adapted headsets and telephones, frequency modulation (FM) field sound systems, color contrast computer screens, sit-to-stand stools in customer service environments, moveable computer workstations (with sitting and standing option), adjustable height counters, and adjustable keyboards (Gillin, Salmoni, & Shaw, 2008, p. 268). Table 7-1 presents recommendations for computer workstation modifications based on age-related system changes.

<table>
<thead>
<tr>
<th>SYSTEM CHANGES</th>
<th>CONTROLS</th>
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</table>
| Physical       | • Adjustable height counters  
• Sit to stand stools  
• Sit to stand mobile workstations  
• Adjustable keyboard tray  
• Alternatively designed keyboard (e.g., larger split keyboard) and mouse (e.g., wheel)  
• Foot rest  
• Chair with tilt and adjustable backrest with lumbar support  
• Auxiliary, full-sized keyboards and monitors if using a laptop as primary computer |
| Vision         | • Flat panel display  
• Riser or swivel stand for monitor  
• Glare screen  
• Screen magnifiers  
• Screen magnification  
• Document holder  
• Larger font  
• High contrast ratio between light and dark areas of display  
• Viewing angle of display directly in front at eye level  
• Nonreflecting materials on interior surface to minimize glare  
• Supplemental task/desk lighting  
• Blinds or drapes to eliminate bright light |
| Hearing        | • Evaluation for a hearing aid if appropriate  
• Adaptable headset  
• Speaker phone  
• Text telephone service (TTY) or text relay service (TRS) |