TECH OWL
TECHNOLOGY FOR OUR WHOLE LIVES

Accessible Recreation Tools

by the PA Technology Champions

Temple University
College of Education and Human Development
Institute on Disabilities

PENNSYLVANIA DEVELOPMENTAL DISABILITIES COUNCIL

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The PA Technology Champions is a community of individuals with developmental disabilities from PA. This guide is a resource to make technology accessible to everyone.

This guide is for: People interested in using technology to explore the outdoors.

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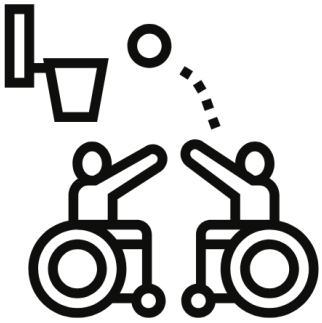
CHAPTER 1
What are Accessible Recreation Tools?

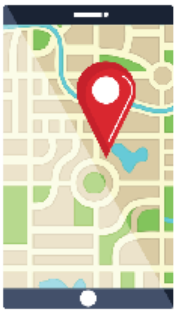


Accessible recreation tools help people with disabilities do the fun things that they want to do.

Accessible recreation tools might include things like apps on your phone or devices like a smart watch.

Accessible recreation tools might help people do things like go on a hike or visit nature.

CHAPTER 2
GPS Apps



GPS apps use your device's Global Positioning System (GPS).

GPS apps help you know where you are and how to get to other places.

People use GPS apps for directions to travel in cars and on public transportation.

Google Maps or Apple Maps also give directions when you walk.

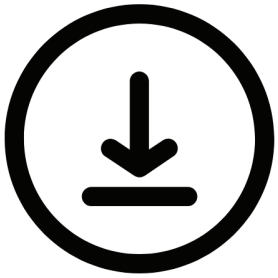
CHAPTER 3
Using Offline Access with Google Maps

When you are outside you might lose internet access on your phone.

Internet access means being able to go online to look things up and use apps.

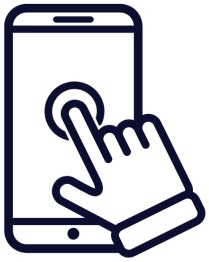
You might not be able to use Google Maps if you lose internet access.

CHAPTER 3
Using Offline Access with Google Maps
continued



You can still use Google Maps if you download the offline map in advance.

To download the offline map, search for the area in Google Maps.



Then click the location, tap more, select “download.”

Now you can use Google Maps in that area without internet access.

CHAPTER 4
Smart Watches

Smart watches like a FitBit or Apple watch can help you track your steps and stay active.

Smart watches can connect to an app on your phone.

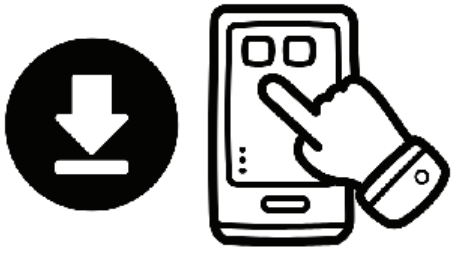
Apple watches work best with iPhones.

FitBit watches work best with Android phones.

CHAPTER 5
Connecting Your Smart Watch with Your Phone

Smart watches can do many of the same things as your phone.

To connect your smart watch with your phone, do the following steps:

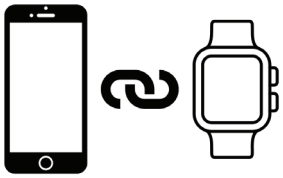


1. Download the app that works with your smart watch, like the Apple Watch app or the Fitbit app.

CHAPTER 5
Connecting Your Smart Watch with Your Phone
continued

2. Turn on Bluetooth on your phone.

3. Open the watch app on your phone.



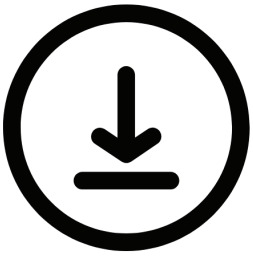
4. Pair your phone and your watch.

5. Follow the steps in the app to finish setup.

CHAPTER 6
Using a Smart Watch Outside

Smart watches can be a hands-free way to stay safe while you are outside.

Apps like maps and weather can help you stay safe outside.



Download the map or weather app *(for help see Chapter 10 or 11 of the My First Smart Phone Guide.)

CHAPTER 7
Using a Smart Watch to Track Steps

You can use a smart watch to track your distance when outside.

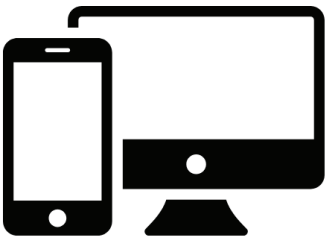
The Apple Health or Fitbit apps can help you track your steps.

CHAPTER 8
Using a Smart Watch to Monitor Your Heart Rate

You can use your smart watch to monitor your heart rate to stay healthy.

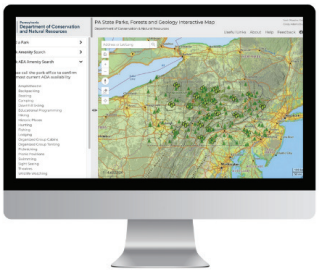
Apps like Apple Health and the Fitbit app can monitor your heart rate.

CHAPTER 9
Accessible Recreation Resources



There are helpful tools to make it easier to find accessible trails and parks near you.

The TrailLink app or the AllTrails app help you find wheelchair-accessible trails.



The PA State Parks website has a map of ADA-accessible trails and features.

CHAPTER 10
Other Phone Apps

There are phone apps that can help you explore the outdoors.

Think about what you want to do outside.

Search your apps store to find and download an app that helps you do what you want to do.

CHAPTER 11
Bird Apps

If you like birds, you can download an app to learn more about them.

The Merlin Bird app identifies birds by taking a picture or recording a sound.

You might also like the Audobon Bird Guide app or the eBird app.

CHAPTER 12
Plant and Flower Apps

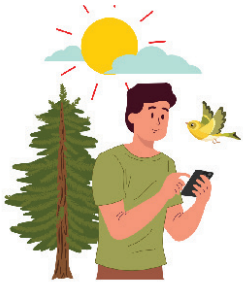
If you like plants and flowers, you can download an app to learn more about them.

The PictureThis app identifies plants and flowers by taking a picture.

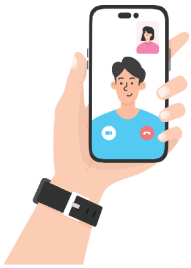
You might also like the Seek by iNaturalist app or the PlantSnap app.

CHAPTER 13
Have Fun and Stay Safe

Accessible recreation tools make activities like hiking and nature watching easier.



These tools can help you stay safe, healthy, and connected.



Remember to let someone know where you are going before you go out on a hike.

Try using these tools to discover the world around you and have fun!

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Reach out to TechOWL to learn more about accessible technology.

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