Accessibility Features on Apple Mac

Apple strives to create products and software that are accessible to as many people as possible. Here are some accessibility features on Mac to make your computer work for your needs.¹

Vision

VoiceOver

VoiceOver can assist you with navigating PDFs, websites, emails and even gives you detailed audio descriptions for movies. It gives you auditory descriptions of each onscreen element and provides helpful hints along the way — whether you prefer using gestures, a keyboard or a braille display. And it supports more than 35 languages, including multiple voice options.

To enable VoiceOver:

- Click the Apple menu button and then select System Preferences > Accessibility > VoiceOver
- Click the checkbox next to Enable VoiceOver. If you have never enabled VoiceOver before, a narrator will welcome you to VoiceOver and tell you to press the V key on your keyboard if you’ve used VoiceOver before or press the Spacebar if you haven’t.

You’ll find a full user guide for VoiceOver online: https://help.apple.com/voiceover/mac/10.14/

Dark Mode

Dark Mode transforms the desktop and built-in apps with a new dark colour scheme that helps you focus on your work.

- Light text against darker backdrops in Mail, Safari Reader, Calendar and more makes everything easier to read in low lighting conditions.
- Accessibility preferences for increased contrast and reduced transparency still work with Dark Mode enabled.

To enable VoiceOver:

- Click the Apple menu button and then select System Preferences > General > Appearance > Dark

Dictation

Dictation lets you talk where you would type — and it works in over 40 languages. So you can reply to an email, search the web or write a report using just your voice.

To activate Dictation:

- Navigate to any text field, like a document or browser address bar
- Double-press the Fn key and a microphone appears on your screen

¹ The guidance in this user guide is taken from Apple’s accessibility web site.
Zoom
Zoom is a powerful built-in magnifier that lets you enlarge your screen up to 20 times, so you can better see what’s on the display.
To enable screen zoom:

- Click the Apple menu button and then select System Preferences > Accessibility > Zoom

New to Screen Zoom in modern versions of OS X are optional keyboard shortcuts to zoom in and out:
- Command + Option+ = to zoom in
- Command + Option+ - to zoom out

Just like other versions of Mac OS X, you can still toggle anti-aliasing on and off within the Zoom feature by hitting Command + Option + /.

Remember, screen zoom is enabled by default in earlier versions of Mac OS X, just hold down the Control button and zoom with the mouse wheel or trackpad, just like it works in modern versions of Mac OS once it has been enabled.

Cursor size
macOS lets you magnify your cursor so it’s easier to see where you are and follow along as you move around your Mac. Set the cursor size once and it stays magnified even when its shape changes. And when you swipe back and forth on your trackpad or quickly shake your mouse, the pointer grows so it’s easier to locate.
To change cursor size:

- Click the Apple menu button and select System Preferences > Accessibility > Display > Cursor size

Contrast options
If a higher contrast or a lack of colour helps you better see what’s on your display, macOS lets you invert colours or enable greyscale onscreen. Once you set your preferences, they apply systemwide, so you get the same view in every app.
To change contrast:

- Click the Apple menu button and then select System Preferences > Accessibility > Display > Increase contrast

Hearing
Mono Audio
This feature allows you to convert stereo sound into a single channel so you can hear everything, even if you’re using just one headphone or deaf in one ear.
To enable mono audio:

- Click the Apple menu button and select System Preferences > Accessibility > Audio > Play audio as mono

FaceTime
FaceTime is a great way for people who use sign language to communicate easily. It has high-quality video and a fast frame rate, so you can catch every sign, gesture and facial expression. And because Mac, iPhone,
iPad and iPod touch all come equipped with FaceTime, you can talk to iOS and macOS users across the street or across the globe.

**Screen Flash**
Instead of playing an alert sound, your Mac can flash its screen when an app needs your attention. Screen Flash automatically works with every app that uses the system beep. So there’s nothing more for you to do once you set it up.

To enable screen flash:

- Click the **Apple menu button** and then select **System Preferences > Accessibility > Audio > Flash the screen when an alert occurs**

**Closed captions**
Watch films, TV programmes, videos and podcasts using closed captioning, a feature supported in macOS apps like iTunes and QuickTime. Just look for the small CC icon to buy or rent captioned films from the iTunes Store or find captioned podcasts in iTunes U. You can even customise captions with different styles and fonts, including styles that are larger and outlined.

**Neurodiversity**
Mac helps you find your focus so you can think big. Because it’s built with neurodiversity in mind. Text to Speech adds auditory reinforcement to books, websites or homework assignments. Word Completion helps boost vocabulary and word-building skills.

**Text to speech**
If you learn better when you can hear what you’re reading or writing, Text to Speech can help by adding an auditory component to books, websites or homework assignments. Highlight any text and hear it read aloud in more than 70 voices across 42 languages. You can even adjust the speaking rate.

To enable text to speech:

- Click the **Apple menu button** and then select **System Preferences > Accessibility > Speech**

**Word Completion**
To help with vocabulary and word-building skills, macOS provides word completion in apps like TextEdit and Pages. After typing just a few letters, press the F5 key and macOS suggests words. Select the word you want, and macOS completes it for you.

- To use the word completion feature, start typing a word and press the Escape key on your keyboard. This will open up a list of suggestions for the currently selected word in your document.
- You can then choose an option from the list and Mac OS X will complete the word for you. This feature works in TextEdit and any of the iWork programs (Keynote, Numbers and Pages).

**Simplify Finder**
Mac can be set up to be easier to use for people with cognitive and learning disabilities. Simple Finder reduces the Dock to just three folders.

To simplify finder:

- Click the **Apple menu button** and then select **System Preferences > Parental Controls > Select User > Other > Use Simple Finder**
Apple accessibility support

If you use an accessibility feature or assistive technology, you can get direct access to Apple representatives who are trained in providing support using accessibility services.

Apple Support is available over the phone or chat. You can request a call right away or schedule a time for us to call you when you’re ready. Just answer a few questions and we’ll select the best options for you. Contact Apple Support to schedule a time to talk.

Call for accessibility support

To contact Apple Accessibility Support over the phone in English, use these numbers:

- United States: 1-877-204-3930
- United Kingdom: 0800 107 6285
- Australia: (61) 1-300-365-083

To contact Apple Accessibility Support over the phone in China mainland, use this number:

- 400-619-8141 (Mandarin only)