

## How an Occupational Therapist can help you Stay in the Game

With the help of an Occupational Therapist (OT), anyone is able to participate in the Stay in the Game challenge. OT's can assist in finding the appropriate equipment or making modifications to your own equipment to ensure you're able to comfortably take part in the challenge.

### Visual Impairment

If you have a visual impairment, an OT can assist by:

- Organising a larger screen, so the game is bigger and easier to see
- Adjusting the settings on your current devices to make the visuals and fonts larger
- Enabling the colour blind filter on your devices, and adjusting this setting to suit your individual needs
- Assisting in the setup and operation of voice assistance on your devices

### Hearing Impairment

If you have a hearing impairment, an OT can assist by:

- Accessing/ purchasing accessories such as headphones or hearing aids
- Enabling captions and subtitles on the games
- Connecting your devices to your hearing aid
- Setting up noise cancellation on your devices
- Setting up your devices to ensure both speakers play the same level of audio

### Mobility Impairment

If you have a mobility impairment, an OT can assist by:

- Accessing controls for devices, or a Stylus for touch screen devices, to assist with fine motor control
- Larger controls for games, such as a bigger steering wheel for Nintendo Switch racing games
- Accessing games with larger buttons and controls, such as an Xbox 'Game Pad'

### Cognitive Health

An OT can assist with games to improve your cognitive health:

- Recommending games that will keep your brain active
- Enabling memory aids for the games, setting up reminders to encourage you to play

### Socialisation

An OT can assist with games that encourage socialisation by:

- Helping you to find games that yourself as well as your family and friends enjoy playing, so that you can play together
- Assisting you in choosing popular games with other Challenge contenders, so you can meet others within the Challenge