

Learning One-Handed Typing Guide

The National Assistive Technology Training Service Team recommends, where possible, learning to type with one hand using a standard keyboard, rather than relying on specialised one-handed keyboards. This approach supports the development of a transferable skill that can be used on any standard keyboard, in any environment.

Several online typing tutors are available to support this process. While these are typically structured around repetitive drills, short and regular sessions—such as 5 to 10 minutes once or twice a day—are advised to steadily build skill and confidence.

Although a standard keyboard is sufficient, a compact keyboard (without a number pad) may be more practical. These are easier to transport, allow for more flexible desk positioning, and improve ergonomics. Wireless versions can make setup and positioning easy.

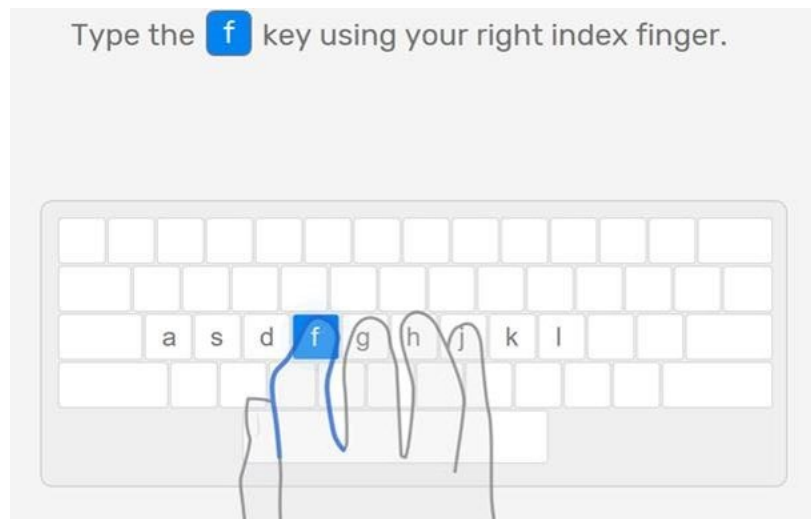


Image courtesy of TypingClub.com

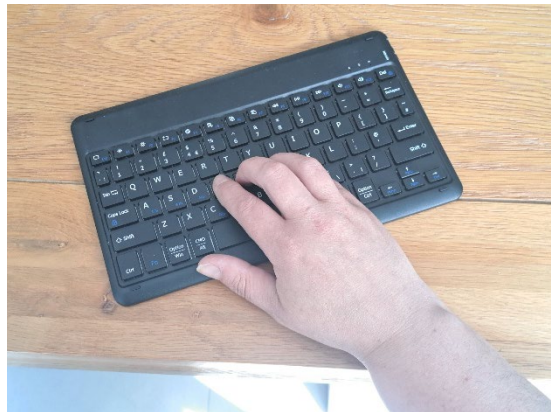
Recommended Online Typing Resources

[TypingClub One-Handed Typing](#): A straightforward, uncluttered interface suitable for focused practice.

[Doorway Online – Single-Handed Typing](#): A free resource with alternative layouts, auditory prompts, and high-contrast visuals, which may be beneficial for individuals with visual or cognitive support needs.

[TypeOneHand](#): Offers a limited free trial; full access requires purchase.

[One Hand Keyboard](#): Also provides a trial version, purchase is necessary for the complete program.



These resources typically train users to type with one hand, positioned centrally on the keyboard. Tilting the keyboard slightly may improve comfort and help maintain a neutral wrist and forearm position, reducing the risk of Carpal Tunnel and Repetitive Strain Injuries.

Where appropriate, individuals with partial use of their other hand may choose to assist with keys such as Shift, Enter, or Space. This should be considered on a case-by-case basis.

Although specialised one-handed keyboards exist, the team does not recommend them in most cases. They typically require dedicated training software specific to the hardware, and their availability can be inconsistent over time, making long-term replacement and support more difficult. Skills learnt are often not transferrable to new keyboards.

The AT Loan Library has some compact keyboards available for trial through an Enable Ireland staff member:

- [Bluetooth Compact Keyboard](#)
- [Cherry Mini Keyboard \(USB\)](#)
- [Targus Compact Keyboard \(USB\)](#)
- [Seijin Compact Keyboard \(USB\)](#)
- [Touchpad Compact Keyboard \(USB\)](#)