MOBILE AND EVERYDAY TECHNOLOGIES FOR PEOPLE WITH TRAUMATIC BRAIN INJURIES

Kristen Russell, OTR, ATP
RESNA Certified Assistive Technology Professional
Advancing Opportunities
INTRODUCTIONS
www.advopps.org

Serving people with all types of disabilities

- Mobile Assistive Technology Services
- Residential Supports
- Advocacy Services
- Employment Services
- Family Support Services
- Personal Assistance Services
- Prevention Education
- Strengthening Families
AGENDA

- Consideration of Assistive Technology (AT)

- Tools and Strategies for:
  - Memory
  - Multi-Step Tasks
  - Calendar
  - To-Do List
  - Time Management
  - Writing
  - Reading
  - Relaxation/Stress Management
What is Assistive Technology?

Examples?
SETT: CONSIDERING AT

- **S:** **Skills** of Person
  - Motor, Cognition, Language, Sensory
- **E:** **Environment**
- **T:** **Tasks**
- **T:** **Tools**

# Choosing the Correct Tools

<table>
<thead>
<tr>
<th>Consider</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ease of use</td>
<td>Feeling overwhelmed or confused with tool.</td>
</tr>
<tr>
<td>Availability of support system</td>
<td>Maxing out support system</td>
</tr>
<tr>
<td>Can tool grow with person?</td>
<td>Abandonment of AT</td>
</tr>
</tbody>
</table>
Why the Emphasis on Mobile Technology?

- Many people already have one
- No stigma
- With people most of the time/Portable
- Easier to support
- Numerous, low cost App options
- Can change as people’s needs change
- Consider iPod Touch (iPhone but without the phone) (16 GB $199; 32GB $249; 64 GB $299)
My Personal Philosophy

Keep it simple
APPS: CAUTION

TOOLS FOR MEMORY

- Journaling
  - Limitations of Paper

- Digital Notebooks:
  - OneNote: Mac, PC, iOS, Android (Free)
    - www.onenote.com
  - Evernote: Mac, PC, iOS, Android (Free)
    - www.evernote.com

- Use for note taking, organizing information, to do lists, task directions, etc.
Twitter as Memory Tool

• Thomas Dixon
• Audio and picture from Newsworks (WHYY) http://bit.ly/1e1MJlT
• “Life logging”
• “Extreme Journaling”
• Additional articles:
  • http://bit.ly/1JdSOYn
  • http://bit.ly/1QJ0y4U
Livescribe Echo Smartpen

www.livescribe.com
Echo-$100-$120

- Synchronized notes and audio
- Use for:
  - Note Taking for courses/college classes
  - Job Training
  - Daily Journal
  - Remembering task sequences
  - Dr. Appointments
  - Meetings
  - Personal tutorials
  - Talking calendar: http://bit.ly/1qXoqWh
- Make sure to gain permission to record someone
Livescribe Video

http://bit.ly/1RFhqwA
AudioNote App

- AudioNote: Mac, PC, iOS, Android ($4.99--$19.95)
  - [http://luminantsoftware.com/](http://luminantsoftware.com/)
  - Similar to Livescribe
  - Synchronized note and audio recording
  - Lite versions available for free (useful for trial)
Use built-in Camera app

- Create personal tutorial videos
- Success Story
- Takes pictures of steps of task, important papers, business cards, etc.

Create an album: http://www.imore.com/how-organize-photos-and-videos-albums-your-iphone-or-ipad
**Using Video for Multi-Step Tasks**

- **Video Modeling**: review video examples before performing a task

- **Continuous Video Modeling**: Video is played while person follows along.

- **Video Prompting**: Watch short video segments of steps of a task (watch a step, do a step), etc.

- **Video Feedback**: Video person as they engage in a task and have them review their performance
MULTI-STEP TASKS APPS

- First, Then Visual Schedule HD: iOS ($14.99)
  - [http://www.goodkarmaapplications.com/first-then-visual-schedule.html](http://www.goodkarmaapplications.com/first-then-visual-schedule.html)

- Pictello: iOS ($19.99)
  - [www.assistiveware.com/product/pictello](http://www.assistiveware.com/product/pictello)
TOOLS FOR CALENDAR

- Shortfalls of a paper calendar
- ONE calendar
- Built in calendar Apps
  - Setting reminders/alerts
  - Alarm Sounds
- Put more than just “events” onto a calendar.
- Filling in the next day’s schedule—”Brain Dump”
- Cozi Family Organizer App:
  - [www.cozi.com](http://www.cozi.com)
  - iOS and Android (Free)
  - Family calendar, Shopping Lists, To do Lists
TOOLS FOR TO-DO LIST

- **ONE** list
- iOS: Reminders App (built-in)
  - Also can use Siri
  - Use location or time
- Android: Google Now (like Siri)
  - Use location or time
- Toodledo
  - iOS ($3.99) Android (Free)
  - www.toodledo.com
- Wunderlist
  - iOS and Android (Free)
  - www.wunderlist.com
Tools for Time Management

- Using Calendar to schedule entire day
- Built-in Clock App:
  - Use alarms for certain tasks (break time, medications, specific job task).
  - Use Timer and Stop Watch to help improve efficiency, budget time, and not spend too much time on task.
- Time Timer App (visual timer)
  - iOS ($2.99-$4.99) and Android ($0.99)
  - [www.timetimer.com](http://www.timetimer.com)
Pomodoro Technique

- Clip on timer to carry around house
- Timer on phone, stove, etc.
- iOS: Pomodoro Keeper ($1.99)
- Android: ClearFocus: Pomodoro Timer (Free)
TOOLS FOR WRITING

Dictation:
- iOS: Built-in Voice Dictation (Settings>General >Keyboard > Enable Dictation)
- Android: Built into certain keyboard

Text-to-speech:
- iOS: Speak Selection (Settings>General >Accessibility > Speech > turn on Speak Selection)
TOOLS FOR WRITING

- **Word Prediction:**
  - iOS: Built into keyboard (new in iOS 8) (Settings>General > Keyboards > Predictive)
  - Android: Built into keyboard
  - Co:Writer app
    - iOS ($19.99)
    - [www.donjohnston.com](http://www.donjohnston.com)

- **Spelling and Grammar:**
  - Ginger App
  - iOS and Android (Free)
  - [www.gingersoftware.com](http://www.gingersoftware.com)
TOOLS FOR READING

- Speak Selection (iOS): Turn on in Accessibility settings

- Bookshare: [www.bookshare.org](http://www.bookshare.org) (Free for students/$50 annual for non-students)
  - Service for people with qualifying print disabilities; Access to 300,000+ e-books that can be read aloud.

- Voice Dream Reader app:
  - iOS ($9.99)
  - [http://www.voicedream.com](http://www.voicedream.com)

TOOLS FOR RELAXATION/STRESS MANAGEMENT

Creating Videos:
- Positive messages from friends of family
- Affirmation from self of others
- Coping strategies

Breathe2Relax
- iOS and Android (Free)
- http://t2health.dcoe.mil/apps/breathe2relax

Simply Being
- iOS and Android ($1.99)
- http://bit.ly/1sSc8il

MindShift
- iOS and Android (Free)
- http://www.anxietybc.com/mobile-app

T2MoodTracker
- iOS and Android (Free)
YOUR IDEAS??
HOW CAN WE HELP?

- Over the Phone (888-322-1918)
  - AT Options
  - Advice on funding

- Mobile Service
  - Evaluations of AT
  - Training and Implementation
  - Custom Fabrication

- Through the Mail
  - Technology Lending Center
TECHNOLOGY LENDING CENTER

- Try Before You Buy!
- www.assistiveTECHNOLOGYcenter.org
- Call Dave Lam at 888-322-1918 x536 or dlam@advopps.org
POSSIBLE FUNDING SOURCES

- TBI FUND
- DVRS (Division of Vocational Rehabilitation Services)
- School Districts
- DDD (Division of Developmental Disabilities)
- CBVI (Commission for the Blind and Visually Impaired)
- VA (Veteran’s Administration)
Check out our YouTube Channel
Technology Lending Center
Sign up for Blog email updates, or email newsletter
Kristen Russell, OTR, ATP
Assistive Technology Specialist
Advancing Opportunities
www.assistiveTECHNOLOGYcenter.org
krussell@advopps.org
609-218-3098