

GazeTo — A guide for everyone who learns and communicates with their eyes

Welcome! GazeTo is a learning and communication platform for eye gaze — developed as part of the AssistUK project, especially for people who use or are learning Augmentative and Alternative Communication (AAC).

You need **no prior experience** and no special hardware. GazeTo runs in the browser and works with eye gaze just as well as with a mouse or touch.

Eye gaze · Mouse · Touch — everything works.

Whether you steer with your eyes (with any eye-gaze system), click with a mouse, use a trackball or tap the screen with your finger — GazeTo responds to each of these input methods without you having to switch anything.



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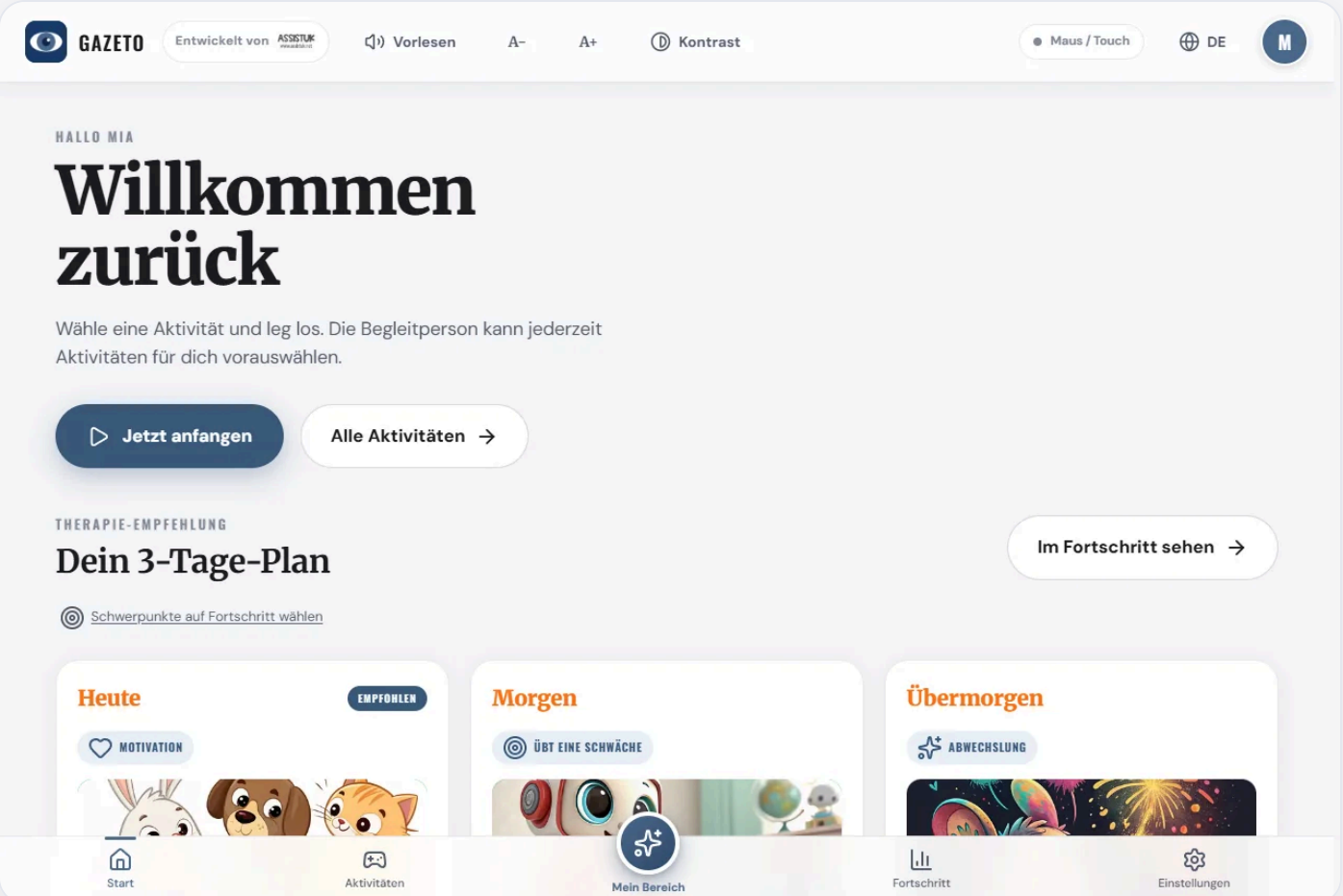
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1. What is GazeTo?

GazeTo helps you **learn eye-gaze control step by step** — from the very first look to confident communication with symbols. It offers more than 180 activities that are fun and at the same time build important gaze skills.

GazeTo is aimed at **two groups at once**:

-  the **practising person** — they play, explore and communicate with their gaze.
-  the **support person** (therapist, teacher, family member) — they choose activities, assess the current stage and follow the progress.



The screenshot shows the GazeTo application interface. At the top is a navigation bar with the GazeTo logo, development information, a voice reading button, zoom controls (A-, A+), a contrast button, and user settings (Maus / Touch, DE, M). The main content area starts with a greeting 'HALLO MIA' and a large 'Willkommen zurück' (Welcome back) message. Below this is a prompt to choose an activity and a button to 'Jetzt anfangen' (Start now). A '3-day plan' section follows, with a button to 'Im Fortschritt sehen' (See progress). The plan is divided into three columns: 'Heute' (Today) with 'MOTIVATION', 'Morgen' (Tomorrow) with 'ÜBT EINE SCHWÄCHE' (Practice a weakness), and 'Übermorgen' (The day after tomorrow) with 'ABWECHSLUNG' (Variation). Each column has a corresponding icon and a list of activities. At the bottom is a navigation bar with icons for 'Start', 'Aktivitäten', 'Mein Bereich' (My area), 'Fortschritt' (Progress), and 'Einstellungen' (Settings).

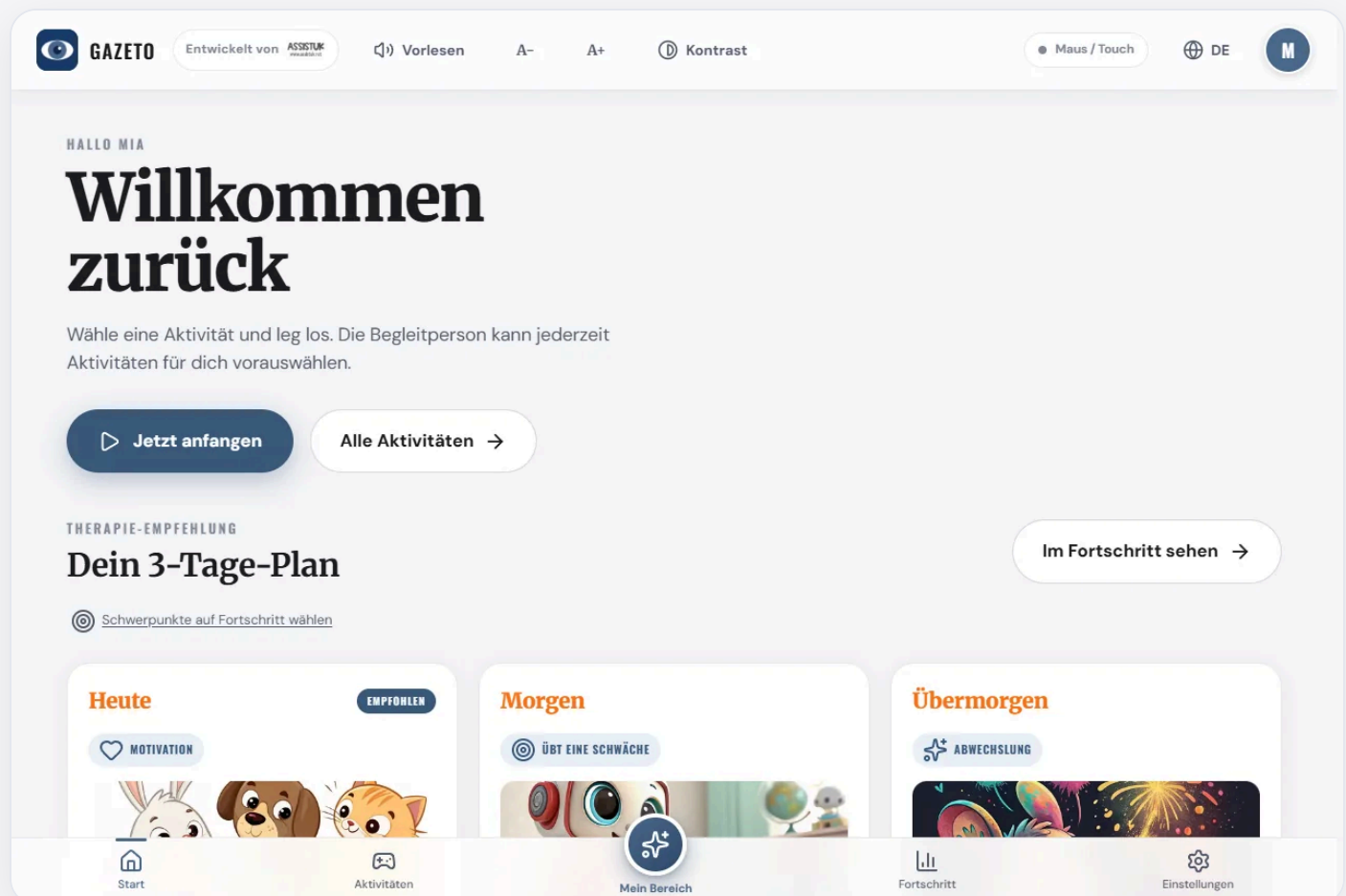
Home screen with greeting, "Start now" button and the 3-day plan

👋 2. Who is practising today? — Profiles

When you first start, you create a **profile**. Each profile stores its own progress, preferred settings and age group.

How to create a profile:

- 👉 Tap "**New profile**".
- Enter a **name** and choose an avatar or a colour.
- Choose the **age group** (child, teenager, adult, senior) — it steers which activities are suggested.



Profile selection "Who is practising today?" with several profile tiles and "New profile"

Tip: You can switch the profile at any time via the profile icon at the top right.



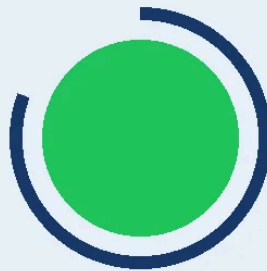
3. How do I control it?

GazeTo is built from the ground up so that **three input worlds** work equally well:

Input	How it works
 Eye gaze (any manufacturer)	You look at a target — a ring or circle begins to shrink. When it is full, the target is triggered. This is called dwel .
 Mouse (or trackball, joystick)	Clicking triggers buttons. Moving over the canvas paints/responds automatically.
 Touch (tablet, touchscreen)	Tapping = triggering. Works everywhere, with no extra settings.

The clever part: There is **no need to switch between modes**. Someone who picks a target with their eyes and then continues with a trackball — no problem.

II Pause



Blick halten ... (Dwell)

Augensteuerung (Dwell)

Blick auf ein Ziel halten — der Ring schrumpft

Beispiel-Ansicht · placeholder

Activity with a visible dwell indicator (shrinking ring) on a target



4. Eye gaze — set it up once

⚠ **IMPORTANT for eye-gaze users:**

GazeTo makes **the clicks itself** through the dwell system. Your eye-gaze device — from any manufacturer — should **ONLY move the mouse pointer** — it should not generate its own clicks and not trigger hardware dwell.

How to set it up:

1. Open the **Settings** (gear icon at the bottom).
2. Set the **input method** to "Mouse pointer / eye gaze".
3. Set the **dwell time** — how long you have to look until something triggers.

To begin with, **500–800 ms** is often good; for a very imprecise gaze, longer.

1. Choose the size and colour of the **gaze cursor** so it is clearly visible.

EINSTELLUNGEN

Einstellungen

PROFIL



Name

Mia



Profil wechseln



Neues Profil erstellen

EINGABE

Eingabemethode

Mauszeiger

Webcam (Blickverfolgung)



Start



Aktivitäten



Mein Bereich



Fortschritt



Einstellungen

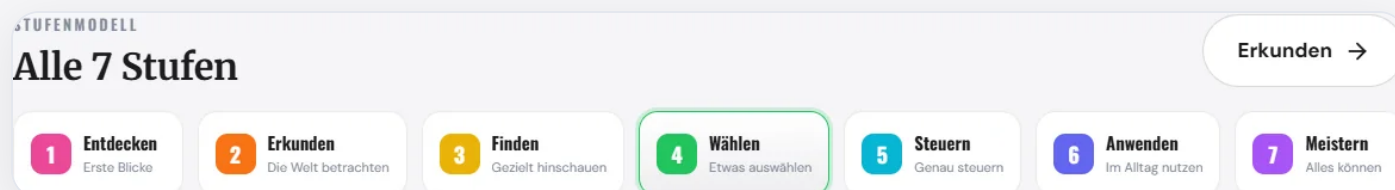
Settings with input method, dwell-time slider and cursor options

Tip: Make sure your eye-gaze device is well **calibrated** and the seating distance to the screen is right. This noticeably improves accuracy.

5. The level model

GazeTo organises all activities into **7 competence levels** — they build on each other:

Level	Name	What it is about
1	Discover	Responding to stimuli — noticing colour, movement, sound.
2	Explore	Cause & effect — "my gaze makes something happen".
3	Find	Looking deliberately — hitting a specific target.
4	Choose	Making a choice — deciding between options.
5	Control	Steering games and sequences yourself.
6	Apply	Using what you have learned in everyday life and communication.
7	Master	Communicating confidently, independently and combining symbols.



Level overview with the 7 coloured level cards

Each level has its own colour, which runs through the whole app.



6. Finding and starting activities

Via "**Activities**" (in the navigation at the bottom) you find all exercises.

How to filter:

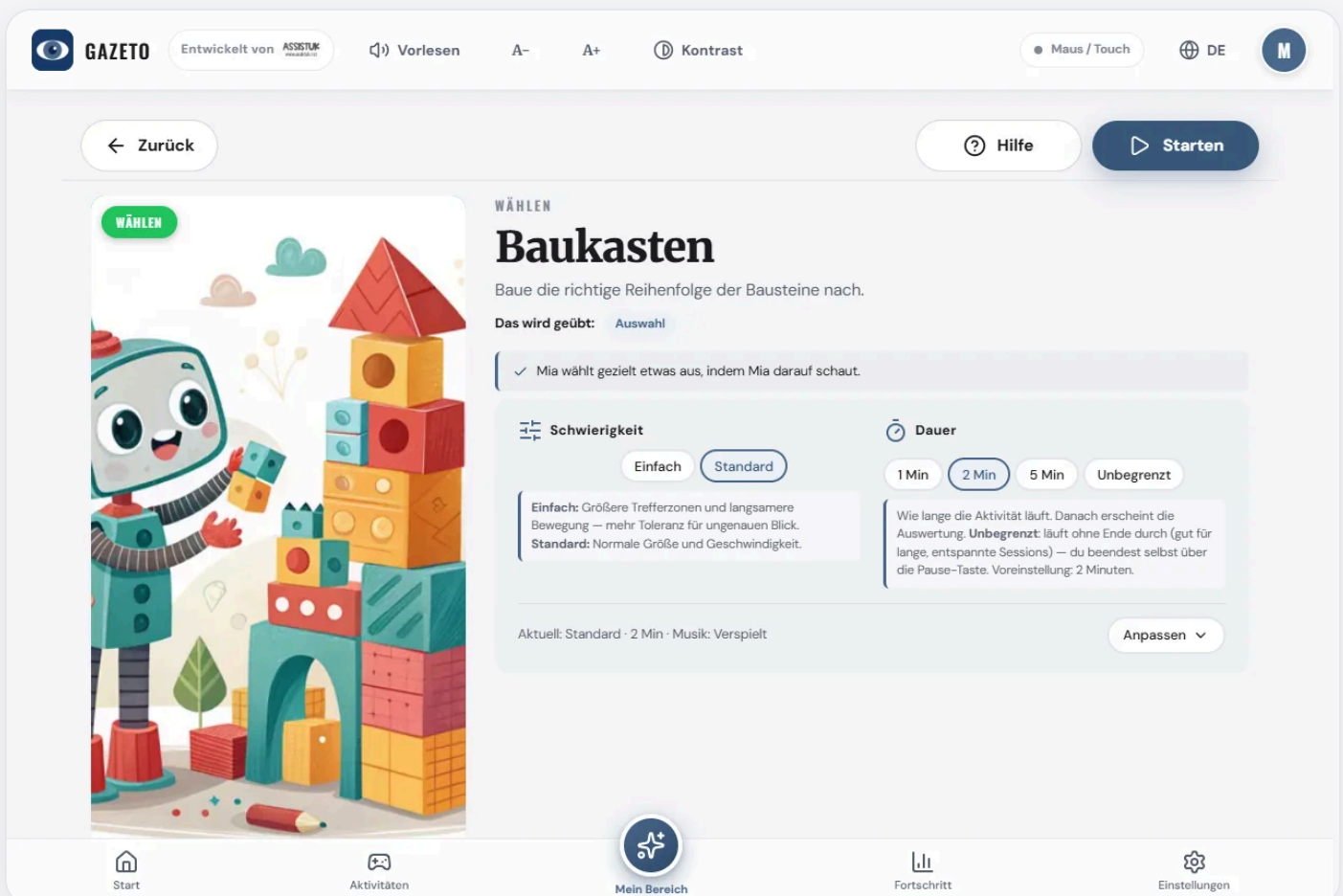
-  Choose an **audience** (All, Child, Teenager, Adult, Senior).
-  Choose a **level** (1–7) — or "All" for the full list.
- The selected level filter **stays** until you choose a new one.

Activity list with audience bar, level chips and activity tiles

Tap an activity to open the **detail page**. There you can set **difficulty** (Easy/Standard), **play duration** and more options before starting.

▶ 7. An activity from A to Z

1. **Choose an activity** → the detail page opens.
2. Optionally adjust **difficulty** and **duration**. "Adjust" reveals more options (e.g. instrument, background music, background image).
1. Tap "**Start**" — the activity opens in full screen.
2. Play with gaze, mouse or touch. A **pause button** is always reachable.
3. When the duration ends, the **review** appears with stars and a gaze-path overview.



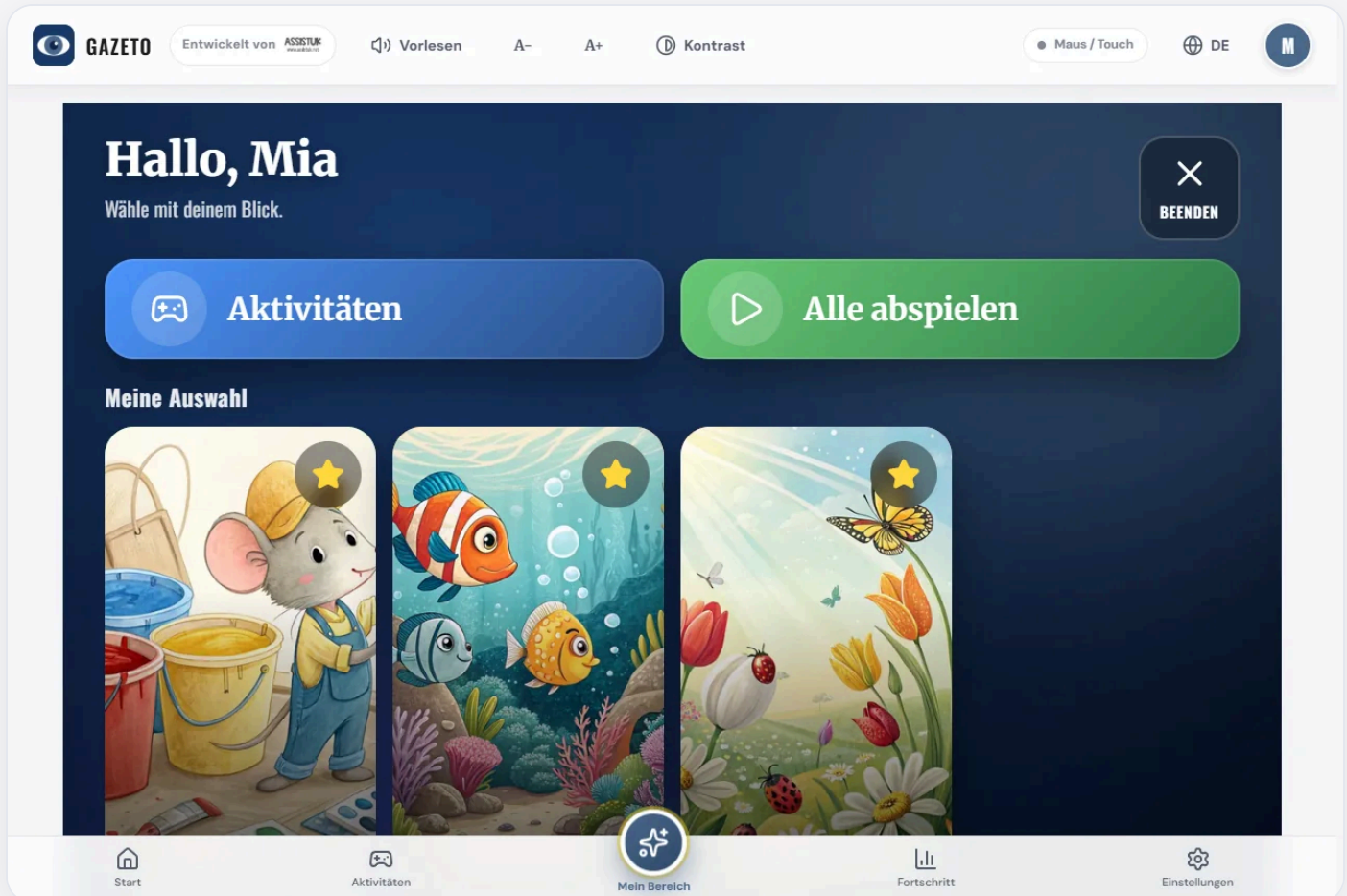
Activity detail page with settings and a large Start button

Tip for professionals: On the detail page there is a "**For professionals**" section with the activity's classification in the frameworks (Leber, DAGG-3, Eye Gaze Pathway) and

observation tips.

✨ 8. My Area

"**My Area**" is the curated selection for the practising person. Activities that the support person marks with the **star** in the list appear here — so the practising person can easily move through a prepared selection on their own.



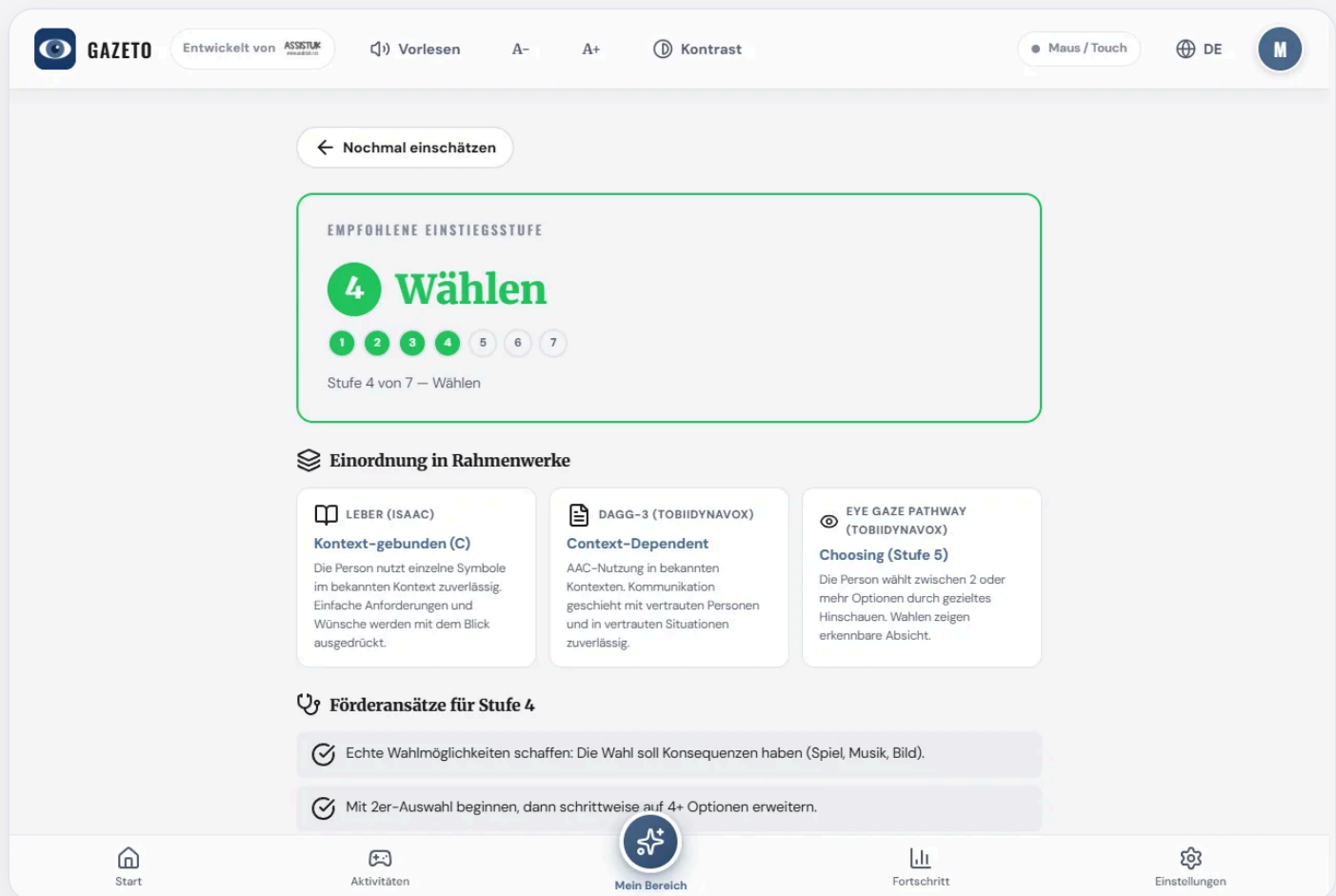
"My Area" with large, gaze-friendly tiles of the pinned activities

9. Assessment — the eye-gaze evaluation

For **professionals and therapists** there is a guided **assessment** that places the current development stage and recommends matching levels + intervention approaches.

How it works:

1. Open **Progress** → "**Start assessment assistant**" (or the "For professionals" section on an activity detail page).
1. Answer **6 short questions** about observable behaviour (about 5 minutes).
2. You receive a **recommended entry level**, the classification in the frameworks and concrete **intervention approaches**.



The screenshot displays the GAZETO assessment interface. At the top, the header includes the GAZETO logo, development information, a text-to-speech button, accessibility settings (A-, A+, Kontrast), and user controls (Maus / Touch, DE, M).

The main content area features a button labeled "← Nochmal einschätzen". Below it, a green-bordered box highlights the "EMPFOHLENE EINSTIEGSSTUFE" (Recommended Entry Level) as "4 Wählen". A progress bar shows steps 1 through 7, with step 4 selected. Below this, it says "Stufe 4 von 7 — Wählen".

Under the heading "Einordnung in Rahmenwerke" (Placement in Frameworks), three cards are displayed:

- LEBER (ISAAC)**
Kontext-gebunden (C)
Die Person nutzt einzelne Symbole im bekannten Kontext zuverlässig. Einfache Anforderungen und Wünsche werden mit dem Blick ausgedrückt.
- DAGG-3 (TOBIIDYNAVOX)**
Context-Dependent
AAC-Nutzung in bekannten Kontexten. Kommunikation geschieht mit vertrauten Personen und in vertrauten Situationen zuverlässig.
- EYE GAZE PATHWAY (TOBIIDYNAVOX)**
Choosing (Stufe 5)
Die Person wählt zwischen 2 oder mehr Optionen durch gezieltes Hinschauen. Wählen zeigen erkennbare Absicht.

Below this, under "Förderansätze für Stufe 4" (Support Approaches for Level 4), two tips are listed:

- ☒ Echte Wahlmöglichkeiten schaffen: Die Wahl soll Konsequenzen haben (Spiel, Musik, Bild).
- ☒ Mit 2er-Auswahl beginnen, dann schrittweise auf 4+ Optionen erweitern.

The bottom navigation bar contains icons for Start, Aktivitäten, Mein Bereich (highlighted), Fortschritt, and Einstellungen.

Assessment result with recommended level, framework cards and intervention tips

The assessment is based on recognised frameworks (TobiiDynavox DAGG-3, Irene Leber, Eye Gaze Pathway). It is an **orientation tool** and does not replace a formal diagnostic evaluation.

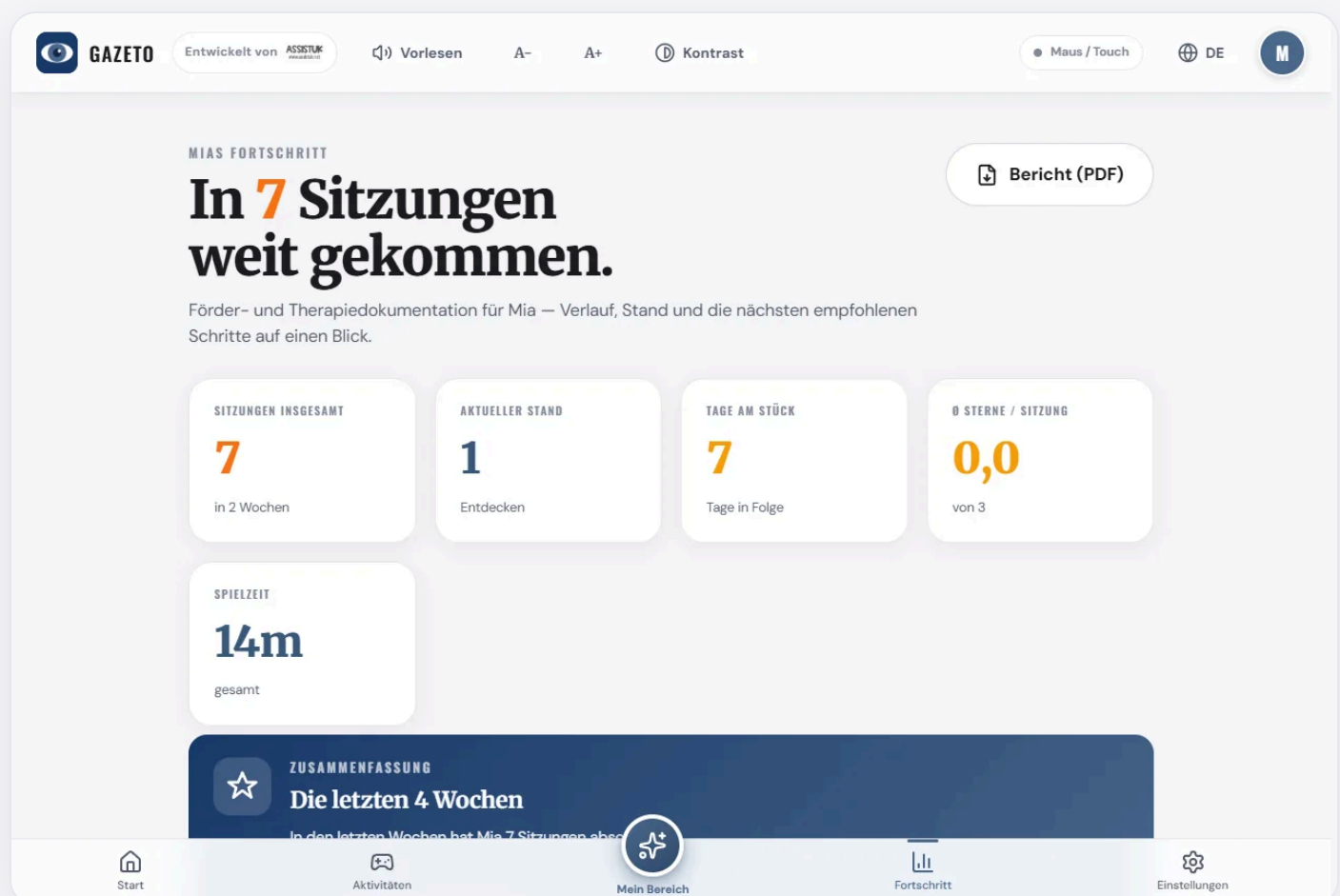


10. Progress — the intervention cycle

The **Progress** screen shows the history and follows the intervention cycle: **Assessment** → **Plan** → **Intervention** → **Re-assessment**.

Here you find:

- session count, practice days and streaks ("days in a row")
- a **gaze evaluation** (screen coverage, fixations, side distribution)
- recommended next steps and a weekly plan
- the **focus areas** that steer the recommendations on the start screen



Progress dashboard with stat cards, history chart and session list



11. Scene displays — your own talking pictures

With the **scene-display editor** you make a favourite photo talk: you mark spots in the picture (mum, the pet, the favourite toy) — and they say something, ideally in your own voice.

How to do it:

1. **Upload** or take a **photo**.
2. Drag a **rectangle** over a spot → a talking **hotspot** is created.
3. Set a **label** and spoken text (or make a voice recording).
4. **Save** — the scene appears as its own activity in "My Area".

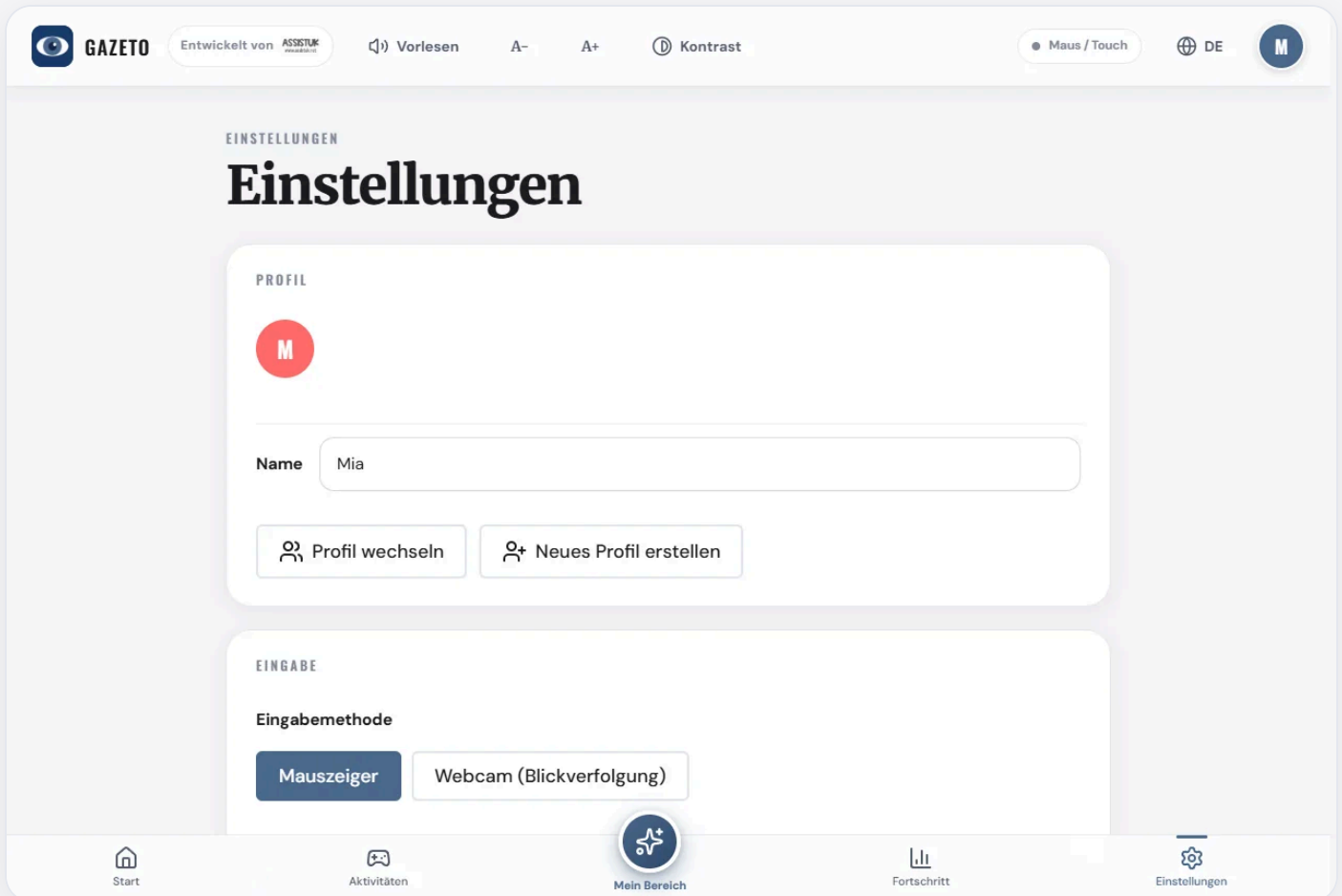
Scene-display editor with photo, marked hotspots and edit field

This turns a familiar moment into a real conversation — exactly what motivates and builds strength for communication.

12. Adjusting settings

In the **Settings** (gear at the bottom) you can adjust, among other things:

- **input method** and **dwelt time** (see chapter 4)
- the **gaze cursor** (style, size, colour)
- **volume**, sounds and **background music**
- **contrast** and **font size** (also any time in the top bar)
- switch or edit the **profile**

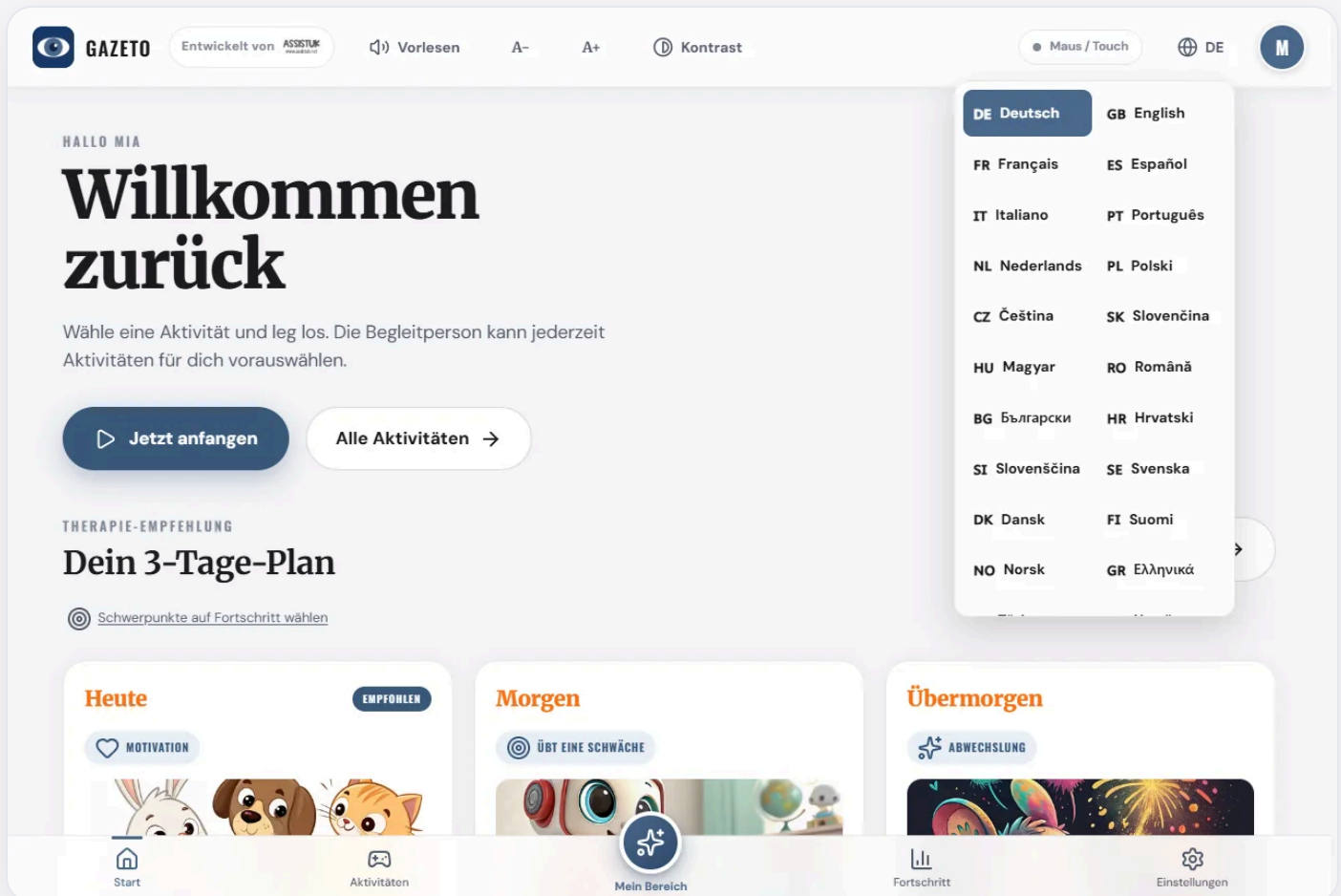


The screenshot shows the GAZETO application interface. At the top is a navigation bar with the GAZETO logo, development information, a 'Vorlesen' button, font size controls (A-, A+), a 'Kontrast' button, input method selection ('Maus / Touch'), language ('DE'), and a user profile icon ('M'). The main content area is titled 'EINSTELLUNGEN' and 'Einstellungen'. It features two main sections: 'PROFIL' and 'EINGABE'. The 'PROFIL' section includes a red circular profile picture with the letter 'M', a text input field for the name 'Mia', and two buttons: 'Profil wechseln' and 'Neues Profil erstellen'. The 'EINGABE' section is titled 'Eingabemethode' and contains two buttons: 'Mauszeiger' (highlighted in blue) and 'Webcam (Blickverfolgung)'. At the bottom is a navigation bar with five icons: 'Start', 'Aktivitäten', 'Mein Bereich' (highlighted with a blue circle), 'Fortschritt', and 'Einstellungen'.

Settings with profile, input, audio and display areas

13. Switching language

At the top right in the bar you find the **language icon** (e.g. "DE"). Tap it to choose from **all available languages** — with flag and language name.



Language selection menu with flags and native language names

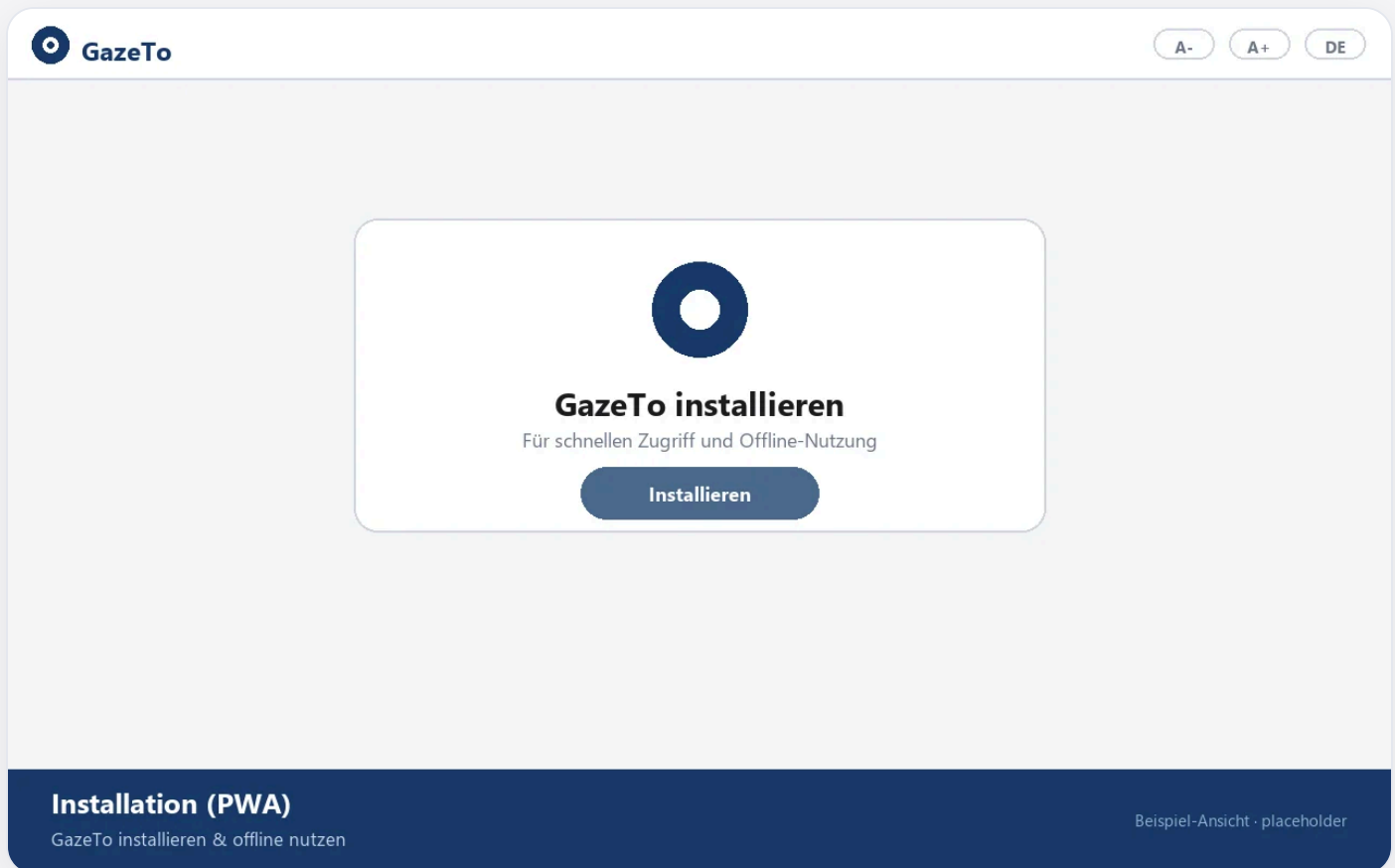
The whole app switches immediately. Content that is not yet translated in a language is shown automatically in **English** — so everything always stays readable.

14. Installing GazeTo and using it offline

GazeTo can be **installed** like an app and then works **offline**.

- **On tablet/phone:** Choose "Add to home screen" in the browser menu.
- **On a computer:** Click the install icon in the address bar — or confirm the

"Install GazeTo" prompt.



Install prompt "Install GazeTo" with icon and button

After the first installation, GazeTo runs **fully without internet** — ideal for therapy and school.



15. Privacy

GazeTo stores **no personal data on servers**. Profiles, progress and scene displays stay **exclusively in the browser** of the device (locally). There is no cloud transfer and no tracking.



Eye gaze runs **purely locally** — **no video** is recorded or transmitted.

GazeTo is developed by AssistUK — Assistance & Augmentative and Alternative Communication. Contact: lars.tiedemann@assistuk.net · www.assistuk.net

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