



Using iPhones, iPads, or iPod Touches to Assist with Cognitive Challenges at Home, School, & Work

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Presentation Objectives

- Distinguish among smart devices (iPhone, iPad, Android, etc.) and native apps that come on the devices.
- Identify apps to help with common cognitive issues associated with brain injury.
- Identify strategies for finding and evaluating apps.



THE MAKING COGNITIVE CONNECTIONS[®] APPROACH



Making Cognitive Connections

Description

- Emphasizes the benefits of smartphone devices as memory/cognitive prosthetic devices.
- Teaches the fundamental technical skills necessary to operate a smart device while simultaneously drawing a parallel to the cognitive skills that underlie the development of those technical skills.

Making Cognitive Connections

Description

- Focuses on the cognitive skills required to use the device and then has the users apply those same cognitive skills to their everyday lives, making this approach practical, concrete, relevant, and transferable.



SMART DEVICES AND NATIVE APPS




Smart Devices

Smart Device	Pros	Cons
<p>iOS (43%)</p> 	<ul style="list-style-type: none">• Consistent user interface across iOS devices (i.e., iPhone, iPod Touch, iPad)• Over 600,000 apps available in App Store• Intuitive & easy to learn• iPod Touch and iPad are available with Wi-Fi only (no data plan required)	<ul style="list-style-type: none">• Limited expandability<ul style="list-style-type: none">• No SD card expansion• iPhone only available on AT&T, Verizon, and Sprint wireless networks and requires data plan

Market share data source: The NPD Group's *Mobile Phone Track* report February, 2012



Smart Devices

Smart Device	Pros	Cons
<p>Android (48%)</p> 	<ul style="list-style-type: none">• Extremely versatile• Expandable• Over 400,000 apps available in the Android Marketplace• Available from all wireless phone companies• Available through pre-paid wireless service (e.g., Virgin Mobile) without a data plan	<ul style="list-style-type: none">• Less intuitive than iOS• User interface varies based on OS and carrier• Android Marketplace has been infiltrated by some virus apps

Market share data source: The NPD Group's *Mobile Phone Track* report, February , 2012


Smart Devices

Smart Device	Pros	Cons
<p data-bbox="212 500 548 548">RIM BlackBerry</p> 	<ul data-bbox="783 500 1255 997" style="list-style-type: none">• Secure• Expandable• Over 10,000 apps available in the BlackBerry App world• Available from all wireless phone companies• Qwerty keyboard	<ul data-bbox="1354 500 1667 537" style="list-style-type: none">• Less intuitive

Market share data source: The NPD Group's *Mobile Phone Track* report, February , 2012



Smart Devices

Smart Device	Pros	Cons
<p>Windows Mobile 7</p> 	<ul style="list-style-type: none">• Consistent user interface• Social network integration	<ul style="list-style-type: none">• Newest OS• Limited apps

Market share data source: The NPD Group's *Mobile Phone Track* report, February , 2012



Smart Device Apps

Built-in or Native Apps	Add-on Apps
<p>Apps that come standard on most smart devices</p> <ul style="list-style-type: none">• Calendar• Clock• Alarms• Timer• Stopwatch• Contacts• Notes• Maps• Music Player (e.g., iPod)• Photos• Web Browser (e.g., Safari)	<p>Apps that require additional download and possible purchase</p> <ul style="list-style-type: none">• Pocket Informant• Awesome Note• Appigo ToDo• Breathe 2 Relax• Speak it!• QuickOffice• Evernote• Pocket Money or Expense• 1Password• SimpleMind+



COMMON COGNITIVE ISSUES RELATED TO RETURN TO WORK/SCHOOL



Most Common Cognitive Return-to-Work/School Issues

- Learning & Memory
- Attention & Distractibility
- Attention to Detail
- Executive Functioning
 - Initiation
 - Planning & Organization
 - Time Awareness/Management
 - Perseveration

Source: *Returning to Work after Brain Injury*
A Strategy Guide for Job Coaches
Brain Injury Assoc. of New Jersey



Learning, Memory, & Attention

- Learning & Memory
 - Stay on track
 - Take pictures of relevant work site locations & co-workers
 - Develop relevant checklists/job aids
 - Plan breaks to help reduce fatigue
- Attention
 - Eliminate paper by putting task analysis or checklists on iOS
 - Focus on one task at a time
 - Time management

Executive Functioning

- Planning & Organization
 - Action plan
 - Checklist
 - Identify work materials
- Initiation
 - Timer & stopwatch
- Decision Making
 - List of options
 - Warn to stop and think
- Time Awareness
 - Timer & stopwatch



NON-NATIVE APP DEMO



Non-Native Apps

- Memory
 - PicFrame (\$0.99)
 - Corkulous (\$4.99)
 - Repeat Timer Pro (\$1.99)
 - ScreenChomp (free)
- Time Management/Organization
 - AwesomeNote (\$3.99)
 - PocketLists (\$0.99)
 - Pocket Informant (\$12.99)
- Graphic Organizers
 - SimpleMind+ (\$6.99)
 - iThoughts HD (\$7.99)
 - iDesk (\$6.99)
- School
 - iStudiez (\$2.99)
 - inClass (free)
 - Evernote (free)

Non-Native Apps

- Notes
 - NoteShelf (\$5.99)
 - Notability (\$0.99)
 - CaptureNotes (\$4.99)
- Games
 - Cut the Rope (free)
 - Where's My Water (free)
 - Brain Challenge (\$4.99)
- Speech
 - MyTalkTools (free)
 - Speak it! (\$1.99)
- Mental Health
 - Breathe 2 Relax (free)
 - Mood Tracker (free)



FINDING & EVALUATING APPS



Finding Apps

- iTunes
- App Store
- Android Marketplace
- mccappreviews.com
- brainline.org
- sylvainroy.blogspot.com

Evaluating Apps

- Evaluation criteria
 - Cognitive skills required
 - Features
 - Ease of use
 - Clarity of instructions
 - Use in daily life
- Online reviews
- Sample screens
- “Lite” versions

id4theweb.com (Home)



An ID 4 the Web project

HOME BENEFITS > PRODUCTS > NEWSLETTERS NEWS & EVENTS > RESOURCES > ABOUT US WEBINARS APPREVIEWS SITE

MAKING COGNITIVE CONNECTIONS® FOR INDIVIDUALS LIVING WITH BRAIN INJURY AND OTHER COGNITIVE CHALLENGES

The purpose of the *Making Cognitive Connections* (formerly *PDA 4 Memory*) project is to provide training materials for individuals living with brain injuries and other cognitive challenges. Training relates to the use of a smart mobile device (such as a smartphone, iPhone, iPad, or iPod Touch) as a memory and cognitive prosthetic device. The training materials include books, videos, and quick reference guides designed with the specific needs of those living with brain injury and other cognitive challenges in mind.

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making.cognitive.connections


NEW IOS 5 BOOK—HOT OFF THE PRESS!

Learn all about iOS 5 in our newly updated and expanded book:

[Organize Your Life Using iOS 5 on the iPad, iPhone, and iPod Touch](#)



mccappreviews.com



App Reviews

to help those with brain injuries and other cognitive challenges

An ID 4 the Web Project

- Home
- Listing
- Reviews
- Add Listing
- Users
- Register
- Advanced Search

ID 4 The Web: App Reviews -- Mission

ID 4 the Web has created this Making Cognitive Connections app review site to establish a centralized location for individuals with cognitive challenges and professionals who work with them to post reviews of apps they find particularly useful for work, home, and school.


Note: This is a moderated review site. Registered users can add app listings and post reviews. Guests may only read existing reviews. Listings and Reviews will post within 24 hours.

My Account

 Remember Me

[Register Now](#)
[Forgot Password?](#)


Top Rated Apps







Great Brain Game

Posted in [Brain Challenge](#)





Brain Challenge HD (the iPad version) is a great game that keeps you on your toes! I try to do the Daily...

Overall rating 

Was this review helpful?  0  0

[Read Full](#) [Comments \(0\)](#) Written By:  michellewild  About 2 weeks ago

Categories

-  Business/Productivity (8)
-  Calendar/Time Management (1)
-  Education/Study Skills (3)
-  Finance (1)



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