

ILS series

Money and Shopping Skills

Supermarket shopping

Resources for navigating supermarkets

[Grocery Store Exploration](#)

- Tips for teaching supermarket layouts.
- Includes links to 5 useful video resources.

[Simplifying Grocery Store Visits](#)

- Practical tips for visually impaired shoppers.

[How Do People Who Are Blind or Visually Impaired Shop Independently?](#)

- Alternative tips and techniques.

[Tesco hidden disabilities helping you shop in store](#)

- Article on accessibility and support in Tesco including:
 - Access guides to Tesco stores.
 - BeMyEyes.
 - High contrast and large print self-check kiosks.

Phone Apps and technology for scanning shelves and navigating shops

[OOrion](#) (iOS only)

- Can describe features and objects in your location.
- Can scan, locate and direct to specific objects or items.
- Free app.

[Lookout](#) (android only)

- Mode for exploring and reading food labels.
- Watch [Introduction to Lookout](#).
- Free app.

[Navilens](#) (iOS and Android)

- Accessible QR code
- A number of major brands are using the QR code (see website for more details).
- Can locate and direct to specific products that have the QR code.

- Can be used to navigate in retail shops where the QR code is being used. (Currently no UK shops are using Navilens QR codes for navigation, but this may change.)
- Watch how Navilens aids [Independent shopping at Tesco Supermarket](#) in Ireland.
- Free app.

[AIRA explorer app](#) (iOS and Android)

- Visual interpreting by live trained agents.
- Help with navigation.
- Identification and location of objects or items.
- Can send documents or photographs to be interpreted.
- Ages 13 and over.
- Works with meta glasses.
- Limited free access, subscriptions available.

[Lumyeye pro](#)

- Voice operated.
- Offers reading, directions, scanning, live information and more.
- Subscription based app with a free trial.

[Seeing AI](#)

- Read information.
- Describe items.
- Scan barcodes.
- Designed for VI.
- Free app.

[Meta glasses](#)

- Links with iPhone and Android. Android phone can access advanced features.
- Can help identify products, scan shelves and read labels.
- Can help navigate shops.
- Watch how [Meta glasses are making life for visually impaired users easier](#).
- Ages 16 and over.

Store scan and go apps and handheld devices

- Some major supermarkets offer scan and go apps and handheld devices.
- These have built-in barcode scanners that give information on the product and price.
- These aren't specifically designed for visual impairment so some young people may find them difficult to navigate.

Shopping lists

Resources for creating shopping lists

[Grocery Shopping: Creating a List with Pictures for Students with Low Vision](#)

- Helpful for CYPVI with low vision and multiple disabilities.

[Insight for Blind](#)

- Youtube Channel with insights for shopping and organisation from a Blind Occupational Therapist.

[WayAround YouTube](#)

- Ideas for using WayAround's NFC tags (WayTags) alongside other methods for organising, shopping and more.
- Although there are currently no UK suppliers of the WayTags, there are still some great ideas for organising in these videos and some of the techniques may be able to be applied to other NFC or RFID tags.

Photo apps and technology for organising and identifying items to purchase

[Fridge buddy Alexa](#)

- Tracks expiry dates.

Smart fridge

- In-built Alexa or SmartThings (Samsung) can track expiry dates.

[Zuzanka](#)

- Scans barcodes and expiry dates.
- Users built in voice-over.
- Designed for visually impaired.

- Subscription required.

NFC or RFID tags

- These can be placed on various items.
- Smart phone apps can record information about the item like what it is someone expires.
- Smart phone can then be used to read the NFC or RFID labels to retrieve this information.

Expiry date apps

- There are a variety of expiry date apps, most of these rely on the user to access and enter the expiry date.
- Some of these will photograph expiry date but the user needs to know where to aim the camera.

Phone apps for creating shopping list

Ticklyst (iOS only)

Pros

- Can select specific shop.
- Automatically organises categories into the store layout.
- Works with voice over.
- Free.

AnyList (iOS and Android)

- Includes recipes and meal plans.
- Can add ingredients from the recipes.
- Automatically organises into categories.
- Good contrast.
- Works with voice over.
- Free.

OurGroceries (iOS and Android)

- Includes recipes.
- Can add ingredients from the recipes.
- Automatically organises into categories.
- Good contrast.
- Works with voice over.
- Free.

Echo Dot

- Smart speaker with built in Alexa.
- Inbuilt shopping list can be created using voice.
- Shopping lists can be viewed and shared in the [Amazon Alexa](#) app.

Using self checkouts

Resources

[Making kiosks in stores and public buildings more accessible](#)

- Double Tap podcast about Jaws technology for kiosks.

Bank cards, contactless payments and banknotes

Resources

[Talking ATMs](#)

- RNIB article detailing how talking ATMs work.
- Includes a link to help you find the nearest talking ATM.

[Best bank accounts and debit cards for kids](#)

- Compares the features of various youth bank account.

[Go Henry](#)

- Offers youth bank accounts.
- Financial education for children and young people.
- Find out about [Go Henry accessibility](#).

[Introducing touch cards by MasterCard](#)

- Blind Life YouTube review of touch cards by MasterCard.

[Guide to accessible banking](#)

- RNIB Guide including how to access online banking, security questions and accessibility.

[Coin and banknote identification](#)

- Henshaws YouTube channel.
- Tactile recognition of banknotes and coins.
- Using phone apps to identify banknotes and different currencies.

Accessibility at Banks

Banks have various ways to make banking more accessible for visually impaired customers including producing large print and Braille statements, tactile and high visibility bank cards, accessibility features on their banking app and website. These can differ from bank to bank. Below are links to accessibility pages for a few different banks.

[Starling](#)

[Barclays](#)

[HSBC](#)

[NatWest](#)

[Lloyds Bank](#)

[Bank of Scotland](#)

Phone Apps and technology

[Cash reader](#) (iOS and Android)

- Built in accessibility.
- Reads banknotes.
- Read various currencies.
- Free version reads the lowest denomination only.
- Low-cost subscription with free 14 day trial.

Online shopping

[Inoosearch ai](#)

- Accessible online shopping that links to over 500,000 retailers.
- App available on iOS and Android.

Most accessible supermarket website and apps

[Ocado website](#)

[Ocado app](#) (iOS and Android)

[Morrisons website](#)

[Morrisons app](#) (iOS and Android)

Money management

[Money Ready](#)

- Offers accessible financial education for young people.

[GoHenry](#)

- Bite-size financial learning videos for children age 5 and up.
- Games and activities aimed at financial learning.
- Free trial, subscription based.

[Youth Enterprise financial education planning](#)

- Free downloadable frameworks for financial education.

- Framework for 3-11 years.
- Framework for 11-19 years.

[Advice on managing your money for young people](#)

- RNIB article covering:
 - banking and financial services
 - benefits and welfare rights
 - budget advice
 - debt advice
 - student funding

[Money Talks: Managing your own money as a VI young adult](#)

- Pre-recorded webinar presented by Look.
- Includes links to resources to help with financial independence.

Phone apps

[Accessibility ledger](#) (iOS only)

- Simple way to record income and expenses.
- Designed for visually impaired.