







# Apps Designed with Transition in Mind







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**OCCALI**







# Communication

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Proloquo2Go</a>	AAC software with high quality speech output. The vocabulary includes over 7000 items. Includes text-to-speech, ability to add custom images and voice recordings. Available for trial at some Apple Stores.	\$189.99	Compatible with iPhone, iPod touch, and iPad. Requires iPhone OS 3.0 or later.
	<a href="#">TapSpeak Sequence for iPad</a>	Acts like a sequenced switch. PCS symbols available for additional cost. Tap response can be adjusted for varying motor abilities. Unlimited recording length and unlimited number of sequences.	\$29.99	Compatible with iPad. Requires iPhone OS 4.2 or later.
	<a href="#">Look2Learn</a>	AAC software with photographic images. Pre-loaded vocal output or the ability to record your own audio messages. 80 different photos available or add your own custom photo images.	\$14.99	Compatible with iPhone, iPod touch, and iPad. Requires iPhone OS 3.0 or later.
	<a href="#">TouchChat HD</a>	TouchChat is a full-featured AAC software for the iPad. Words, phrases and messages are spoken with a built-in voice synthesizer or recorded messages. Five synthesized voices and custom images available.	\$189.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">Speak it!</a>	High-quality text-to-speech app. Type or copy text from your e-mail, a news article, or other apps and paste it into Speak it to have it read back while words are highlighted. Save text as audio file and send via e-mail.	\$1.99	Compatible with iPhone, iPod touch and iPad. Requires iOS 3.0 or later.
	<a href="#">ASL Dictionary</a> *3G or WiFi required	Videos of professional interpreters signing over 4,800 words and multiple word phrases. Internet access is required to view the videos but they can be saved for future viewing while not connected.	\$2.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.2 or later.






# Daily Living Skills

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Typ-O HD</a>	A word and grammar prediction program that speaks choices. There are four different voices available. Able to save text. Advanced spell checker included.	\$9.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">iEarnedThat</a>	Uses puzzle of picture as reward that student is earning. User adds a piece of the puzzle to show progress toward reward. Can set-up multiple student's rewards.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.2 or later.
	<a href="#">iReward</a>	Uses stars or smiley faces to fill-in spots above picture of reward. Has built-in image search feature. Auditory reward of "Good Job" is an option.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.3 or later.
	<a href="#">Chore Pad HD</a>	List tasks to be completed in day/week/month using pictures and words. Track on calendar, check-off when completed, and list progress towards rewards. Multiple users allowed and can set for repeating items.	\$4.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">Grocery Gadget - Shopping List</a>	Plan grocery shopping by scanning barcodes, or use built-in list of frequent items. Arrange list like your pantry or refrigerator. Automatically learns item order as you shop. Photographic images of each shopping item.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1 or later.
	<a href="#">Shopping List Generator</a>	A picture-based shopping list to plan your shopping trip. Text-to-speech reads items and locations with large, easy-to-see images. Custom images, prices & locations available. Item prices are automatically totaled.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1 or later.






# Daily Living Skills - Page 2

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Speak4it</a>	A voice-driven local search app. Press the “Push to Speak” button and say what you’d like to find. Once found, items can be viewed on a map with directions to get there, and phoned with one tap or a “call” voice command.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1 or later.
	<a href="#">Big Day Lite</a>	A day tracking app, which tells you the remaining days until an event. Another option is to start counting the days after an event. Customize background with your own photos.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">Everyday Skills – Pocket Edition</a>	Provides self-directed learning sessions for 40 important skills important for living independently and accessing the community. Topic areas include Community Skills, Personal Skills, and Transition and Transportation Skills.	\$14.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">MakeChange</a>	Slide coins and stack change below the line until you have the amount shown on the register display. A “current tally” feature will show how much change you've counted, coin by coin. Use for shopping.	\$1.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">The Photo Cookbook – Quick &amp; Easy</a>	Every recipe starts with a photograph of all the ingredients in their measured portions. Each step is illustrated and clearly explained without any jargon or difficult technical terms.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.2 or later.
	<a href="#">WeatherStation Free</a>	Real time weather information for the US location of your choice. Includes current temperature, rain chances for today and tonight, a 5-day forecast with temperature and rain chances on a single page layout.	Free	Compatible with iPad. Requires iOS 3.2 or later.






# Organization

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Idea Organizer</a>	Idea Organizer lets you record your ideas, reminders and notes in whatever form suits you the most - text, photo, voice memo, or a combination of the above.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">reQall</a>	Save your ideas, to-do lists and things to remember by voice or text via email or IM. Organize your to-dos by recognizing dates, times, locations, and certain keywords. Correlates tasks, times and locations.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">TextMinder SMS text reminders</a>	This app allows you to schedule SMS text reminders to be sent to you at the times you specify, repeating as often as you choose. Remind yourself about medication, shopping, errands, bills, appointments, and other tasks.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">NotifyMe 2: ToDo in cloud</a>	Quickly create personal to-dos, reminders, notifications and alerts for quick, daily and on-the-go usage. Features include sound notification, "Autosnooze" (keep alerting until done) and ability to share reminders with others.	\$5.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.0 or later.
	<a href="#">Voice Reminders!</a> <a href="#">VoCal Lite</a>	Quickly record a reminder with your own voice, and then set date and time for the reminder to alert you. Set repeat reminders. Full calendar viewer.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.0.1 or later.






# Workplace Support

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Time Timer</a>	Set the Time Timer to the length of your activity and as the time elapses, the red portion gets smaller. An audible bell tone is played when the time is up. A practical way to address the universal question, "How much longer?"	\$4.99	Compatible with iPhone, iPod touch and iPad. Requires iOS 3.0 or later.
	<a href="#">Visules</a>	Visual support for "actions" (single messages such as "brush teeth" or "five more minutes") and "flows" which are a series of actions such as a daily schedule or recipe. Check off each step in the flow as it is completed.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">Picture Scheduler</a>	Create a list of items to be replayed back in order or set an alert to pop up at a later time. Uses audio, video, text and picture combinations. *App must be running for alert to sound. Then it prompts you to delete the item.	\$2.99	Compatible with iPhone and iPod touch. Requires iOS 4.0 or later.
	<a href="#">Touch LCD - Designer Speaking Clock</a>	This app speaks the time and provides audible chimes and alarms. Time can be spoken when the screen is touched, each time an alarm sounds or at a chime interval.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.3 or later.
	<a href="#">White Noise</a>	Provides ambient sounds and pictures to help you focus, work, relax or sleep. 40 different sounds and pictures. Mix your own combination of sounds.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.

# Social Skills





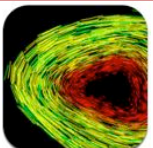

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Hidden Curriculum for Adolescents and Adults</a>	Real-life examples on a variety of topics such as social relationships, community, money matters, workplace, and many others. This app is geared towards adolescents and adults.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">QuickCues</a>	A social script app that helps teens and young adults handle new situations and learn new skills. Includes the Communications module. Other modules on Life Skills, Socialization and Coping can be purchased for \$4.99 each.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">The Urinal Game</a>	A comical game that addresses the important issue of social etiquette and unwritten social rules in the environment of a public men's restroom.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">Stories2Learn</a>	An app to create social narratives. The user can create stories that show social cues through photos, text, and audio messages. Easy access to the built-in camera and the display is very simple and easy to use.	\$13.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.2 or later.
	<a href="#">SonicPics Lite</a>	This app was designed to turn images into custom slide shows, but it could be easily adapted to create social narratives. The Lite version is limited to 3 images. Full version is \$2.99.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.

# Accessibility







ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">A Special Phone</a>	Dial the phone without looking at the keypad by using a shake of the phone instead. You can program six phone numbers that allow dialing by a series of shakes.	\$0.99	Compatible with iPhone. Requires iOS 3.0 or later.
	<a href="#">iSeeClearly</a>	iSeeClearly allows you to read small print by using the built-in camera to enlarge text. Zoom up to 10X.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1 or later.
	<a href="#">Color Identifier</a>	Color Identifier uses the camera on the iPhone or iPod Touch (4th Generation) to speak the names of colors in real time.	\$1.99	Compatible with iPhone and iPod touch (4th generation). Requires iOS 3.0 or later.
	<a href="#">Dragon Dictation</a> *3G or WiFi required	A voice recognition application that creates voice-to-text transcriptions that may be sent as SMS, Email, or pasted into any application using the clipboard. Must have Internet access to work.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iPhone OS 3.2 or later.
	<a href="#">Touch Mouse</a> *WiFi required	Touch Mouse turns your iPhone or iPod Touch into a wireless trackpad and keyboard. Wifi is required and free software must be installed on the target computer.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.






# Leisure

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Web Reader</a>	Uses text-to-speech technology to read web pages to you. Can configure web pages to be read as soon as they are loaded, read pages manually after they are loaded, or use Cut, Copy, & Paste to read only sections of text.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.3 or later.
	<a href="#">Audiobooks</a>	Audio only books, no text visible. High quality human recordings, many from the LibriVox library. Free for classics and public domain, purchase for copyright material.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iPhone OS 3.0 or later.
	<a href="#">Say it &amp; Mail it Pro Recorder for iPad</a>	Send email using a voice memo. Tap "Say it" to start recording, tap "Mail it" to show the email window, then tap "Send". You can include a photo, movie or Google map location.	\$3.99	Compatible with iPad. Requires iOS 3.2.1 or later.
	<a href="#">FastMall - Shopping Malls, Community and Interactive Maps</a>	Navigate any mall without the need for GPS or WIFI. Once you download the mall map you can get interactive navigation without an Internet signal.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.3 or later.
	<a href="#">Uzu</a>	Points of light shoot across the screen in a vortex of color and motion in response to touch. Switch between 10 different modes of real-time animation by changing the number of touch points. Highly entertaining.	\$1.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">TuneWiki - Lyrics + Radio</a>	Provides timed, sub-titled lyrics to songs on your iPod or on the radio. Also translates lyrics into 40 different languages.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.






## Leisure - Page 2

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">MagicPiano</a>	Play music on spiral or circular keyboards. Follow light beams to play classical songs.	\$0.99	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">TonePad</a>	Create tone patterns by touching dots on the screen. These become tone sequences and the pattern is repeated, until cleared, with dots that light up. Can save an unlimited number of songs.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 2.2.1 or later.
	<a href="#">EZ Tunes</a>	EZ Tunes provides an easy way to play music. There are five simple buttons to control the following: Play/Stop, Next Song, Previous Song, Next Album, and Previous Album.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.1 or later.
	<a href="#">Splatter HD</a>	Splatter paint on iPad with this simple and free paint application. Choose colors or touch the shuffle button to paint with a random color. Save your photos to Photo Library to share. Shake to erase.	Free	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">Draw Free for iPad</a>	Sketch and draw, draw on pictures, share on Facebook, Twitter or e-mail.	Free	Compatible with iPad. Requires iOS 3.2 or later.
	<a href="#">FaceGoo</a>	Upload photos and stretch, pinch and twist them in crazy ways! Can add stickers to your photos to make them even more outrageous.	\$.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1 or later.

# Medical

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">My Emergency Info</a>	Tag emergency contacts for simple one-click call from the home screen. Save key information to share with medical professionals such as contacts, allergies, medical conditions, prescriptions, and insurer information.	\$.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 2.0 or later.
	<a href="#">RxmindMe</a>	A prescription reminder that alerts you every time you need to take a prescription. Enter all your prescriptions, setup reminders, and track when you have taken them. Take picture of prescription if camera feature available.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.0 or later.
	<a href="#">iBiomed</a>	A portable record keeping system that simplifies management and sharing of health records. There is a treatment logbook, journal, history, notes, reminders and more. Track progress with graphs and e-mail to share.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.

# Resources

ICON	LINK	DESCRIPTION	COST	FORMAT
	<a href="#">Percentally</a>	A tally counter that automatically converts tallies to percentages. Tally clicks can be silent or can provide audio feedback. Data is shared via the clipboard, Google Spreadsheet, and email.	\$2.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">Tallymander</a>	A list-based tally for recording of multiple behaviors or data at once. Allows for computations for real-time data analysis. Data can be exported and sent via e-mail.	\$3.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.2 or later.
	<a href="#">GPS Tracker</a>	A free real-time GPS tracking service. Use it to track an iPhone online, share your location with friends and family, and record travel path for later analysis. Free registration is required.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 2.0 or later.
	<a href="#">Community Sidekick</a>	Sends automated email messages containing map links, which show the user's location. As the user starts a trip into the community, automated emails are sent at 5, 15, 30, or 60-minute intervals to inform caregiver of location.	\$9.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	<a href="#">OCALI Autism Help</a>	The OCALI Services and Supports database contains listings of service providers and resources (medical, educational, therapeutic, etc.) available to support individuals with disabilities and their families in Ohio.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.3 or later.



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## **Online Resources for iPod/iPad Support**

How to Set-Up iPad First Time: <http://www.snapps4kids.com/setting-up-the-ipad-for-the-first-time/>

Connecting an iPad to a Wheelchair: <http://www.snapps4kids.com/2011/01/connecting-an-ipad-to-a-wheelchair/>

iPad - Configuring Disability Features: <http://support.apple.com/kb/HT4064>

iPhone - Configuring Disability Features: <http://support.apple.com/kb/HT3577>

App Store Volume Purchase Program: <http://www.apple.com/itunes/education>

## **Hardware for iPod/iPad**

iAdapter: <http://www.amdi.net/store/iadapter.html>

iPad housing with rubberized corners and handle. A small slide cover on the front of the housing will hide the home button from roaming fingers that will close running applications.

Otterbox Cases: <http://www.otterbox.com/apple-cases/apple-cases,default,sc.html>

Cases for iPhone, iPad and iPod incorporate clear screen cover hard-shell cover and stand.

Trident Kraken Hybrid Case for iPad:

[http://www.amazon.com/gp/product/B003ZWQQWG?utm\\_source=snapps&utm\\_medium=post&utm\\_campaign=amazon](http://www.amazon.com/gp/product/B003ZWQQWG?utm_source=snapps&utm_medium=post&utm_campaign=amazon)

SoundPOD: <http://www.mysoundpod.com/>

A package of an iPod retrofitted with a wireless speaker using Bluetooth. Includes TouchChat HD, a fully featured AAC app. Speaker can be docked with iPod or worn around the neck on a lanyard.

RJ Cooper: <http://www.rjcooper.com/index.html>

A variety of iPad stands, cases, and switch interfaces all designed for individuals with disabilities.



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## **Online Resources for Finding Apps for Students with Disabilities**

Mobile Learning for Special Needs Wiki

<http://mobilelearning4specialneeds.wikispaces.com/>

*This site is brought to you by a group of Apple Distinguished Educators who focus on the inclusion of students with disabilities through the use of Apple technologies. Click on Apps category on left side.*

App Resource: Speech-Language Pathology Sharing

<http://slpsharing.com/app-resources/>

*This resource page is dedicated to iPhone, iPod touch and iPad devices and applications for special education.*

Apps for Special Needs – Moms with Apps

<http://momswithapps.com/apps-for-special-needs/>

*Made by the developers at Moms With Apps to assist children and families with special needs. Other categories on same site: Apps for Reading, Apps for Learning, and Apps for Fun & Creativity.*

iEducation Apps Review

<http://www.iear.org/>

*A grassroots community looking at the educational value of educational apps.*

Scribd posts by Eric Sailors, SLP

<http://www.scribd.com/egolfer6>

*Tutorials and recommendations on iPod touch Apps and Accessories for Special Needs.*

iPads as Assistive Technology listing at iPad Academy

<http://ipadacademy.com/2010/12/ipads-as-assistive-technology-30-apps-for-augmentative-and-alternative-communication-aac>

Special Needs Apps for Kids: SNApps4Kids

<http://www.snapps4kids.com/>

*A website to support parents, teachers, therapists and doctors who want to use technology like the Apple iPad to help special needs and typical children of all ages and abilities to learn, grow and develop. This site includes reviews, blogs, and success stories.*



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## From Interventions to Technology

Job Challenge	Intervention	Mobile Technology
Understanding how to start a work task, break the task into steps and adhere to a deadline for completion.	Job coach does a task analysis, writes a sequence of steps. Provides a time line and prompts.	Team creates a step-by-step video based on the task analysis, uses a peer as a model. Downloads to iPod and sets timed alarms as prompts. Trains worker how to use.
Asking too many questions or not enough about work related tasks	Answer a limited number of questions. Create a behavior plan to limit number. Provide written instructions and prompt to use.	Type answers to commonly asked questions (like FAQ's) into notes utility and train with fading prompts to use. Research shows that workers are more motivated to use a device rather than paper. Use a reward app or a favorite game on the device during break time as a reward for reducing or increasing the number of work questions asked.
Anxiety when there are loud noises in the work place or when co-workers talk too much.	Practice Deep Breathing to relax. If allowed wear headphones with favorite music. If possible take a walking break to reduce anxiety.	Use headphones and iPod with either white noise or favorite music and relaxation application.
Using appropriate social skills on the job, greeting customers, handling frustration. Worker wants to hug customers.	Job coach models how to correctly greet customer and rehearses with worker. Prompts him and praises him when he is able to greet correctly.	SLP creates social stories about greeting the customers and handling frustration on an application for the iPhone that the worker already has. He views it at the start of every shift and if he begins getting frustrated.

## Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
<b>Organization</b> -meeting deadlines, difficulty starting or completing a task independently	<b>Note Everything Pro &amp; Evernote</b> -take voice, picture notes, to do lists, share notes.	\$3.99 Free	Android IOS/APPLE, Android
	Preloaded Sticky Notes, Video camera to create Instructional Video Models, Calendar Alarms	Free	IOS/APPLE, Android
	<b>Time Timer</b> -visual clock in different formats.	\$1.99	IOS/APPLE, Android
	<b>Video Scheduler</b> -creates video segments for video modeling or use video/picture for visual schedules and organization.	\$12.99	IOS/APPLE, Android
	<b>ADHD Alarm</b> - enables users to create as many customized alarms as needed through the day. It's flexible and designed to meet the needs of adults with ADHD.	\$1.99	IOS/APPLE, Android
	<b>Deadline Pro</b> -manages and calculates deadlines.	.99	IOS/APPLE
	<b>Deadlines Reminder</b>	Free	Android



## Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
	<p><b>StoryKit</b>- electronic storybook can be used for visual schedules, allows you to insert pictures, text and audio recordings. Can be used for non-readers.</p>	Free	IOS/APPLE
	<p><b>Mind Mapping apps</b> -allow you to create visual diagrams to organize tasks, sequentially or establish relationships between concepts so you can decide how to proceed with a project or task.</p>	<p>\$9.99 Mindnote                      \$14.99 Inspiration                      \$2.99 Simple Mind                      Free MindMaps Lite                      Free Thinking Space</p>	<p>IOS/APPLE                      IOS/APPLE                      IOS/APPLE                      Android                      Android</p>
<p><b>Sensory issues</b>                      -loud voice level in work setting, noises, co workers talking, sitting too long</p>	<p><b>Decibel Ultra</b>, simple sound level meter that uses phone microphone to graphically show voice level.</p>	Free	IOS/APPLE, Android
	<p><b>Sosh</b> also helps regulate voice volume, see below.</p>	\$39.99 free 7 day trial	IOS/APPLE
	<p><b>Sit Still</b>-monitors your movement, gives you visual and auditory feedback and encourages you to sit still.</p>	.99	IOS/APPLE, Android

## Apps for Job Challenges

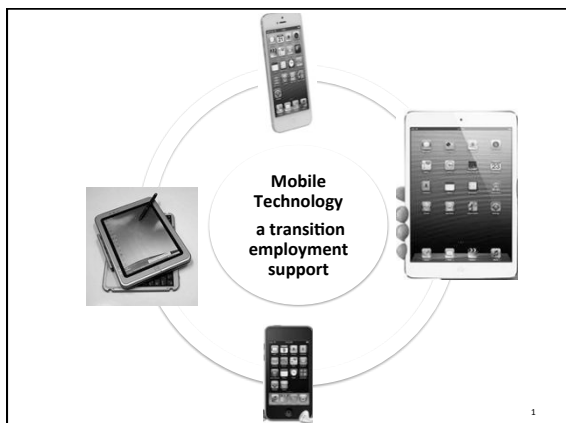
Job Challenge	App/ Description	Cost	Format
<b>Social skills</b> -accepting criticism from the boss, talking to co workers about one subject all day	Or use alarm or timer to take activity or walking breaks		
	<b>iCBT</b> -uses cognitive behavior therapy for panic attacks, compulsive behavior and anxiety.	\$7.99	IOS/APPLE
	<b>Personal Social Skills HD- Workplace</b> -contains 80 videos to teach & reinforce social skills for work, home and community.	\$1.99	IOS/APPLE
	<b>Sosh</b> -designed to teach social skills to young adults, how to transition between activities, relaxation.	\$39.99, free trial for 7 days	IOS/APPLE
<b>Stress management</b> -frustration, anxiety	<b>Quick Cues On the Job</b> -provides scripts for encouraging appropriate work conversations, resolving conflict and being part of a team.	\$4.99	IOS/APPLE
	<b>Calm Counter</b> -social story and anger management tool.	\$2.99	IOS/APPLE, Android

## Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
	<b>Breathing Zone</b> - breathing exercises to reduce anxiety and stress.	\$1.99	IOS/APPLE, Android
	<b>White Noise Box</b> -provides ambient sounds of the environment to help you relax or sleep.	Free	IOS/APPLE, Android
	<b>At Ease</b> - relieves anxiety by combining voice guided breathing meditations, mental exercises and journaling.	\$2.99	IOS/APPLE, Android
<b>Concentration</b> -distractibility	<b>Pomodoro</b> -helps you focus using a specially designed timer & the Pomodoro technique. This helps you apply yourself to tasks by working in segments of 25 minutes with short 5-minute breaks.	Simple Pomodoro Timer Free Pomodoro Pro \$2.99 Pomodoro Premium \$19.99	IOS/APPLE, Android
<b>Motivation</b> - encouragement for behavior change	Reinforcement apps allow you to personalize rewards, chart progress towards them.	\$3.99 iReward Android \$4.99 iReward IOS/APPLE \$1.99 I Earned That	IOS/APPLE and Android, iReward  IOS/APPLE

## Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
	<p><b>Easy ChartHD</b>-creates visual graphs to show progress towards goal or reward.</p> <p>Favorite podcasts, videos, music can also be used as rewards.</p>	Free	IOS/APPLE



Mobile technology is a generic term used to refer to a variety of devices that allow people to access data and information from where ever they are. This includes cell phones and portable devices.

**Mobile device sales are increasing (gartner.com)**

- 60 million tablets
- 472 million smartphones

- Examples of mobile technology as a support for work
- What Research Tells Us
- From Interventions to Technology
- Give Mobile Technology a Try
- Resources to help you

Example 1

1. Jeff, 21 years old with ASD, made no eye contact, had little social awareness. When anxious he would spin slowly and hum.

**Work Challenges**  
 Could not work independently 10 hrs. a week as a custodian at a fast food restaurant even after 2 weeks training and a job coach. Could not transition between different tasks, remember all the steps of a task or would stay on one step endlessly. Did not refer to job checklist unless prompted. Complaints were made about his spinning, humming and stamping feet and coach thought he might lose his job.

**Technology and Results**

- Trained in use of iPod Touch
- Alarm reminders with Clock to move between tasks
- Given case and belt clip
- Notes done for each task with step by step instructions & a task list
- Voice Memo used for auditory review of notes instructions

**After one week of device use, performing tasks on his own. No outbursts– a year later still on the job with device.**

(Condensed from Gentry, 2012)

Example 2 & 3

Job	Challenges	Technology Used	Participant and Age
2. Clerical at university	Transitioning, handling work situations, independence traveling, anxiety. Continues use of iPod for 6 months & performs job duties successfully. Custom made videos help navigate maze of offices. Relaxation app and downloaded music help with anxiety.	All used iPod Touch 2. Notes, Clock, Video Camera, Music, Simply Being (relaxation \$1.99) Podcasts	2. Grace, ASD, 66 years
3. Housekeeping at hospital	Does not read, use a calendar independently, nor tell time. When frustrated will avoid work, make calls. Device use resulted in improved work performance, fewer behavior problems, decreased phone calls to coach and mother. After month, device lost on bus. During week it took to replace, behavior problems increased, work performance suffered.	3. Camera, iCal, Photos, StoryKit (picture list, social stories, free) VoCal (voice reminder, .99) iStewards (free) Toca hair salon (game reward .99)	3. Lily, Down Syndrome with ASD, 20 years  (Gentry, Lau, Molinelli, Fallen & Kiner, 2012)

More Examples

Job	Challenges	Technology Used	Participant and Age
Inventory & Stocking at a vending machine business	Was not able to complete inventory, fill out order forms or fulfill orders. With the video models for each of these tasks he achieved mean scores of 99%, 87% and 88% respectively on percentage of steps correctly completed.	All used video iPods with specifically created instructional video models for each of their tasks.	Alex, ASD, age 22
Custodial tasks at a bowling alley.	Could not perform bathroom cleaning, vacuuming and outside cleaning independently. Without device baseline was 34%, 47% and 12% respectively. With device mean scores were 96%, 95%, 95%.		Sam, ASD, age 20  (Kellens & Morningstar, 2012)
26 Step valve assembly at factory	All participants had severe disabilities, were from an Activity center and never worked before. All were able to learn the task correctly after a short period of intensive training.	VICiAD software on an adapted Palmtop computer with one large key. Headphones or vibrating device in a pocket used for timed prompts. Pictures of task sequences were scanned into computer. Wireless connection used to alert job coach when assistance needed.	1. Mr. S, DD & hearing impairment, distractibility, age 47 2. 3 males, DD, ages 20-36 20 participants, severe DD (Furness, Lancioni, Rocha, Cunha, Sanches, Morato & O'Reilly, 2001)

What Research Tells Us

- Only a small numbers of studies involving less than 50 individuals with DD focus on iPods, iPad or iPhone as a support or intervention in employment. However these studies do show improved job task completion with mobile technology. Additional supportive research with greater numbers of individuals with DD using these same devices has been done in academic settings.
- Earlier employment research substantiates the use of older handheld PDAs and Palmtops with prompting and sequencing software as cognitive supports resulting in improved work performance (Furniss, Lancioni, Rocha et al, 2001).
- Students who received technology training in school were 2X as likely to be employed as those who did not.

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What Research Tells Us

- The increased prevalence of Android phones and tablets with many of the same built in features used in the research may result in a flexible approach to using a variety of devices in employment settings dependent on what's available and the comfort level of the user.
- Mobile technology is more readily accepted, has social validity, and is less stigmatizing for individuals with DD in a variety of settings. (Kellems & Morningstar, 2012, Van Laarhoven, Johnson et al, 2009, Furniss, Lancioni et al, 2001)
- Even though there is greater availability and lower cost for mobile technology, a 2012 survey showed that over 70% of 141 respondents said there was no assistive technology used in the work setting for an individual with an intellectual or developmental disability. (Bryant, Seok, Ok & Pedrotty Bryant, 2012)

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What Research Tells Us

**Workers with DD are successful in community employment with the support of mobile technology:**

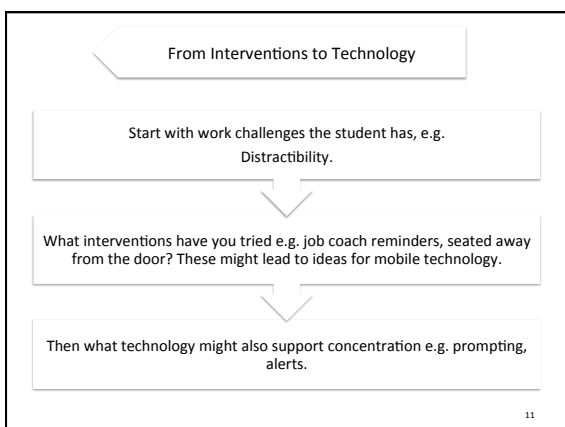
- Students who received community based training in a natural environment focused on social skills, accessing public transportation and on the job training were more likely to be engaged in post school employment (NSTTAC Post School Indicators of Success)
- Individuals who participated in sheltered workshops earned significantly less and cost significantly more to serve, than their non-sheltered workshop peers. (Cimera, Wehman, West & Burgess, 2012)
- Receiving prevocational services has a negative correlation with the subsequent hourly wages of consumers. (Nazarov, Golden & vonSchrader, 2012).

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From Interventions to Technology

<p><b>For the student/worker</b></p> <ul style="list-style-type: none"> <li>• What are the tasks?</li> <li>• What is the setting?</li> <li>• What are the challenges faced?</li> <li>• What is the goal/criteria for success on the job?</li> </ul>	<p><b>For Transition Staff</b></p> <ul style="list-style-type: none"> <li>• Use what you already know about the student/worker.</li> <li>• What interventions have been successful? Can these be adapted with technology?</li> <li>• Who are the other team members who can help you?</li> <li>• Use the resource section for ideas about apps, video modeling, useful links and documents.</li> </ul>
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From Interventions to Technology

Job Challenge	Intervention	Mobile Technology
Understanding how to start a work task, break the task into steps and adhere to a deadline for completion.	Job coach does a task analysis, writes a sequence of steps. Provides a time line and prompts.	Team creates a step-by-step video based on the task analysis, uses a peer as a model. Downloads to iPod and sets timed alarms as prompts. Trains worker how to use.
Asking too many questions or not enough about work related tasks	Answer a limited number of questions. Create a behavior plan to limit number. Provide written instructions and prompt to use.	Type answers to commonly asked questions (like FAQ's) into notes utility and train with fading prompts to use. Research shows that workers are more motivated to use a device rather than paper. Use a reward app or a favorite game on the device during break time as a reward for reducing or increasing the number of work questions asked.
Anxiety when there are loud noises in the work place or when co-workers talk too much.	Practice Deep Breathing to relax. If allowed wear headphones with favorite music. If possible take a walking break to reduce anxiety.	Use headphones and iPod with white noise or favorite music and relaxation application.
Using appropriate social skills on the job, greeting customers, handling frustration. Worker wants to hug customers.	Job coach models how to correctly greet customer and rehearses with worker. Prompts him and praises him when he is able to greet correctly.	SLP creates social stories about greeting the customers and handling frustration on an application for the iPhone that the worker already has. He views it at the start of every shift and if he begins getting frustrated.

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Give Mobile Technology a Try

**Why Try It?**

- **It works!**  
Research shows that mobile technology helps workers with disabilities do their jobs.
- **Inexpensive & Convenient**  
Mobile technology is widely available and relatively inexpensive compared to specialized assistive technology. (Kagahora et al 2013, Carnahan 2012)
- **Easy to Learn**  
Individuals with cognitive disabilities can benefit by learning with universal design features. Mobile technology features include multiple means of representation: visual, verbal and text.

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Give Mobile Technology a Try

**Why Try It?**

- **Supports independent work**  
The use of mobile technology in work settings can foster independence and self-determination for workers with disabilities because there is less dependence on prompts from job coaches or supervisors and improved completion of tasks with video models, schedules and other apps.
- **Cost Effective**  
The use of mobile technology is cost effective because it results in decreased job coach hours during initial training and long term follow-up and support for workers with disabilities.

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Give Mobile Technology a Try

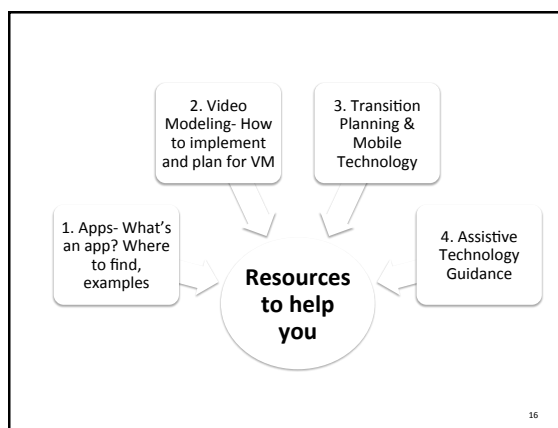
*Supported by Evidence Based Practices (EBP)*

<p><b>Transition EBP</b></p> <ul style="list-style-type: none"> <li>• Community based instruction.</li> <li>• Response prompting</li> <li>• Computer assisted instruction</li> <li>• Self Management</li> <li>• Video modeling &amp; visual displays</li> </ul>	<p><b>Autism EBP</b></p> <ul style="list-style-type: none"> <li>• Computer aided instruction</li> <li>• Video modeling &amp; visual supports</li> <li>• Social Narratives</li> <li>• Task Analysis, prompting, reinforcement</li> <li>• Self-management</li> </ul>
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National Secondary Transition Technical Assistance Center <http://www.nsttac.org/content/evidence-based-practices>

National Professional Development Center on ASD <http://autismpdc.fpg.unc.edu/content/briefs>

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**What's an App?**

A mobile application or mobile app is a software application designed to run on smartphones, tablet computers and other mobile devices. They are available through distribution web sites, which are typically operated by the owner of the mobile operating system, such as the Apple App Store (iOS), Google Play, Windows Phone Store or Amazon. Some apps are free, while others have a price. Usually, they are downloaded from the platform to a target device, such as an iPhone, Android phone or Windows Phone. Ex. Games, music, banking, shopping.

1. Apps- What's an app? Where to find, examples

**Where to find apps for Apple or Windows devices**

- Google Play
- iTunes Apps Store
- Amazon
- Windows Store
- Ask techies that you meet

Condensed from Wikipedia

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1. Apps- What's an app? Where to find, examples

**Don't Forget Preloaded Apps**

- Calendar and Reminders for alarms and prompts
- Camera for visual schedules
- Video Camera for instructional video modeling
- Maps for transitioning to locations, transportation
- Clock, timer, alarm, stopwatch for staying on task, moving through a sequence of tasks

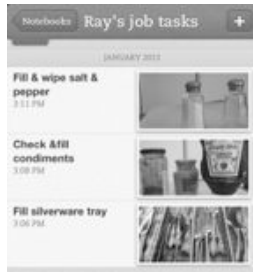
Example: Use the camera on your phone to create a visual schedule of tasks and place in an album. Teach the worker how to use this to move from one task to another. You can also create a slide show so worker can review all tasks at the start of their shift.

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1. Apps- What's an app? Where to find, examples

**When buying apps**

- Check the date for the last update (reflects ongoing maintenance)
- Read reviews carefully
- Will the app run on your device?
- Try a trial version first if you can



Example: Evernote is a free app for notes but you can insert photos and voice memos too.

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1. Apps- What's an app? Where to find, examples

Sample page of Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
Social skills	Personal Social Skills HD- Workplace contains 80 videos to teach & reinforce social skills for work, home and community.	\$1.99	iOS
	Soth- designed to teach social skills to young adults, how to transition between activities, relaxation.	\$39.99, free trial for 7 days	iOS
	Quick Cues On the Job- provides scripts for encouraging appropriate work conversations, resolving conflict and being part of a team.	\$4.99	iOS

Note: IOS is Apple Device

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1. Apps- What's an app? Where to find, examples

Sample page of Apps for Job Challenges

Job Challenge	App/ Description	Cost	Format
Stress management -frustration, anxiety	Calm Counter-social story and anger management tool.	\$2.99	iOS, Android
	Breathing Zone- breathing exercises to reduce anxiety and stress.	\$1.99	iOS, Android
	White Noise Box-provides ambient sounds of the environment to help you relax or sleep.	Free	iOS, Android
	At Ease- relieves anxiety by combining voice guided breathing meditations, mental exercises and journaling.	\$2.99	iOS, Android

Click here to download entire list

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Download [http://www.ocali.org/view.php?nav\\_id=101](http://www.ocali.org/view.php?nav_id=101)

Page from OCALI's Transition Apps

### Social Skills

ICON	LINK	DESCRIPTION	COST	FORMAT
	Hidden Curriculum for Adolescents and Adults	Real-life examples on a variety of topics such as social relationships, community, money matters, workplace, and many others. This app is geared towards adolescents and adults.	\$1.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	QuickCues	A social script app that helps teens and young adults handle new situations and learn new skills. Includes the Communications module. Other modules on Life Skills, Socialization and Coping can be purchased for \$4.99 each.	\$4.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	The Urinal Game	A comical game that addresses the important issue of social etiquette and unwritten social rules in the environment of a public men's restrooms.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.
	Stories2Learn	An app to create social narratives. The user can create stories that show social cues through photos, text, and audio messages. Easy access to the built-in camera and the display is very simple and easy to use.	\$13.99	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.1.2 or later.
	SocialPics Lite	This app was designed to turn images into custom slide shows, but it could be easily adapted to create social narratives. The Lite version is limited to 3 images. Full version is \$2.99.	Free	Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.0 or later.

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2. Video Modeling- How to implement and plan for VM

“Video modeling (VM) is a mode of teaching that uses video recording and display equipment to provide a visual model of the targeted behavior or skill”\*. Mobile technology has most often been used as a flexible, portable method to provide instructional video modeling with prompts.

- For an overview of VM
- Steps for Implementation
- An Implementation Checklist

Link to <http://autismpdc.fpg.unc.edu/content/video-modeling>

\*National Professional Development Center for ASD

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3. Transition Planning & Mobile Technology

- Consideration of Mobile Technology can be part of the Age Appropriate Transition Assessment (AATA #4 in IEP), a transition service (#5 in IEP) in support of a competitive employment post secondary goal or part of specially designed instruction, assistive technology (#2 in Services Plan).
- Document process & results in appropriate section of IEP. For more info Link to Ed Resources <http://www.edresourcesohio.org/transition/resources.php> . Download Secondary Transition for Children with Disabilities

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#### 4. Assistive Technology Guidance

- Another tool to help make a match between students' needs or challenges and assistive technology is available at the OCALI web site.

Link to <http://www.ocali.org/atga/> for more information and other resources.

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## Get Started Now

1. Use what you know about the worker, the job setting and the challenges you are seeing.
2. Start simply. Choose one challenge that your team agrees on and brainstorm some mobile technology solutions.
3. Remember the preloaded apps on the device. Review the lists of apps.
4. Get tech help if you need it.
5. Try an app with the worker. Make sure they can use the device. Collect data to see if it works.

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## Get Started Now

- **Example:** Ray is a young man with DD who gets distracted on the job. He likes to talk to anyone about the Cleveland Indians.
- The team brainstormed and decided to start with using the alarms that come with his phone.
- They tracked how many times each shift he stayed on task and if he met his goal, he was rewarded with listening to his favorite music on the phone during break.



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# Get Started with Mobile Technology Transition Planning and Apps

Worker Name \_\_\_\_\_

**1. Use what you know about the worker, the job setting and the challenges you are seeing when thinking about apps.**

*a. What interests or motivates the worker?*

\_\_\_\_\_

*b. What is going on in the job setting, is it noisy, too quiet, sensory issues?*

\_\_\_\_\_

*c. What has been successful in other settings that may work here with a technology focus?*

\_\_\_\_\_

**2. Start simply. Choose one challenge that the worker faces on the job and let the transition team brainstorm interventions.**

*List the team interventions*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3. Review the lists of apps that may provide a technology solution for the brainstormed interventions. Remember the preloaded apps on the device. Bring in additional tech expertise from your school or district.**

*List Apps that may support the worker on the job:*

\_\_\_\_\_

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**4. Try an app with the worker. Find out the worker's level of technology use. Train if they don't know how to use the device and provide initial support with using the app.**

*a. What technology does the worker use now? \_\_\_\_\_*

*b. Does the worker already own a device that the app could be used on?*

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*c. Does the staff need training on using this device and app?*

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**5. Collect data to see if it works. Set up a simple data collection system so you have evidence to support the use of app and will let you know that the worker's performance has improved.**

*a. How will you collect data? \_\_\_\_\_*

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*b. Who will collect and monitor, on what schedule and how often will the team review it? \_\_\_\_\_*