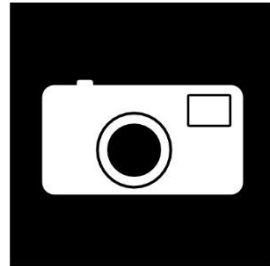
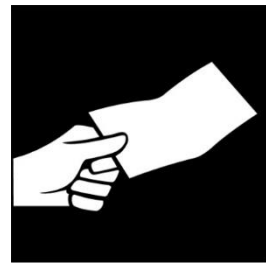


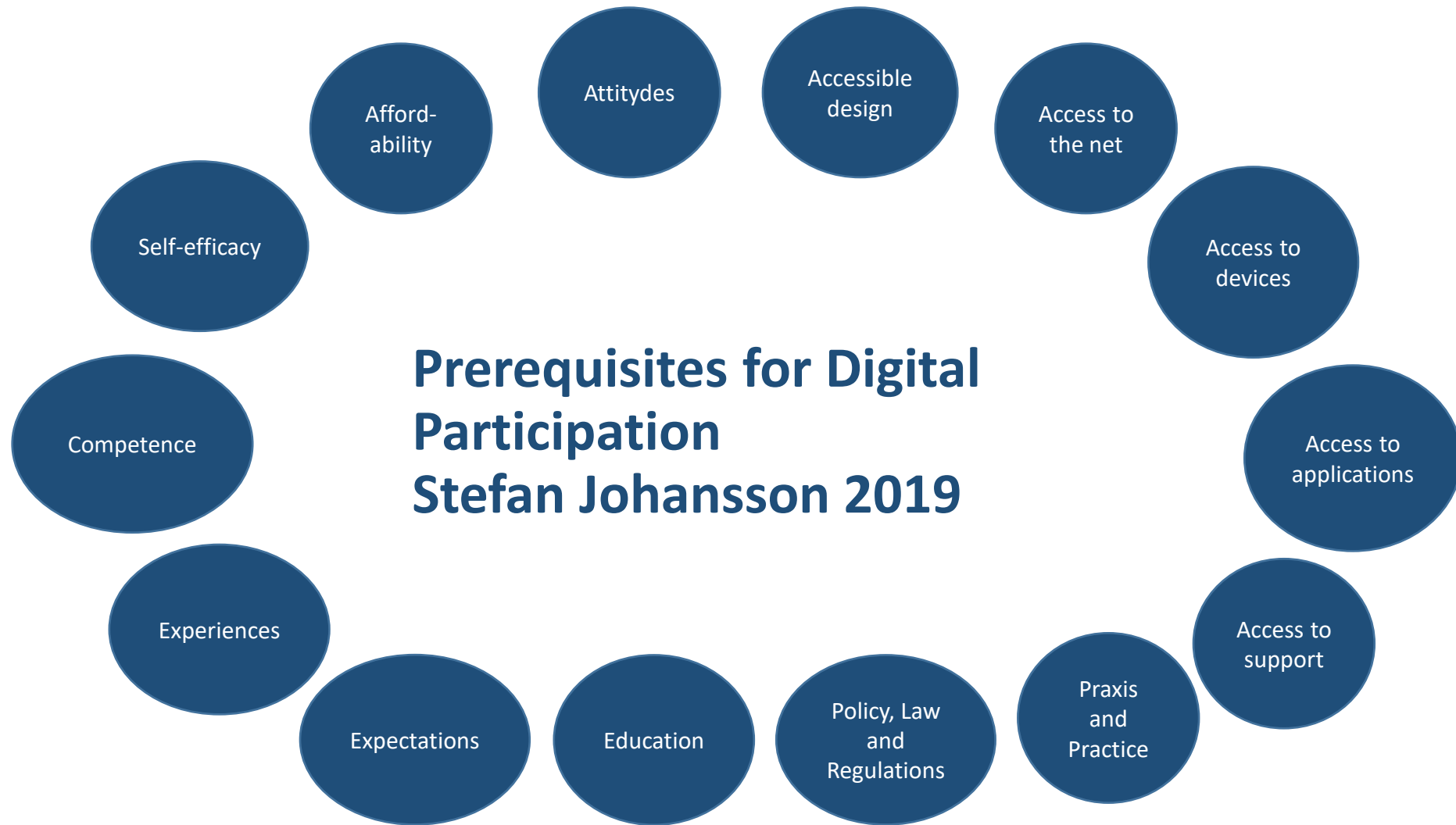
DigiJag Center
Nationellt kunskapscenter för
deltagande i det digitala samhället



Digital participation

Live like others





Distance course



2-years, Folk High School

Supportperson

The computer as a tool for

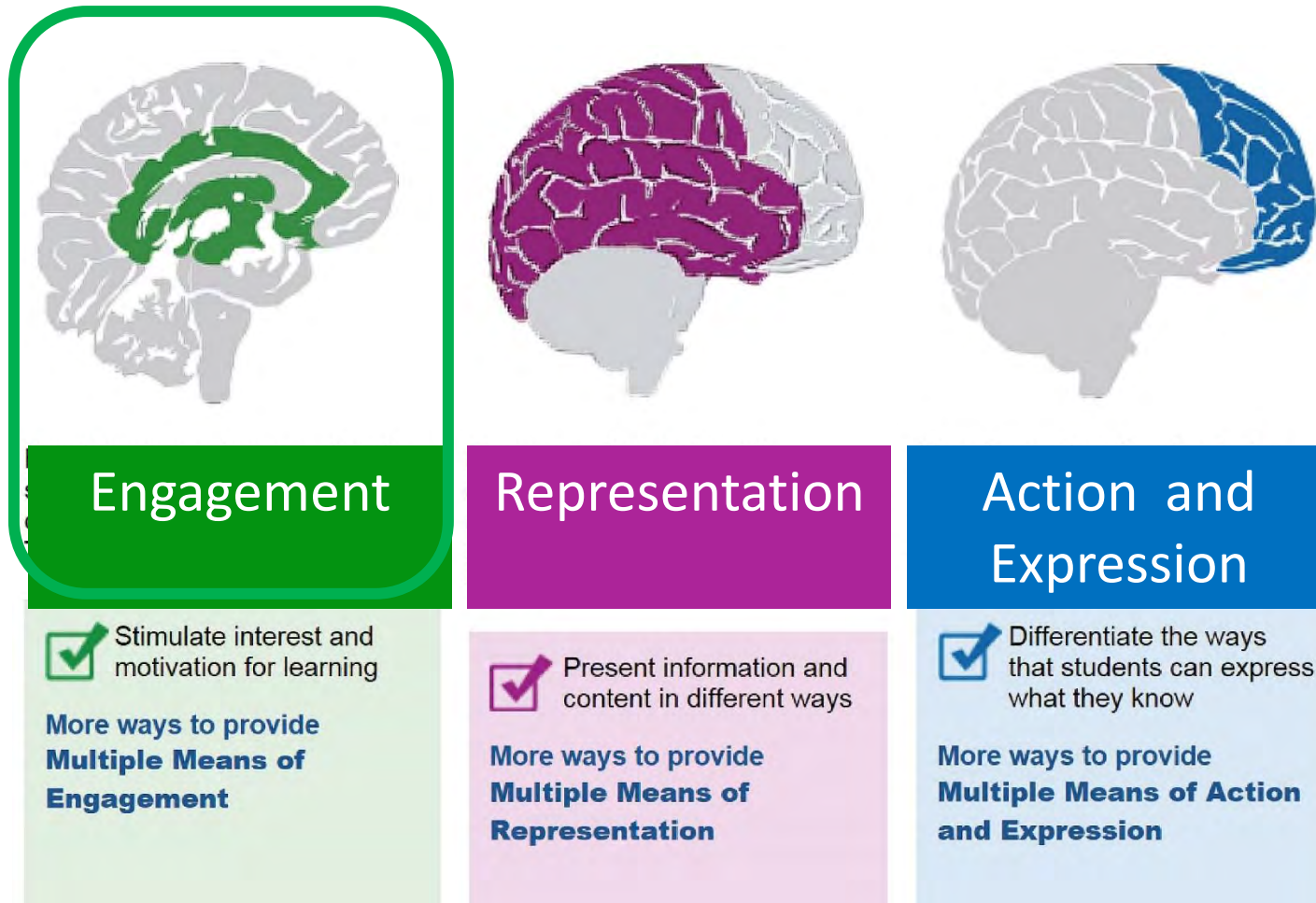
- Communication
- Documentation
- Get information
- Pleasure

Theme

- Health Food
- Health Movement
- Culture
- Nature
- Society

Goal

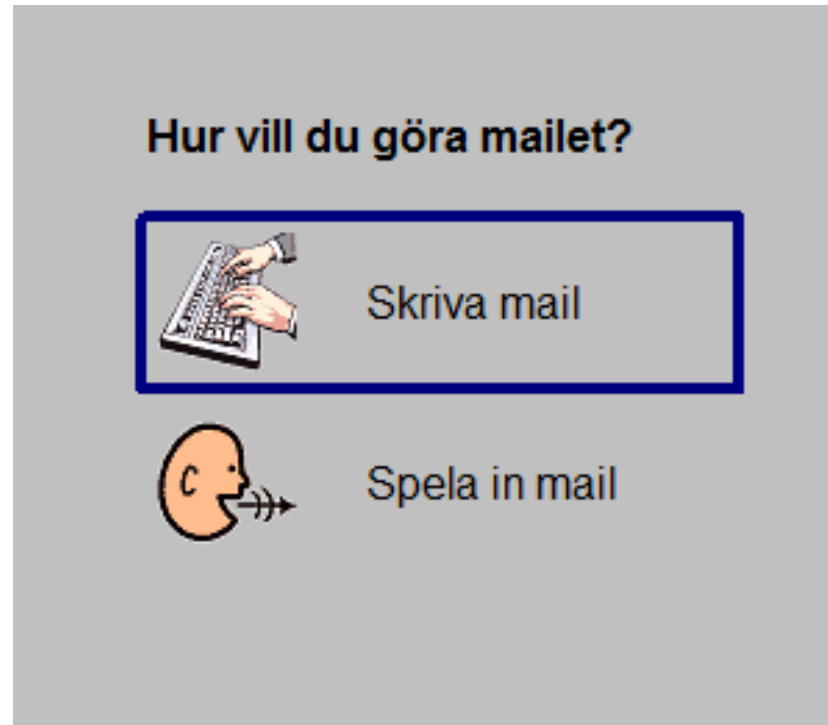
- Fun
- Manage
- Have something to tell
- Want to come back

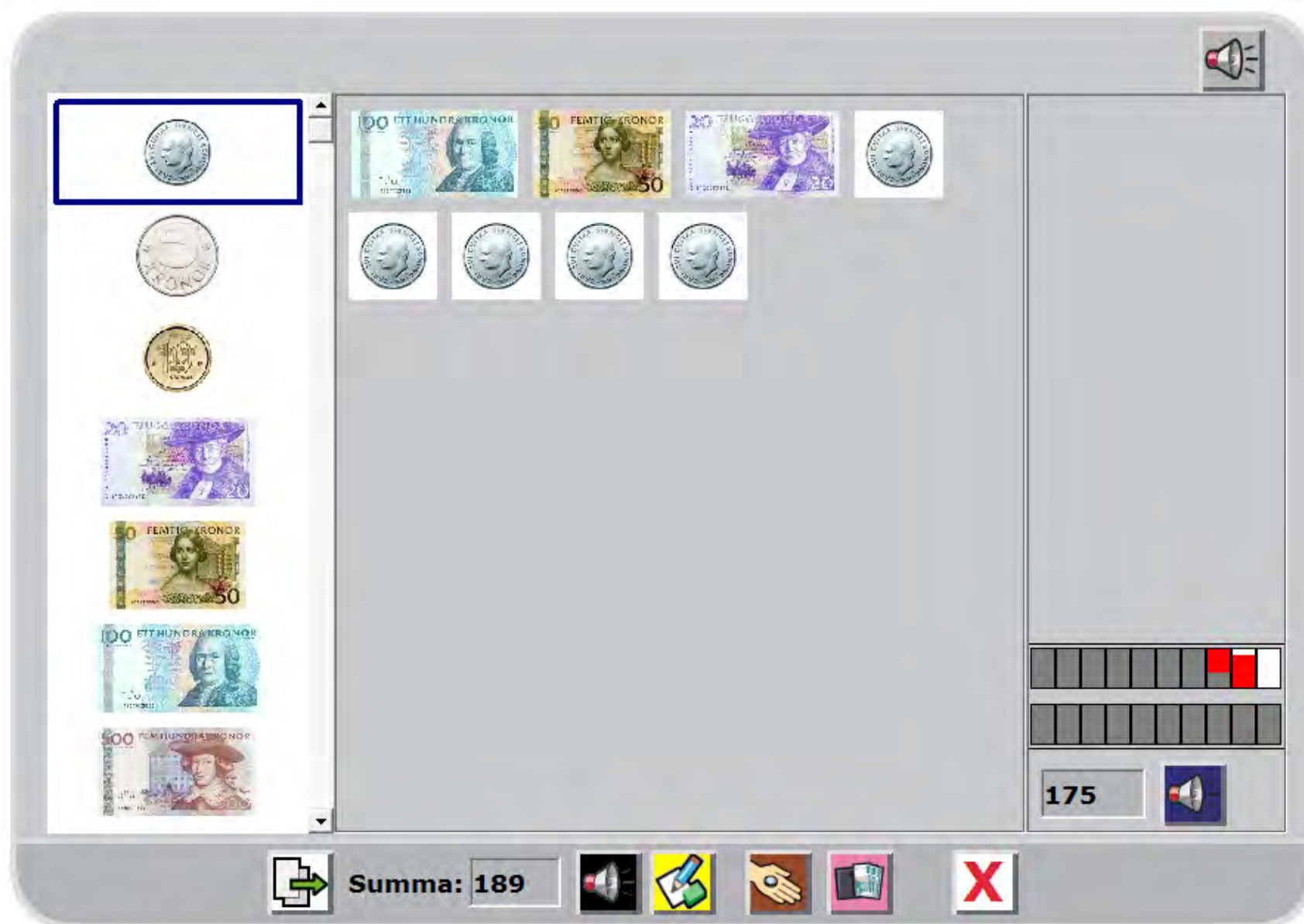


Universal design of learning

Cognitively accessible email program

- Sequentially structured
- Icons
- Record or write
- Short texts
- Few distractions
- Photos





	<p>Min Plånbok (My <u>Wallet</u>)</p>	<p>A program where you can work independently in deciding if you have enough money to buy a particular item</p>	<p>www.trollreda.se</p>
--	---	---	---



Today



My apps



Groups



About me

Today



Date

Friday

22 October 2021



Time



12:00

Lunch



Weather



+6 degrees



Location

Stockholms län

Sverige



Today



My apps



Groups



About me

My apps



Google

Search the web



YouTube

Watch videos



Puzzles

Solve puzzles



Find new apps



Today



My apps



Groups



About me

Groups

< All groups

Demogrupp



Members



Content



Today



My apps



Groups



About me

Groups

[Back](#)

Demogrupp's members



Jens Olsson




Frida Johansson













Erik Lindh



Marcos Flores

Monday, May 18		<u>What</u>	<u>Where</u>	<u>Who</u>
12.00 - 13.00		Lunch	Cafeteria	
13.00 – ca 14.30	 	We bring our suitcases to the dorm rooms. We plan the entertainment for Wednesday evening, together with Ingrid	<u>Our classroom</u>	
14.30 - 15.00		<u>We have coffee together</u>	Cafeteria	
15.00 - 16.30	  	We work with how to handle money	<u>Our classroom</u>	
16.30 – 17.15		<u>Dinner</u>	Cafeteria	
17.15 -18.00	  	We get set up in our rooms and make our beds Time for relaxing Call home	Masen Villan (Dormitories)	
18.00 – 22.00	 	We attend a show i Orsa (neighboring town) with the <u>youth choir</u>	Röda kvarn/ Orsa (name of theater in Orsa)	
Ca 22.30		<u>Our day is over</u> Time to get ready for bed	Masen Villan	

07.30 – 08.00		Breakfast	Cafeteria		
08.15 – 09.45		We work with our laptops and learn about how to film	<u>Our classroom</u>		
09.45 - 10.15		<u>We have coffee together</u>	Cafeteria		
10.15 – 12.00	 	Group 1 Health/Food We bake a treat for Wednesday evening	Group 2 Nature We take a look around and collect different plants we find in nature.	The teaching kitchen <u>Törnsnåret (Name of the classroom)</u>	
12.00 - 13.00		Lunch	Cafeteria		
<u>13.00-14.30</u>	 	Group 1 Nature We take a look around and collect different plants we find in nature.	Group 2 We bake a treat for Wednesday evening	<u>Törnsnåret</u> The <u>teaching kitchen</u>	
14.30 - 15.00		<u>We have coffee together</u>	Cafeteria		
15.30 - 16.30	  	Health / Physical activity Circle training relax shower	The gym		

Swedish flatbread



Three pieces

Put out on the table:



Peel the boiled potatoes



Grate the potatoes on the grater



Pour in the mixing bowl
1 TBSP cooking oil
1/2 TSP salt
1 dl sifted rye flour
1 dl wheat flour
the grated potatoes



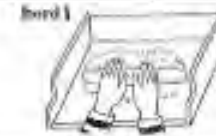
Mix everything together into a dough

Swedish Flatbread page 2

Pour out the dough on a baking surface covered with flour



Form the dough into one length



Divide the length into three pieces



Form each piece into round balls



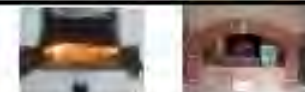
Use the smooth rolling pin to roll each ball of dough very flat



As the last step, roll out the dough with a pegged rolling pin





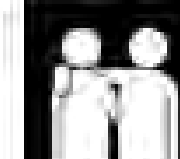





Bake the bread in the oven over the fire or in an electric oven at 275 degrees in 2 minutes



2 min

<https://www.youtube.com/watch?v=88u0zKjKEb4>

An example of information using visual support

Common activities	Don't do so often	Things you should never do						
<p>Send e-mails with pictures of yourself, your family and friends that you want others to see. Just remember – you must always check to see if it is OK to post pictures of other people before you do it!</p>		<p>Never post pictures of someone before you check if it is OK with the person. Never post a picture of someone who doesn't want you to post a picture of them! Never post naked pictures of yourself.</p>						
								

What made this possible

Our students have digital skills

Our students have working digital tools

Our students have a support-person at home

Our technician provides distance support





**Technical and
Pedagogical challenges**



DigiJag Center

Nationellt kunskapscenter för
deltagande i det digitala samhället

National knowledgecenter for participation in the digital society



- **Advice**
- **Competence development**
- **Resource bank - Learning resources**
- **Network**

Thanks for your attention


Contact;

kerstin.gatu@morafhsk.se


Communication

	<u>Easy Mail</u>	A program where you can choose to write or speak the text in your emails, have e-mails read aloud, easily attach images, and find the right address with help of photos	www.trollreda.se
	<u>ClaroRead</u>	TTS (Text to Speech)	http://www.svensktalteknologi.se




Structuring

	Starta	A simplified desktop where contents can be structured on different levels and with appropriate symbols	www.trollreda.se ingår i Bildfabriken
---	--------	--	--

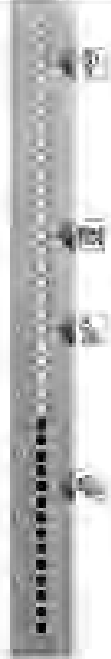

Supportive Imaging

	Fotostudion	A photo editing program where one can perform various operations with the help of symbols. The program also has simplified paths to locate and save photos	www.trollreda.se ingår i Bildfabriken
---	-------------	--	--

Economy

	Min Plånbok (My <u>Wallet</u>)	A program where you can work independently in deciding if you have enough money to buy a particular item	www.trollreda.se
	Min Kassa (My <u>Accounts</u>)	A program where you can plan purchases based on the amount of money you have available. The program has separate "accounts" for food, leisure, clothing and cash. It is easy to list products and adapt prices.	www.trollreda.se
	Min Räknare (My <u>Calculator</u>)	A <u>simplified calculator</u>	www.trollreda.se

Time

	<p>Visa tid (Show Time)</p> <p>Quarter Hour Watch</p> 	<p>A program that visually displays time. You can choose different views, set reminder alarms, etc.</p> <p>The Quarter Hour Watch (QHW) is a time aid for people with intellectual disabilities. The QHW does not show the actual time like ordinary clocks. Instead the time remaining until an event starts is graphically displayed by dots (or, in the timer mode, the time remaining until an event ends). Each dot corresponds to a quarter of an hour.</p>	<p>www.trollreda.se</p> <p>http://www.abilia.com/en (English)</p> <p>http://www.abilia.com/sv (Swedish)</p>
---	---	---	---

