**National
Organization on
Disability**

Helpful Tech for
Everyday Challenges

You don't need a diagnosis to benefit from accessibility tools. If certain everyday tasks feel unnecessarily difficult, this resource is for you. Each section provides free digital tools designed to make those tasks easier and faster.

Tools are grouped by the type of challenge they address, so you can quickly find solutions that match your needs. These examples illustrate what is available, but many other apps and features may offer similar support.

Reading Comprehension

If you lose focus while reading:

Try read-aloud tools
(read text aloud)

Examples:

Outlook   Android

iPhone   Windows

Try distraction-free reading *(removes clutter)*

Examples:
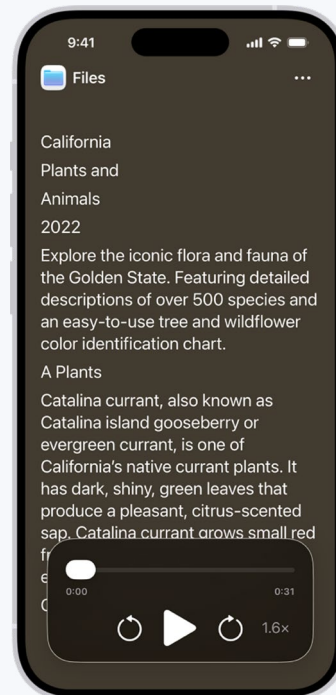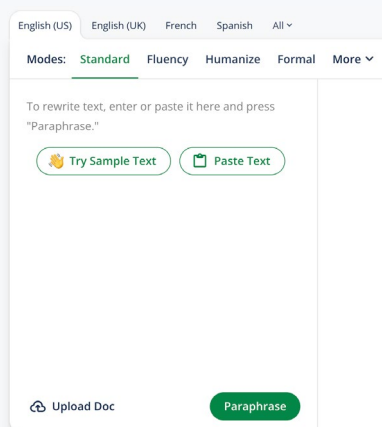
Word   Android

PowerPoint   Chrome

Safari

If text is too complex or technical:

Try text simplification tools
(rewrite text in simpler language)

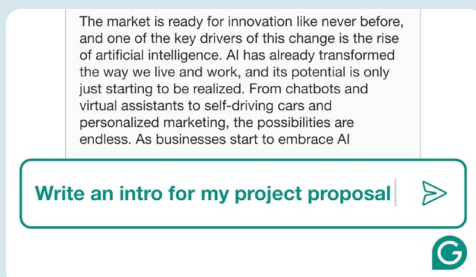**Example:**

Quillbot Paraphraser — Web

Writing

If writing an email takes too long:

Try grammar and style checkers *(check grammar and clarity)*

Example:

[Grammarly - Web](#) | [Browser Extension](#)

> The market is ready for innovation like never before, and one of the key drivers of this change is the rise of artificial intelligence. AI has already transformed the way we live and work, and its potential is only just starting to be realized. From chatbots and virtual assistants to self-driving cars and personalized marketing, the possibilities are endless. As businesses start to embrace AI
>
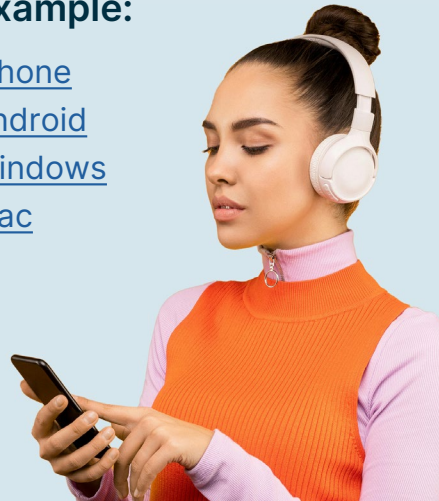> Write an intro for my project proposal

If it's hard to start writing:

Try voice dictation tools *(convert spoken words into text)*

Example:

[iPhone](#)
[Android](#)
[Windows](#)
[Mac](#)

If editing feels overwhelming:

Try grammar and style checkers *(check grammar and clarity)*

Example: [Grammarly – Web](#) | [Browser Extension](#)

Try read-aloud tools *(read text aloud)*

Examples: [Outlook](#) | [iPhone](#) | [Android](#) | [Windows](#)

Focus

If notifications keep pulling you away:

Try **"Focus Mode"** *(blocks or limits notifications)*

Examples: [iPhone](#) | [Android](#) | [Windows](#) | [Mac](#)

Try **app and website blockers:**

Example: [Foqos – iOS app](#)

Foqos App

If you struggle to stay on task:

Try pomodoro method applications *(break work into focused intervals)*

Examples:

[iFocus Keeper –](#)
[Web](#) | [iOS](#) | [Android](#)

Try visual timers *(colored disk gradually empties to show remaining time)*

Example:

[Time Timer -](#)
[iOS](#) | [Android](#) | [Physical Tool](#)

If noise makes it hard to concentrate:

Try noise-masking tools *(mask background distractions)*
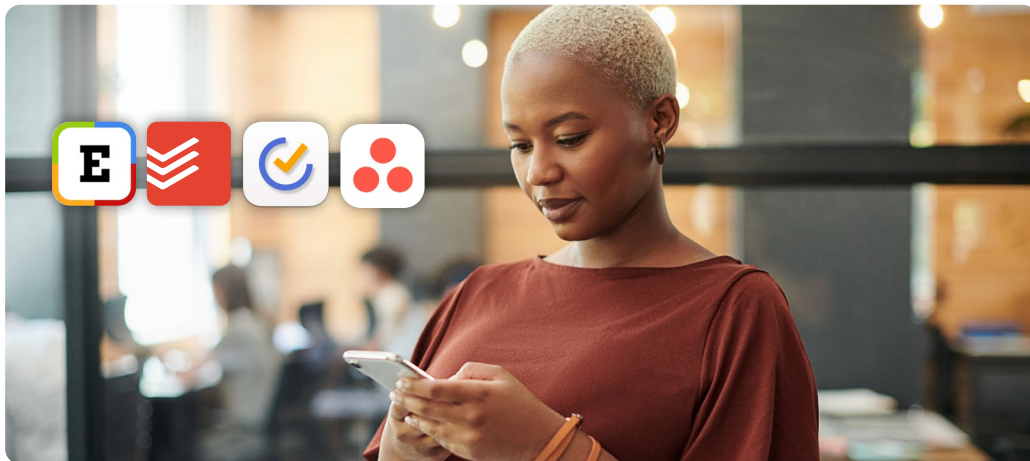
Examples:

Brown Noise playlists,
[Brown Noise for Sleep – iOS app](#)

If it's hard to know where to start:

Try Eisenhower matrix tools
(prioritize your tasks by urgency and importance)

Examples: [Eisenhower](#) | [Todoist](#) | [Asana](#) | [Tick Tick](#)

If your browser feels overwhelmingly cluttered:

Try tab organizers *(reduce browser clutter)*

Example: [OneTab – Browser Extension](#)

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Memory & Task Tracking
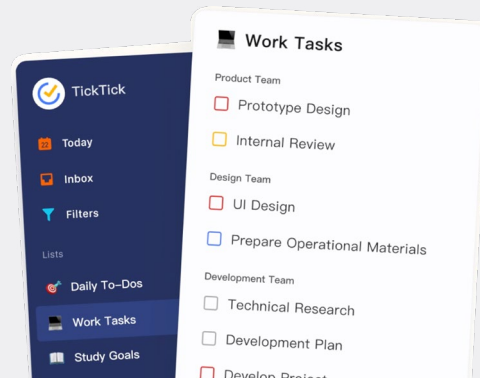
If you forget ideas:

Try note-taking apps *(capture quick notes and sync across device)*

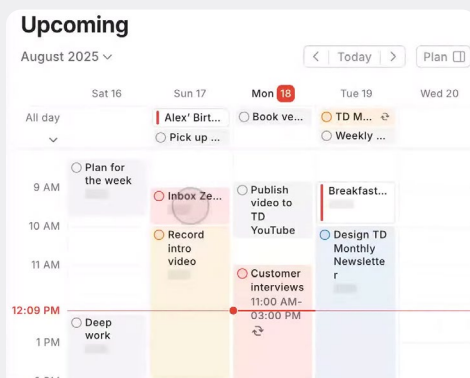**Examples:** Apple Notes | Google Keep | OneNote | Evernote | Notion

If you lose track of what needs to be done:

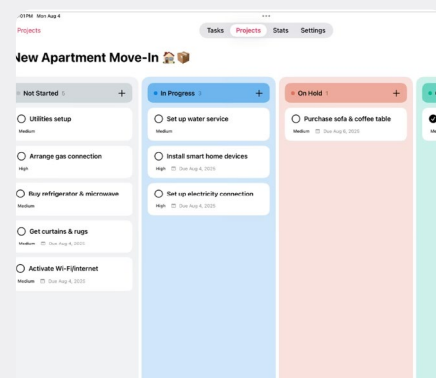**Try task management apps** *(schedule tasks and set reminders)*

TickTick

Todoist

Finish

[Asana]

Visual

If distinguishing between colors is difficult:

Try color adjustment tools *(adjust screen colors for clarity)*
Examples:

[Color Filters - iPhone](#)

[Color Correction – Android](#)

If text is hard to see:

Try high-contrast mode *(improves text visibility)*

Examples: [Windows](#) | [Android](#) | [Mac](#) | [iPhone](#)

If text is hard to see:

Try hover text *(shows enlarged text when hovering over menus or documents)*

Examples:
Mac | iPhone | Windows

Unlocking **human potential. Enhancing business performance.**

Try customizing your text cursor *(highlights the typing pointer)*

Examples:
Windows

If looking at a screen causes discomfort:

Try night mode
(reduces blue light to ease eye strain)

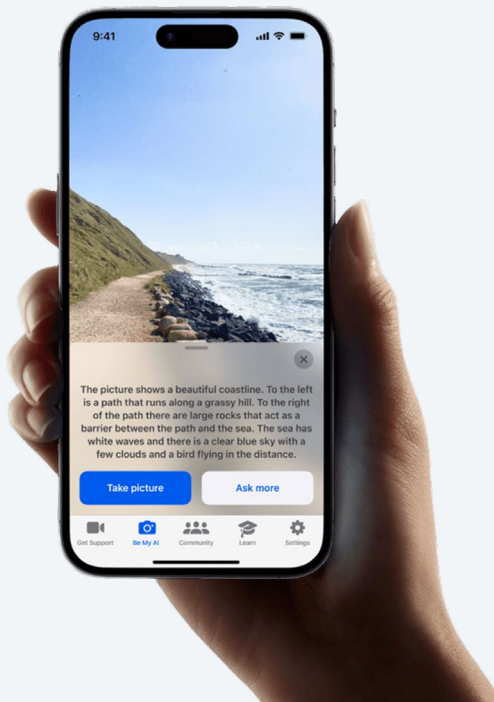Examples:
Windows | iPhone | Android

Desaturation mode
(makes bright colors less harsh)

Example:
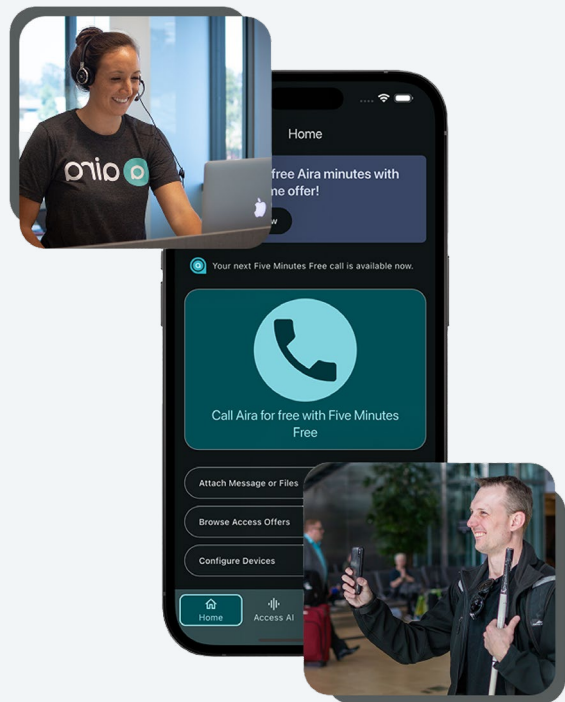Reduce White Point – iPhone

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If it's hard to see your surroundings:

Real-time visual assistance tools *(provide instant descriptions of the environment)*

[Be My Eyes – iOS | Android](#)

[Aira – iOS | Android](#)

Hearing

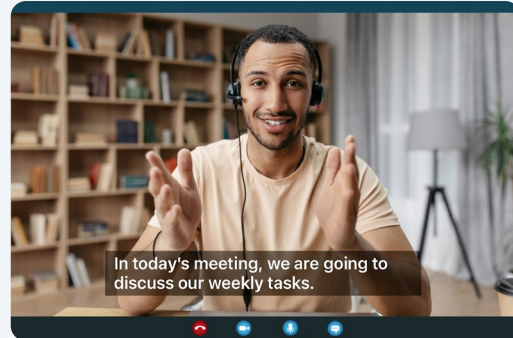## If it's hard to follow conversations:

**Try live captioning
and transcription tools**
*(show real-time captions
for speech)*

Examples:

iPhone | Android | Windows

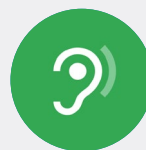In today's meeting, we are going to discuss our weekly tasks.

If background noise makes it harder to hear:

Try amplification tools
*(boost speech and reduce
background noise)*

Live Listen -
iPhone

Sound Amplifier -
Android

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Mouse or Keyboard Use

If using a mouse or keyboard feels difficult:

Try voice navigation tools *(navigate and control your device by voice)*

Examples: [iPhone](#) | [Mac](#) | [Android](#) | [Windows](#)

This resource was developed with input from individuals who shared their challenges and the tools on which they rely. Thank you to everyone who shared suggestions and helped shape this guide.

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