Sample Apps for Increasing Independence/Participation for Adults with Intellectual and Developmental Disabilities

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Many of us have a variety of favorite apps that we use to help make life easier. A myriad of apps can help with organization, communication, entertainment, navigation, learning, socialization, and everyday tasks like cooking, shopping, money management, etc. Apps are available for a variety of platforms (laptop, tablets, cell phones) and operating systems including Apple, Microsoft, and/or Android devices.

This resource contains descriptions of a small sample of apps that may be appropriate to explore for use by individuals with I/DD whose goal is a more independent living situation. New apps are developed every day and current apps/prices should be researched as needed. This resource is meant to provide a "jumping off place" for individuals, teams and families who are wondering what types of apps may be helpful in increasing independence for adults with I/DD.

This resource does not address the large variety of issues related to accessing a particular device or app. Some individuals require alternative physical access like switch or voice access. Various individuals may have barriers related to visual or hearing impairment. Others may need special consideration related to cognitive or other challenges. The design of some apps may be too busy or too complicated. When researching apps it is important to find out if the app supports switch access or other adaptations that may be needed.

It is important to note that consulting and collaborating with your Occupational or Speech Therapist (when available) is often the best place to start when exploring options. An OT or SLP can assist with choosing an appropriate app/platform, set-up, access issues, personalized strategies, and training that may be essential to functional use. Because it is so important to collaborate with your SLP when considering use of a communication app and because there are so many variables to consider, this resource will not attempt to address communication app options.

Various apps may decrease the need for direct support personnel (DSP) and/or family support for some activities. An app may remind people when it is time to take medications, send a text message when an individual arrives at work, provide discreet cueing to complete an activity, remind an individual of their schedule or various appointments, support behavioral/health goals, etc. Assisting an individual to utilize apps when possible to increase autonomy and decrease DSP intervention can be exciting and rewarding for all involved. To find the apps mentioned below or similar apps you may conduct a general search or search the app store of the device you intend to use. You will then find more information about each particular app, current prices, screen shots, user reviews, etc.

The examples below are meant to increase awareness of what types of apps might help provide solutions for increased safety, health, and/or independence. This resource is a *small sample* of some types of apps you may want to explore. No endorsement of any particular platform or app should be implied. Remember also that apps are often part of a support system that includes other types of Assistive Technology; Environmental Modification; Personal Support or "Smart Home" Technologies; custom strategies from therapists and other support professionals; as well as the most valuable supports - family, friends, team members, and community members who care.

Sample Apps for Increasing Independence/Participation (cont.)

App Name	Description	Function	Approx. Cost
First Then Visual Schedule	Allows easy creation of visual schedules, choice boards, task prompting sequences, social stories. Also includes video options. Can record your own voice and use your own pictures. Has large picture and symbol libraries and options.	ADLs, iADLs Cueing Socialization Schedules	15
Scene Speak	Organized to allow "hotspots" in a photo scene that will then display/speak prompts related to that area of a room or object in a photo.	ADLs, iADLs Cueing Socialization	10
Pictello	Create electronic stories, prompting sequences, schedules, recipes, etc. using pictures, text, audio, your recorded voice.	ADLs, iADLs Cueing Socialization	15
Aida Reminder with Voice	Create Reminders and Alarms with your voice recording, pictures, etc. Easy set, easy access.	Schedules Cueing Meds	1
To Do Checklist	Create To Do Lists, Location dependent Reminders, Time dependent Reminders, etc.	Schedules Cueing Meds	FREE
Pill Monitor	Schedule reminders to take pills. Add pill pictures. Send reports, etc.	Cueing Meds	2
PhotoMind	Create photo-based reminders, to do lists, notes, etc.	Schedules Cueing	3
Picture Scheduler	Create visual tasks with attached pictures, video, and audio. Tasks can be associated with custom alarms. Tasks can be archived for later use.	ADLs, iADLs Cueing Schedules Meds	3
Pillboxie	Visual Medication Management, Reminders. Easy set. Visual Cueing.	Meds	1
Jamie's To Do	Simple text to do lists with tabs. Clean, basic design.	Schedule Cueing	FREE
GPS Phone Tracker	Allows you to track a person's location (with permission of course) for safety, etc.	Safety	FREE
Samy Geospatial Alert	Quickly and easily send your contact a GPS location alert.	Safety	FREE
GPS Alarm Pro	Set it to alert you when your destination is near. Great for prompting bus stops, etc.	Safety iADL	1
ooVoo Video Calls	Easy Video Call app, can talk to many people at once. Can simplify video calling.	Safety Socialization	FREE
WakePoint	Automatically text/e-mail designated people when you are near or at a location, IE: "David arrived at work." Many other functions.	Safety Cueing iADLs	15

App Name	Description	Function	Approx. Cost
Special Stories	Create photo stories, social stories, talking books, task cueing, shopping lists, recipes, etc. Can be used with Bluetooth switches	ADLs, iADLs Cueing Socialization	14
Social Stories Creator …	Create stories, task cueing, lists, etc. Record your voice. Can upgrade to download pre-made social stories.	ADLs, iADLs Cueing Socialization	FREE
Brighter and Bigger	Turns device into a magnifier to make text and contents more visually accessible.	Visual and Focusing Aid	FREE
Functional Planning System	Video prompting tool. Schedule activities, create step-by-step videos, and create alarms for task reminders.	ADLs, iADLs Cueing Schedules	5
Visual Timers	A large variety available. Assist an individual to anticipate when an activity will be completed. Prompt to complete an activity for a certain amount of time.	ADLs, iADLs Cueing	FREE to 5
iReward	Keep track of behavioral rewards and behaviors related to system. Add photos of rewards.	Behaviors	3
Dragon Dictation	Voice recognition app that allows you to speak and see text and e-mail messages. Also a verbal search app available from Dragon.	Communication Socialization Safety	FREE
iDress for Weather	Customize virtual clothing closet with your photos of your clothing. Suggests appropriate clothing for predicted weather.	ADLs	2
Facetime	Uses Apple devices built-in camera to make video calls.	Communication Socialization Safety	FREE
Skype	Video Phone app.	Communication Socialization Safety	FREE
Recorders	Various recorder apps available that will allow you to record instructions, things you need to remember, appointments, meetings, etc. without needing to type in the info.	iADLs Organization Safety	FREE to 10
Instant Heart Rate	Place your index finger on the camera to measure heart rate. Save and view past heart rates in a timeline	Health	FREE
MyBenefits	Saves insurance and medical info to your device to go with you to appts.	Health	FREE

App Name	Description	Function	Approx. Cost
Wellpepper	Allows your therapist to create photo and video exercise programs that the individual can access and follow.	Health Cueing	FREE
My Med Schedule	Web-based. Text alerts to take meds. Med Record. Pictures of Meds. Other features.	Health Cueing	FREE
Brain Works	Cueing App for Sensory Diets. Client can choose location and how they are feeling. Many Visual Sensory Activities available to choose from or customize. Can be very simple or more involved depending on set-up.	Health Cueing Behavior	9
Accessibility Apps	Various apps designed for various operating systems include; text-to-speech, magnification, vibration alerts, etc. Can be activated also for those with limited reading, attention deficits, etc.	Access of devices	Usually FREE
Color ID	Uses camera to speak the color of item photographed.	ADLs iADLs	FREE
Navigation Apps	Google Maps, Telenav, GPS Trekker, Nav4all, etc. Many available. All have different degrees of functionality and access difficulty/simplicity. Can help individuals find places near-by, find destinations with verbal directions when walking, biking, driving. Many have emergency contact to text location. Need to explore the many options.	iADLs Safety	FREE to 30
Coin Calculator	Works like a calculator but user presses picture of coin then + or – to get total.	iADLs	2
Breathe to Relax	Guides user through relaxing breathing exercises.	Health	FREE
Speed Dial Photo Dial Voice Dial	Various apps for various operating systems allow your phone to turn into a customizable photo/voice dialer. Simply touch the photo/say the name of the person and it dials the number.	Communication Socialization Safety	FREE to 5
Smart ICE Other ICE apps	In Case of Emergency. Stored on phone – your personal, medical, contact person information for Emergency Medical Responders. Also set for emergency contacts and GPS information.	Health Safety	FREE to 6
React Mobile	Sends emergency texts and GPS info to predetermined contacts at the touch of large icon. Customizable.	Safety	FREE

App Name	Description	Function	Approx. Cost
Grocery IQ and other grocery apps	Most apps allow you to make custom grocery lists. Some you can put in your own pictures. Some will guide aisle by aisle, etc.	iADL	FREE to 4
Wonkido	Great all in one app for schedules, to do lists, reward trackers, mood tracker, built for kid use so simple design.	Schedule Organizer Behavior	10
Alarmed – Reminders + Timers	Pop-up custom reminders and alerts. Customized sounds and timing, etc.	Schedule Cueing Organizer	FREE
Voice Med Reminder	Medication reminder. Record your voice for the reminders. Simple App.	Health Medication	FREE Lite ver.
PhotoMind	Picture reminders, To Do List and Notes. Post photos with each.	Organizer Schedule	3
Voice Reminder Pro	Record event reminders in your own voice. Simple to use and set-up.	Schedule Organizer	FREE
Big Launcher Large Launcher Senior Launcher Big Buttons	Customize phone or tablet with large easy to use icons. Some can include a large SOS alert button. Some can be designed for easy scroll or to avoid multi-layers.	Access	Various
My Pictures Talk	Video Modeling App. Organizes your videos into modeling for task cues, social cues, to review for concrete navigation while walking, etc. Very versatile. Customize. Provide concrete cues.	ADL, iADL Navigation Cueing Socialization	3
Community Sidekick	Sends automated e-mails with GPS location to programmed contacts when an individual starts a community trip. Also has "I am fine" and "I need help" buttons. Customize for your needs.	Safety Communication	10
Choice Works calendar	Create visual calendars that also talk. View in day, week, month views. Move activities into a done column and receive verbal feedback.	Organizer Schedule Cueing	5
IHealth Devices and Apps	IHealth devices can continuously monitor blood pressure, oxygen saturation, heart rate, etc. Communicates readings to your IHealth App. and others as programmed.	Health	Various
Digifit.com and other companies	Outlines a number of health monitoring devices that can report via apps various types of health data including: weight, BP, Heart Rate, activity levels, calorie use, etc. May be available through other companies as well.	Health	Various

TaskAnalysisLife APP by Clemson Life.
Available for Apple Users and it is free.

a. Helps individuals to complete a task
b. Breaks down the tasks into manageable steps
c. If you are at work – it populates work related tasks
d. If you are at home – it populates home related tasks

http://clemsonlife.org/TaskAnalysis/
http://clemsonlife.org/TaskAnalysis/Tutorials/
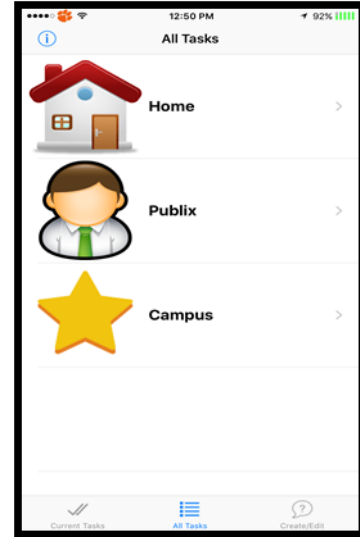
Endeavor 3 APP: available in Apple Store or Google Play for $100.

It provides individuals with cognitive disabilities who have difficulty remembering as it helps you to know when to perform key activities such as taking medication, turning appliances off, getting to meetings or appointments, as well as doing work tasks – other routine or non-routine activities of daily living.

Apps helps to perform independently and on time.