

Eye Gaze Quick-Start Guide for Supporting Learners

What is Eye Gaze?

Eye gaze (or eye tracking) allows users to operate a device using only their eyes. It can support:

-  Communication
-  Play and leisure
-  Learning and literacy
-  Employment
-  Environmental control

Before You Begin

Environment

- Choose a quiet, low distraction setting. Reduce glare from windows and lights.
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Positioning & Comfort

- Make sure the learner is seated or supported comfortably.
- Ergonomic alignment is essential— the screen should be at eye level or just below, with minimal strain.
Move the device to suit the learner, rather than having the learner adopt uncomfortable/unsustainable positions.

Use Mounting Equipment

Mounting is critical for consistent access and learner comfort.
Consider:

- Floor stands, desk clamps, or wheelchair mounts depending on the learner's posture and environment.
- Tilt and swivel features to fine-tune the angle of the screen or tracker.
- Adjustable arms for easy repositioning during sessions.

Mounting equipment suppliers:

[Tobii](#)
[Rehadapt](#)
[Liberator](#)

Eye Gaze Setup Guide

Considerations and tips for setting up Eye Gaze with your learners to get the best results.

1 Positioning Equipment  ✓ Adjust screen height with appropriate stand. ✓ Adjust seating if possible. ✓ Use height adjustable table if required.	2 Positioning Learner  ✓ Adjust eye tracker/screen angle to suit learner. ✓ Learner should be 50-75cm away from screen. ✓ Make sure eye tracker is level with or just below learner's eyes.
3 Reclined Position  ✓ If learner is usually in a reclined position, mount screen above using specialist floor stand.	4 Tilted Position  ✓ If learner's head is normally tilted, you can tilt the screen/eye tracker to match.
5 Lighting  ✓ Both the learner and the eye tracker will struggle to see if conditions are too bright e.g. strong overhead lights or bright sunlight.	6 Glasses  ✓ Eye trackers work with most glasses. Some specialist lenses e.g. varifocals might not work so well.
7 Track both or just 1 eye  ✓ If learner has significant visual problem in one eye, set eye tracking for the other eye only. ✓ Activate this setting from within the eye tracker's setup software.	8 Eye Track status  ✓ Always check learner's eyes are in a central position in track status window before you start. Depending on the eye tracker, the track status window can be accessed from within the eye tracker's setup software, from a keyboard shortcut or as a 'red amber green' on screen visual guide.
9 Calibration  ✓ Calibrate the learner's eyes within the eye tracker setup software and save their User Profile. You do not have to re-calibrate every time they use the eye tracker. Just check their User Profile is selected. Individual points can be improved if required.	10 Windows Control  ✓ If software being used is not 'eye-gaze enabled' make sure Windows Control is on within the eye tracker setup software and that the correct mouse setting is applied (usually 'single left click').

For more information on Eye Gaze Technology go to: www.callscotland.org.uk/information/eye-gaze/

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Poster from [Call Scotland 2018](#)

Key Strategies for Early Use

- Start simple – Use cause-and-effect or sensory apps before introducing complex tasks.
- Watch gaze patterns – Are they consistently missing part of the screen?
- Tweak settings – Adjust dwell time or add a switch if needed. Some systems will allow for the tracking of one eye rather than both eyes if the child has a visual difficulty.
- Use engaging media – Bright visuals, favourite characters, or personal photos. Make it fun – Games and videos support motivation and learning.



Tailor Activities to Eye Gaze Development Stages

Screen Engagement

Goal: Encourage the user to look at the screen.

Activities: Use high-contrast visuals, animations, or videos to attract attention.

Skills Developed: Visual attention, screen awareness.

Cause and Effect

Goal: Help the user understand that their gaze can trigger an action.

Activities: Gaze at an object to make it move, play a sound, or change colour.

Skills Developed: Intentional gaze, basic interaction.

Targeting

Goal: Improve accuracy in looking at specific areas on the screen.

Activities: Games or tasks that require selecting specific images or zones.

Skills Developed: Visual motor control, gaze precision.

Choice Making

Goal: Enable the user to make selections between two or more options.

Activities: Choosing between foods, toys, or activities using gaze.

Skills Developed: Decision-making, preference expression.

Communication

Goal: Use gaze to communicate needs, wants, or ideas.

Activities: Use of symbol-based communication grids or AAC software.

Skills Developed: Symbol recognition, language development, social interaction.

Functional Use

Goal: Integrate eye gaze into daily life for learning, play, and communication.

Activities: Using eye gaze for writing, browsing, or controlling the environment.

Skills Developed: Independence, task completion, digital literacy.

AT Loan Library Equipment

Eye Gaze Devices

- [Irisbond Hiru eye tracker](#)
- [Gridpad 12 with Alea](#)
- [Tobii PC Eye 5](#)
- [Tobii PCEye](#)

Mount Setup 1

- [Rehadapt GA Notebook 15-](#)
- [17" Cradle](#)
- [Rehadapt table mount TS-XL](#)

Windows Devices

- [Inspiron 16 inch 2-in-1](#)
- [Laptop](#)
- [Surface Pro 6](#)

Mount Setup 2

- [EyeMobile Mini bracket](#)
- [Daessy Desk Mount](#)
- [DAESSY Positioner Mount Kit](#)

Software

- [LooktoLearn](#)
- [GazeViewer](#)