

What's Out There that Can Help Us in our Patient Care?

Mark Licht, O.D.
Kraskin Invitational Skeffington Symposium
Washington, DC
January, 2019
BinocDoc@gmail.com

Abstract:

Didactic and clinical techniques are discussed to enhance benefit in patient care, recommendation and practice management.

Low Vision and Assistive Technology

Magnifying glass with light (paid version has an image stabilizer and inverse video) Falcon in Motion, LLC

Overdrive - e-books and audiobooks free from public libraries overdrive.com

(Libby is their new app; each has its advantages)

Echo (various models) amazon.com

Google Home (various models)

Kindle fire HDX has Voiceover

Robotic technology improving, but units are still very expensive

OrCam MyEye Wearable personal assistant, responds to gestures, reads menus and signs, recognizes items, money and faces.

Among Most popular Virtual Assistants:

Alexa (Amazon)

Google Assistant

Siri (Apple)

Cortana (MS)

Smart Surge protectors with USB charging ports, controllable by Alexa and Google assistant [Wheswell](http://Wheswell.com)

Remote mice/ Ppt controllers, such as Air Mouse, with tactile QWERTY keyboard. Available with microphone as well. Can be useful for those with difficulty with dexterity control

BARD app, National Library Service for the Blind and Visually Handicapped, LOC, + OverDrive, Kanopy
Andrew Heiskell Braille and Talking Book Library 40 W 20 St NYC

Tunity for hearing impaired

Remote listening, e.g., on many Roku remotes and mobile apps

New iOS and Android capabilities in assistive technology

(over)

Binocularity/Visual Memory/Sequencing/Figure-Ground/Cognition

Coding Jam (patterns and sequences), for Osmo, on iPad or Fire Tab (and other educational games)

Visual Memory

Harvey's hundreds (iOS/Android)
Visual Memory Nintegra
Toddler Memory Games
Find Pairs

June's Journey: Hidden Objects

Z-Anaglyph Software (Generates Red-Blue)

Tipard Video Converter tipard.com

3D Video Player cyan soft

Autostereoscopy technology is advancing – expect to see more of it in the next few years. Some of it is already being employed in Fujifilm's FinePix Real 3D W1 digital camera and in the Nintendo 3DS.

Update on 3D sources available on Roku, for 3D presentation:

Drive-in Classics has 35 anaglyph films
3D Sun on Kanopy channel
3D Crave (Side-by-side: 3D TV or convert to anaglyph))
Superman 3D channel 2-hour animated anaglyph

VIVID Vision Virtual Reality VT seevividly.com

General Cognitive and Cognitive Behavioral Therapy

IQ/Perception/Cognition apps for iOS and Android

Peak – Brain Training

Left vs. Right app

Elevate - Brain Training v 5.9.2 includes cognition games

Lumosity

Brainwell app Mind- brain training

Brain Trainer: Tune your brain app

Mind Games – Brain Training

Pacifica App for Stress and Anxiety
Inscape: Meditation and Sleep
Moodpath: Depression and Anxiety

Inscape Circle
Moodpath UG

Systemic Health and Well-being

EMR is still a major potential problem with mobile phones, and may be significantly exacerbated with the proliferation of 5G usage

(over)

EMF Radiation Detector
Filtering high energy wavelengths

meterk.com
shopfelixgray.com
Kodaklens.us

Happy Light Light Therapy Lamp

verilux.com

Sunrise Alarm Clock - Gradual increase in luminance

vodool.com

Air Ae Steward Multifunctional Air-quality monitor
Corentium Home Radon Detector

Yvelines
airthings.com

Concern with Bose Sight & Sound Sunglass Collection - spectacle speakers

Yoga Wake-Up (Subscription)

(Also See CBT above)

Other Progress of Note

Advances in Virtual and Augmented Reality

Research on Nano-drops to re-shape the cornea

Bar-Ilan University

HET - Use of Interference patterns to deliver therapy without damage to surrounding tissue Gene Dolgoff

Language Applications for Patient Communication and Practice Management
Duolingo
MosaLingua

Translation apps iOS and Android
Google Translate (103 languages – 59 off line) Now includes camera and speech translation
iHandy
iTranslate (need premium for voice commands)

Deliveries (Paid) tracks packages from various services, and generates incoming lists

Note-taking
Agenda (iOS)
Neon (iPad) Reads handwriting and generates text

Range Extenders/Routing
HooToo
Kisslink Proximity technology: no password needed

Hootoo.com
keewifi.com

Portable chargers with solar panel or hand-warmer function