# Customising your PC

# **Topics**

### Screen

- Increase text size
- Screen magnifier
- Change contrast and colours

### Mouse

- Increase cursor size and colour
- Change Mouse speed

# Keyboard

Keyboard shortcuts

### Sound

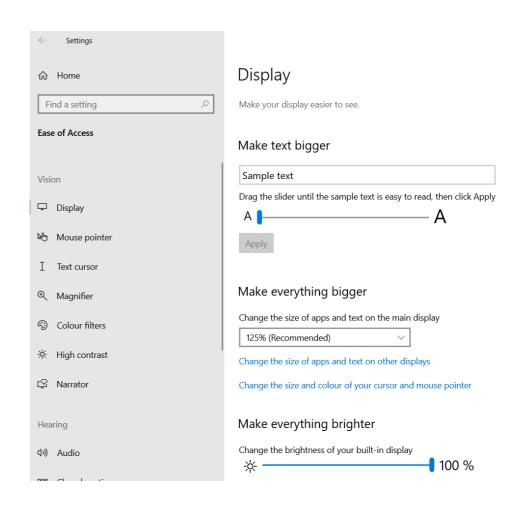
Increase volume

# Helpful devices

Keyboards, mice etc.

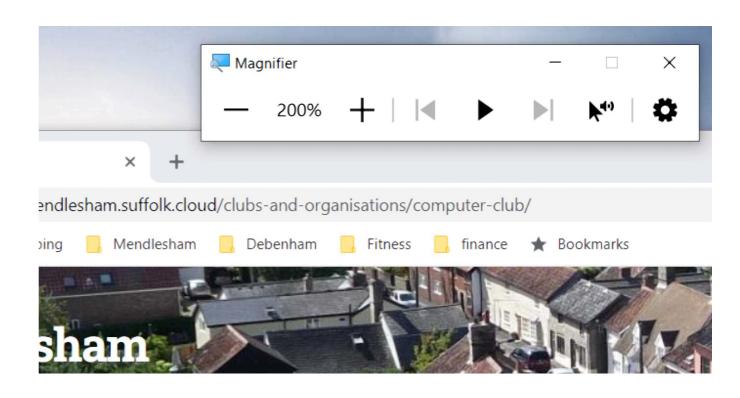
### **Text size**

- On Windows 10 go to Settings>Ease of access to increase the text size, screen zoom, and brightness.
- On Windows 11 go to Settings>Accessibility to increase the text size, screen zoom, and brightness.
- On Mac its System settings>Display and Accessibility



# **Screen Magnifier**

- On Windows press the Windows key
   and + to activate the magnifier
- On Mac to zoom in, press Option,
   Command and + keys together, Option,
   Command and zooms out



### **Colours and Contrast**

- On Windows 10 go to Settings>Ease of access, Colour filters and High Contrast.
- On Windows 11 go to Settings>Accessibility, Colour filters and High Contrast
- On Mac select System Settings, Appearance

#### Colour filters Make photos and colours easier to see by applying a colour filter to vour screen. Use colour filters Turn on colour filters Off Allow the shortcut key to toggle filter on or off \* Night light may decrease the effectiveness of colour filters. You may want to turn it off if you notice that some colours are harder to see. Press the Windows logo key ## + Ctrl + C to toggle filter on or off. Select a colour filter to see elements on the screen better (reverse colours on the display) Greyscale Greyscale inverted Or select a colour blindness filter to make the nine colours on the wheel more distinct. Red-green (green weak, deuteranopia)

#### High contrast

Make text and apps easier to see by using more distinct colours.

#### Use high contrast

Turn on high contrast

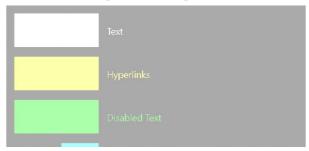


Press left Alt + left Shift + Print Screen to turn high contrast on and off.

Choose a theme

High Contrast 3 ack

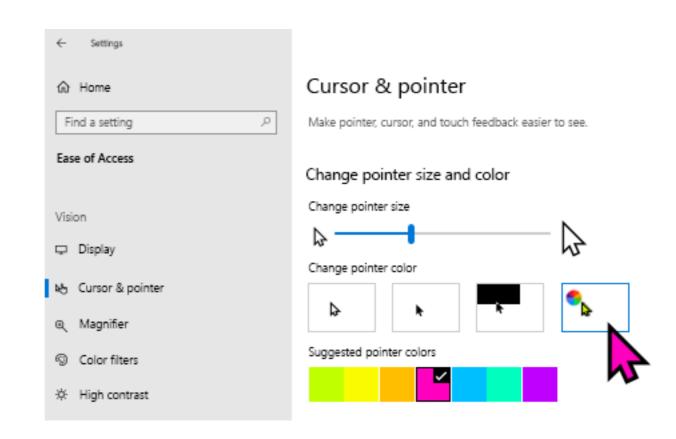
Select a coloured rectangle to customise high contrast colours



### **Mouse settings**

You can adjust the mouse size, colour, and speed.

- On Windows 10 go to Settings>Ease of Access>Mouse pointer
- On Windows 11 go to Settings>Accessibility>Mouse pointer and touch
- On Mac select System Settings>
   Accessibility>Display and scroll down to pointer



# **Keyboard shortcuts**

• Use keyboard shortcuts (such as pressing ALT to move the cursor up to the menu bar and then using arrow

keys to navigate the menus)

Windows	Mac	Action
ctrl Alt <delete></delete>		Reboot
Ctrl	command C	Copy selected items to clipboard
Ctrl X	command	Cut selected items
Ctrl V	command V	Paste items from clipboard
Ctrl a	command a	Select all
Ctrl Z	command <b>Z</b>	Undo an action
Ctrl	command V	Redo an action
Ctrl	command p	Print to a printer
Ctrl	command W	Close the active window
Ctrl n	command n	Open new window

# Lighting

 Natural lighting is preferable to artificial lighting; make sure that the monitor is perpendicular to the light source to reduce glare.

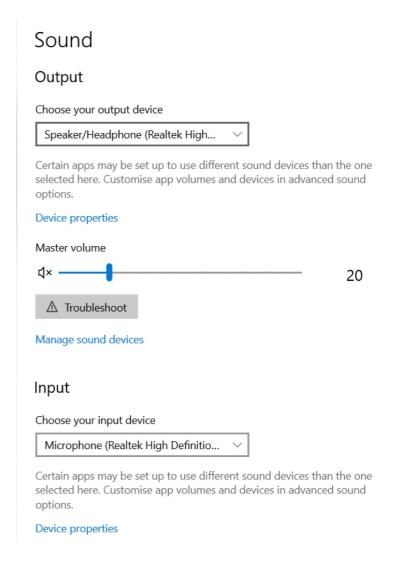
 If overhead fluorescents are the only options in the room, consider investing in an inexpensive gooseneck lamp to focus lighting on the keyboard



### Sound

 On Windows 10 or 11 go to Settings>System>sound to adjust devices and volume

On Mac System Settings>Sound



# **Devices that can help**

- It may be worth getting a large monitor to improve legibility
- The Trackball is good if you have wrist problems (e.g. RSI)
- There are many specialist keyboards, large keys (or keyboard stickers), illuminated...
- It may be a good idea to stick down the keyboard with Blutak if it moves around.
- It may be a good idea to get a pair of headphones if you like it loud! Some hearing aids have Bluetooth and can be connected directly to the PC, phone or tablet





### Other resources

 Both Windows and Mac have good resources for assistance with Accessibility such as screen readers. Search with Google for more information.

• There are companies that specialise in consultancy to organisations creating Accessible web sites. E.g. <a href="https://abilitynet.org.uk">https://abilitynet.org.uk</a> who also have an online form you can use to get help with your home setup.