

## READ ME FIRST – HOW TO GET THE BEST OUT OF DISABILITY MATTERS

Here are a few pointers to help you to access all of the learning content in Disability Matters.

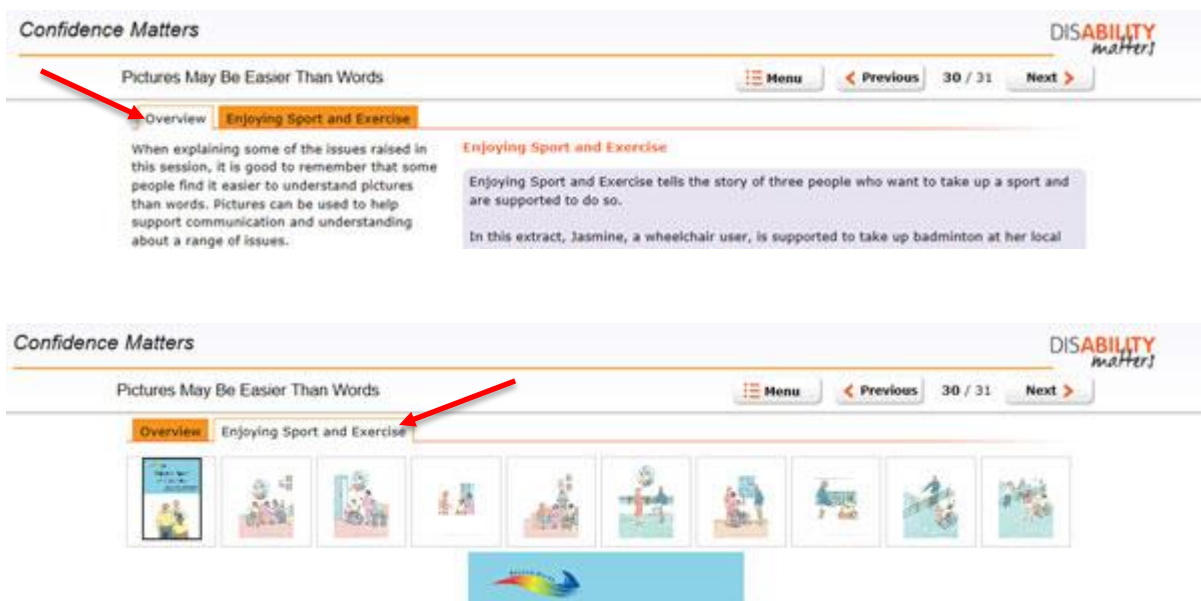
### Hyperlinks

Watch out for [hyperlinks](#) - they look like [this](#). Some of them may be quite small e.g. ([Fig 2](#)). You need to [select](#) on each [hyperlink](#) in turn to access all of the learning materials, images and text.

Some of the links may take you out of the session to another website. Please do return to Disability Matters to complete the session!

### Tabs

Watch out for **tabs**, which look like this:



You need to select each tab in turn to access all of the learning materials, images and text.

### Video

There are a number of **videos** in Disability Matters. In order to play them, you need to select the play button, which looks like this:



If you want to **make the video full-screen**, select as shown below:



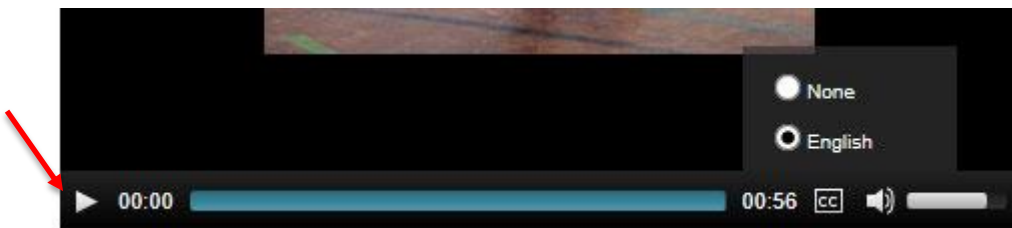
To **return to the session once you have viewed the video in full-screen**, select as shown below or use the Esc key.

If you would like **captions/subtitles for the videos**, select as shown below:



## Audio

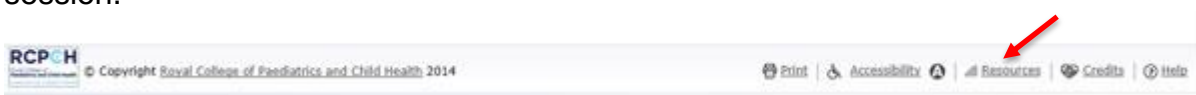
To hear **audio recordings** in Disability Matters, select **play** as shown below:  
(Please add screenshot)



If you would like **captions/subtitles for the videos**, select as shown below:



If you would prefer to read a **transcript** of the video or audio, you can access this in the resources section at the end of the session or on link in the bottom bar on the right of the session.



## Reflective moments

There are regular **Reflective Moments** throughout Disability Matters. You need to write your thoughts in the text box and then select the **Submit** button. This will let you see the **Feedback**.

No-one else will see what you put in the text box, but on the last page you can copy and print it out all comments from these questions for your own future reference.

## Accessibility features

For more information on Accessibility features within Disability Matters, select as shown below:

The screenshot shows the 'Reflection Matters' session overview page. The page includes a navigation bar with 'Menu', 'Previous', '1 / 22', and 'Next' buttons. The main content area features a 'Description' box, a metadata table, and logos for 'DISABILITY matters', 'e-LfH', and 'NHS Health Education England'. At the bottom, a footer contains the RCPCH logo, copyright information, and a utility bar with 'Print', 'Accessibility', 'Resources', 'Credits', and 'Help' links. A red arrow points to the 'Accessibility' link in the utility bar.

<b>Description</b>	Reflection helps us recognise our limits and then improve. This session allows you to examine your thoughts and attitudes to disability in the past, how you think of it currently and how you might think about it in the future. You will have a chance to think about your experience and what you would do differently next time.
<b>Author</b>	<a href="#">Karen Hornidge</a>
<b>Module Editor</b>	<a href="#">Richard Newton</a>
<b>Module</b>	Understanding Disability
<b>Duration</b>	30 min
<b>With contributions from:</b>	Fiona Bubb, Jayne Stevens, Victoria Siegler, Sharon Smith, Lucy Thompson

To activate the Accessibility view within Disability Matters, select as shown below:

This screenshot is identical to the one above, showing the 'Reflection Matters' session overview page. A red arrow points to the 'Accessibility' link in the footer utility bar.

<b>Description</b>	Reflection helps us recognise our limits and then improve. This session allows you to examine your thoughts and attitudes to disability in the past, how you think of it currently and how you might think about it in the future. You will have a chance to think about your experience and what you would do differently next time.
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