macOS Accessibility Settings

1. Vision Accessibility Settings

1.1 VoiceOver

- **Description:** Built-in screen reader that provides audible descriptions of on-screen content for users with visual impairments.
- **How to Enable:**
  - Go to Apple menu > System Settings > Accessibility > VoiceOver.
  - Toggle the VoiceOver switch.
  - Keyboard shortcut: **Command (⌘) + F5**
- **Sub-settings & Options:**
  - VoiceOver Utility (customize voices, verbosity, navigation, braille, sound, and more)
  - Interactive VoiceOver Training
- **Keyboard Shortcuts:**
  - Turn VoiceOver on/off: **Command (⌘) + F5**
  - Open VoiceOver Utility: **Control + Option + F8**
  - VoiceOver Help: **Control + Option + H**

1.2 Zoom

- **Description:** Magnifies areas of the screen for better visibility.
- **How to Enable:**
  - Apple menu > System Settings > Accessibility > Zoom.
  - Toggle "Use keyboard shortcuts to zoom."
- **Sub-settings & Options:**
  - Full-screen, split-screen, or picture-in-picture zoom
  - Enable/disable trackpad gesture to zoom
  - Enable/disable hover text
  - Enable Touch Bar zoom (for MacBook Pro with Touch Bar)
- **Keyboard Shortcuts:**
  - Zoom in: **Option + Command + =**
  - Zoom out: **Option + Command + -**
  - Toggle zoom: **Option + Command + 8**
  - Use scroll gesture with modifier key (default: Control) to zoom with trackpad/mouse

1.3 Hover Text

- **Description:** Displays enlarged text under the pointer when a modifier key is pressed.
- **How to Enable:**
  - System Settings > Accessibility > Hover Text.
  - Toggle Hover Text switch.
- **Usage:**
  - Hold **Command (⌘)** and hover over text to enlarge.

1.4 Display

- **Description:** Adjusts screen appearance for better visibility.
- **Sub-settings & Options:**
  - Increase contrast

- Reduce motion
- Apply color filters/tints
- Adjust pointer size and color
- Invert colors
- Reduce transparency
- Make text bigger

1.5 Spoken Content (Read & Speak)

- **Description:** Customizes system voice and enables spoken feedback for selected text, alerts, and items under the pointer.
- **Sub-settings & Options:**
  - System voice selection
  - Speaking rate and volume
  - Speak selected text (keyboard shortcut: **Option + Esc**)
  - Speak items under pointer
  - Accessibility Reader

1.6 Audio Descriptions

- **Description:** Provides spoken descriptions of visual content in media (movies, TV, etc.) when available.
- **How to Enable:**
  - System Settings > Accessibility > Descriptions.

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2. Hearing Accessibility Settings

2.1 Hearing Devices

- **Description:** Pair and adjust Made for iPhone (MFi) hearing devices.
- **How to Enable:**
  - System Settings > Accessibility > Hearing Devices.
- **Note:** Only available on select Macs with M1/M2 chips or later.

2.2 Audio

- **Description:** Customizes audio output for accessibility.
- **Sub-settings & Options:**
  - Play stereo sound as mono
  - Enable/disable Spatial Audio
  - Boost frequencies or soft sounds
  - Headphone accommodations

2.3 RTT (Real-Time Text)

- **Description:** Enables making and receiving RTT calls.
- **How to Enable:**
  - System Settings > Accessibility > RTT.
- **Note:** Requires Wi-Fi calling and compatible iPhone/Mac.

2.4 Captions

- **Description:** Controls subtitle styling and closed captions/SDH usage.
- **Sub-settings & Options:**

- o Style subtitles (font, size, color, background)
- o Enable closed captions and SDH

2.5 Live Captions

- **Description:** Provides real-time captions for audio content.
- **How to Enable:**
  - o System Settings > Accessibility > Live Captions.
- **Sub-settings & Options:**
  - o Caption styling (font, size, color)
- **Note:** Available only on Macs with Apple silicon; not available in all languages/regions.

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3. Motor Accessibility Settings

3.1 Keyboard

- **Description:** Customizes keyboard behavior for accessibility.
- **Sub-settings & Options:**
  - o Sticky Keys (allows modifier keys to be pressed one at a time)
  - o Slow Keys (adjusts response time for key presses)
  - o Key Repeat (adjusts repeat rate and delay)
- **Keyboard Shortcuts:**
  - o Toggle Sticky Keys: **Option five times**
  - o Toggle Slow Keys: **Option five times**

3.2 Pointer Control

- **Description:** Adjusts mouse/trackpad settings for easier control.
- **Sub-settings & Options:**
  - o Mouse Keys (control pointer using keyboard)
  - o Double-click speed
  - o Spring-loading delay
  - o Trackpad options

3.3 Switch Control

- **Description:** Enables control of Mac using adaptive switches.
- **How to Enable:**
  - o System Settings > Accessibility > Switch Control.
- **Sub-settings & Options:**
  - o Panel customization
  - o Scanning style and timing

3.4 Dictation

- **Description:** Allows text input and control using voice.
- **How to Enable:**
  - o System Settings > Accessibility > Dictation.

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4. General Accessibility Settings

4.1 Siri

- **Description:** Voice assistant for hands-free control.
- **How to Enable:**
    - System Settings > Siri & Spotlight.

4.2 Accessibility Shortcut

- **Description:** Quickly access accessibility features.
- **How to Use:**
    - Press **Option + Command + F5** to open Accessibility Shortcuts menu.

4.3 Other General Settings

- Reduce Transparency
- Increase Contrast
- Invert Colors
- Reduce Motion

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5. How to Access Accessibility Settings

Step-by-Step Instructions

1. Click Apple menu (top left of screen).
2. Select "System Settings."
3. Scroll down and click "Accessibility" in the sidebar.
4. Select desired category (Vision, Hearing, Motor, General).
5. Toggle or configure settings as needed.

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6. Notes

- Some features (e.g., Live Captions, Hearing Devices) require specific hardware (Apple silicon, M1/M2/M3/M4 chips).
- Keyboard shortcuts may vary by MacOS version; always check System Settings for the latest options.
- Deprecated or pending verification features are not included.