

## Tools and Tips from a Techie

**What is the Carrot???** As we are preparing individuals to utilize technology solutions in their lives... what is the motivation to use!!!



**Independent living   Self Determination in Community   Employment   Leisure   Socialization**

**In our situation “Independent Living” was the goal** - we needed to do time analysis of how long it took Kara to accomplish activities and to reevaluate frequently to ensure success as we utilized voice reminders.

**Then a Trial period** ... at our house with life in her own house as the end goal.

**What is success???** Initially 2 hours to get dressed and get breakfast independently!

Think of the individual’s primary use and purpose for tech and go from there!!

**In our life...**iPads and apps are my interest -I research and find apps that can be utilized to support these areas

**Home Safety   Daily Living skills   Memory Scheduling   Leisure Skills   Socialization**

### **Options in iDevices... What to Consider**

We only utilize iPads and iPhones as the Reminder App we use works on iPad/iPhone only

**iPhone** – reminders and task necessary outside of home and in the workplace

**iPads-** reminders and tasks most important in home

### **Other very practical, affordable, and useful options....!!!!**

**Kindle Fire!!!!!!!** Starts at \$49.99 and more and more capabilities being added all the time!  
You can add storage, has camera and video capability

App choices are more limited...but huge bonus is built in Alexa!!! Alexa is now available hands free on all Fire Tablets!! Amazing tech potential for more voice control for users!!! For starting point of \$49.99. Limited apps compared to iDevices but great accessibility options built in!

Other Android tablets and Android phones!!!! *Google Play* is the App Store for Android users

Google “Best Apps for...whatever the area of need is to get recommendations for Android Apps and iPad and iPhone apps!!!

**Look at “Native Apps”** meaning the Apps that come with your device- to utilize for scheduling and time management – some individuals may not need much more than these

**Calendar**

**Reminders**

**Clock/Timer/Alarm**

**Voice Recorder**

Other Apps from App store range from Free to \$\$\$\$\$. There is an ability to set up “shared account” with the Apple App store and share Apps, Calendars, Reminders and a multitude of items!!! Just Google the “How to’s.”

### **A look at the Native Apps on iPad**



**Calendar**

Remote management with entering events from shared Apple accounts- can set up sounds and alerts on screen for the events of day

Recurring events can be set ...like daily weekly or monthly

Can utilize to be reminded at certain intervals before the event

Use SIRI for ease of use

Tell SIRI “**Schedule**...event, date, time” - double check notifications set

Cloud capability is great



**Reminders**

Remote management with entering events from shared Apple account -can set up sounds and alerts on screen for the reminders of the day or even place!

Recurring events can be set ...like daily weekly or monthly

Use SIRI for ease of use

Tell SIRI “**Remind me**...event, date, time” - double check notifications set

Cloud capability is great....



**Clock** can be utilized as a simpler time management tool with sounds and labeled events

Limited as to how far ahead you can set times and use

**Voce Memo's** on iPhone.... Good for recording a message or note-can label it and set a time for it to go off. Can send the audio recording to others

**No Matter what device you are using...** you must know how to manage the Apps

**"Notifications"** in Settings... Not difficult as you choose how you want to be "notified" meaning how the app talks to you- about the **Reminder, Timer/Clock** or **Calendar** event

***Make Settings your friend in whatever device you use! This is where you will find and choose the accessibility options to make the device most functional. I LOVE the larger print!!! Do not be afraid of Settings ...you cannot hurt your device by making changes in setting and if you don't like what the change did- just turn it off to revert to old setting!!!***

**Purchased Apps...** many offer a free version to try but these have lots of ads so be prepared – still a good way to demo before purchase



**"Reminder" ....Our favorite purchased reminder app!**

We utilized Kara's own voice or music clips to go off all day long to guide her through her day

*Reminders- lets you create reminders very easily and quickly. Recurring reminders are fully supported, and you can set hourly, daily, weekly, monthly and yearly reminders, or even days of the week or month. It also has a wake-up alarm with custom snooze time."*

**\$1.99** <http://www.aidaorganizer.com/mac/index.html>

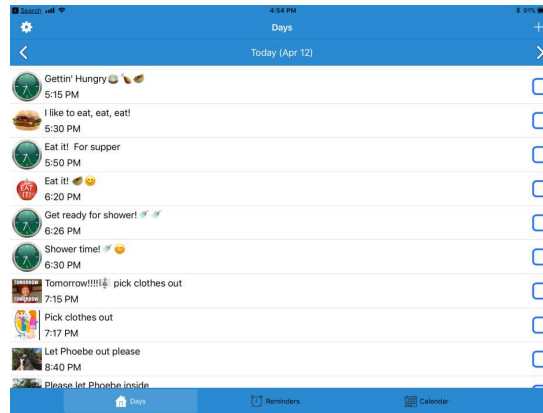
There is another version from same developer that cost **\$0.99!!!!**

We can't say enough about how valuable this app has been in helping Kara live independently! She tells herself what to do all day long!!!

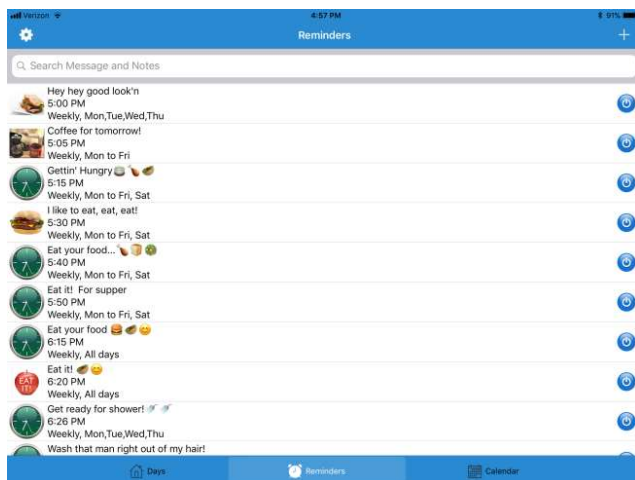
Let's take a look- there are three different vies to choose from for the individual to use

**Day's** shows 'today's' reminders (we use this view)

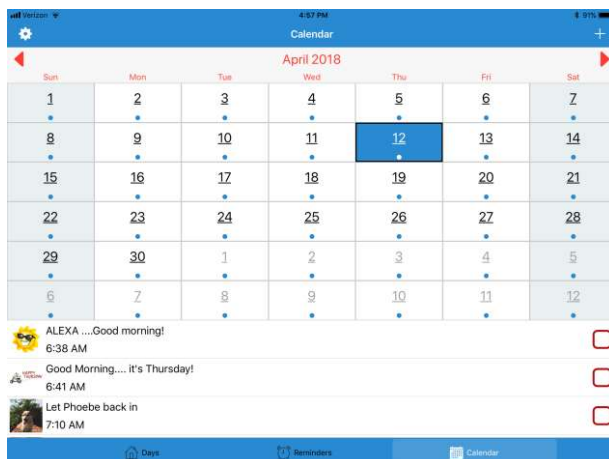
Super useful for use for those who like to check off what they do! We use this view



**Reminders** shows all the reminders



**Calendar** - Date & Reminders

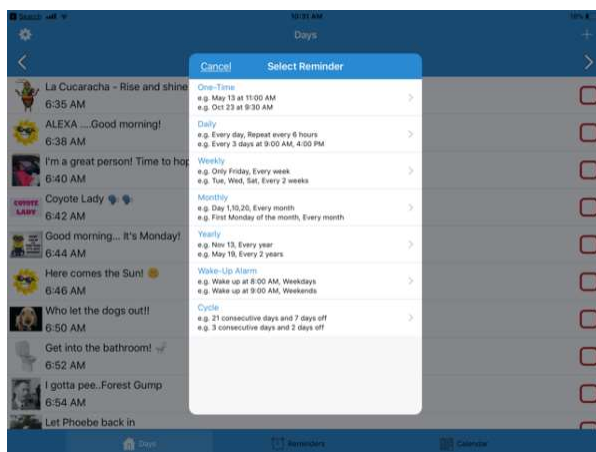


With the Aida reminder app there is an ability to send and save backup of all of the reminders by email and to make changes remotely and send back by email – must install back to app but so easy!

**Allows users to create voice files, music files and set up a multitude of prompts, icons, times.... Limitless!!**

**Main Screen Hit the Plus sign to add a Reminder ...Chose type of reminder... “Wake up alarm”**

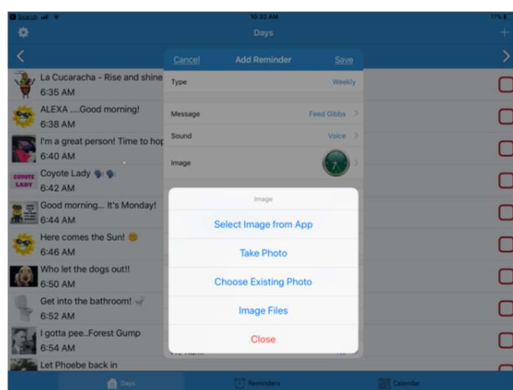
**Once you choose the type of reminder you need...just go down and enter info into each field. As with any app once you have completed that field remember to “Save” or “Done” or whatever 4 letter word is needed to save the newly added info. Good rule with all Apps ...Remember the 4 Letter words!**



A View of how to get started - choose the type of reminder you want... one time, daily, weekly etc. Limitless!

Then just go through and fill out each category for the Reminder

Message, sound image...time etc - NO HARDER THAN ANY ONLINE ORDERING!

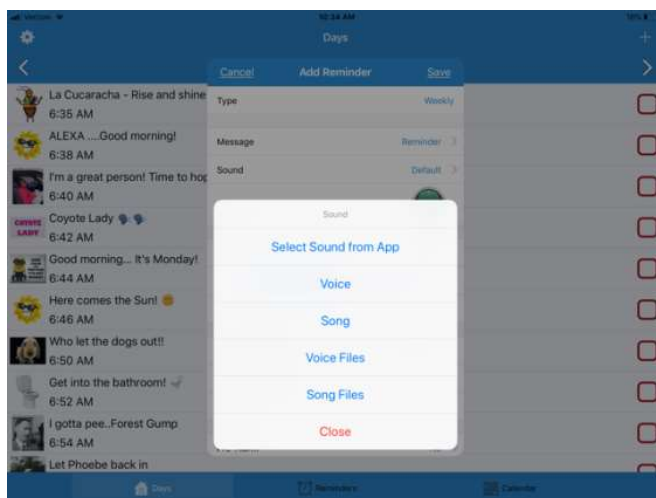


Add Icons and as you can see there are a variety of ways to choose and use icons to really customize and make relevant to the end use!



Choose ICON

Built in icons available or easy to use your own photos or image



There are built in sounds to use or

**Add your Voice or music... create files! Very easy to do!**

Incredible number of features built in!!! Create voice files, song files to reuse over and over!! Start working your way down the menu and pull in features you want to use!!!

**Most important thing is to remember to touch “done” or “save” or “next” once your choices are entered**

## Music Reminders!!!

Use music and create a library of music reminders! Record snippets of songs up to 30 second's worth- as music can really motivate and be a change from the voice reminders...plus fun!!

You need to have songs or albums in your device music library either purchased from iTunes or transferred from PC to device from iTunes in order to add music – but easy to do

So functional and useful!!!!

- Can add icons or your own pictures for each prompt
- Add text for readers or support people who can see what is coming up
- Totally customize an individual's schedule even with changes during days of week

We have set up a range of prompts to organize the week

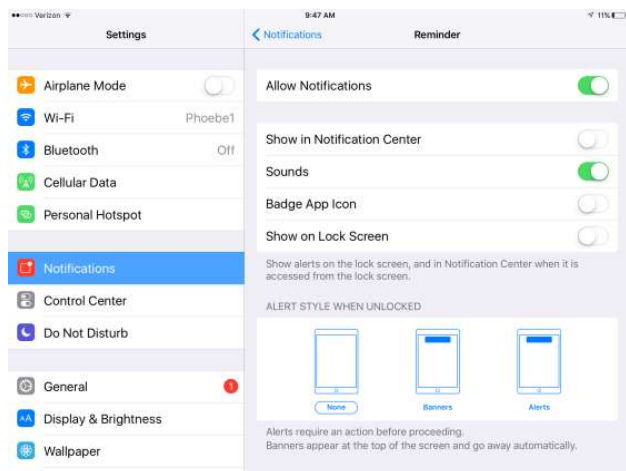
- Monday-Thursday
- Friday –Saturday
- Sunday
- Email capability... not only for changing schedule remotely but for easy backup of prompts/reminders!!!!
- Just work through each field as you are setting up prompts and be sure to “save” ...

Check out developer's website for helpful hints too!

<http://www.aidaorganizer.com/mac/index.html>

[support@aidaorganizer.com](mailto:support@aidaorganizer.com)

- Or there are You-Tube Videos for help in set up - Just Google! YOU CAN EASILY UTILIZE THIS APP!



**ONCE DONE GO INTO SETTINGS AND NOTIFICATIONS AND CHOOSE HOW TO BE “NOTIFIED” WE DO **SOUNDS** ONLY. Meaning that the reminder she hears is the sound of her voice or music clips - (the inner voice in her head reminding her what to do)**

- **GREAT support... I email developer and he responds within 24 hours!**

**Don't be afraid of Settings in apps ... Make Settings your friend!!**

**Important information to maximize use of purchased Reminder App's!!!!!!!**



**FYI!!!!!!!**

**This Reminder App and all of the apps that use notifications have just a bit of a quirk - Apple has set a limit of 64 “notifications” to be played on any app before the app must be “opened” and reset so to speak.**

**Just add as a daily reminder/prompt to open the app – easy workaround!**

**This is necessary when you are using “sounds” only for notification/reminders .... Keep this in mind for maximum success!!!**

**What this means is once the 64 reminders go off - to have the next programmed one's play, the app must be touched on the home screen to open it...even if it is running in the background (double tap home button to see apps running in background).**

**This will “reset” it and 64 reminders/notifications will go off again before it needs to be touched and opened. Once reset, you can resume work on any other apps that you utilize and know that the reminders will go off in the background.**

**I have a notification/reminder that goes off at 8:00 am and 6:00 pm to remind Kara to just go to “Paddy” and touch the app. Kara has over 70 “voice prompts” to guide her through her day so we need to “reset” more than once during day.**

**If you are working with the “alert” style of notifications you may utilize this**

**On iPad...**With the Reminders app (Calendar icon), you can swipe from right to left on the notification, tap View and tap Done. The app will reschedule 64 notifications. Tapping the Done button (or Snooze button) will open the app in the background and close it after a few seconds. The app has enough time to reschedule another 64 notifications.

**On iPhone...**notification alert may be at top of screen or in middle of screen - you will hear the voice reminder, tap the alert and the app will open and reset

**For Reminder App IF ANY ISSUES OR QUESTIONS EMAIL THIS DEVELOPER!!!!**

**[support@aidaorganizer.com](mailto:support@aidaorganizer.com)**



## Our favorite Step by Step Picture and Audio Prompting App

Pictello! Available on in Apple App Store and Google Play!!!

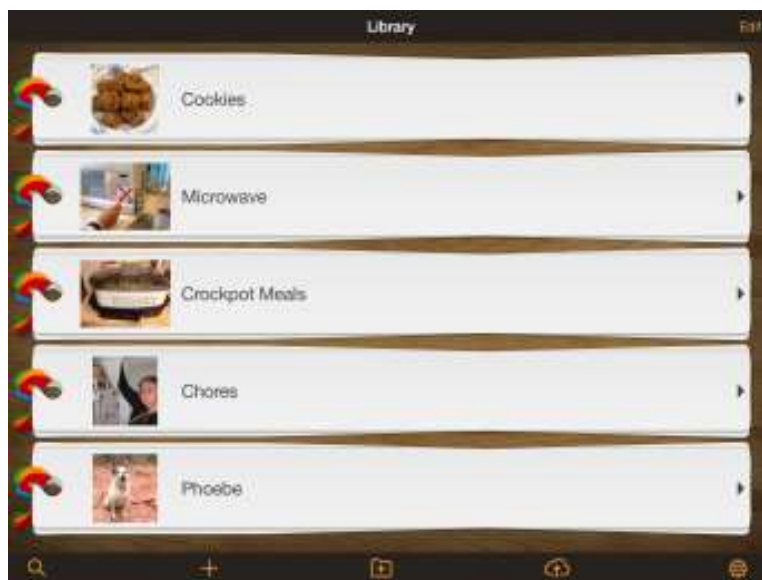


\$19.99

Our Task Maker and Cooking App

Create Categories depending on individual... could be a home task, a vocational skill or recipes!  
Great for a school activity or home health care!!!

We break down Kara's cooking even further to Microwave or Crockpot and then add her recipes underneath

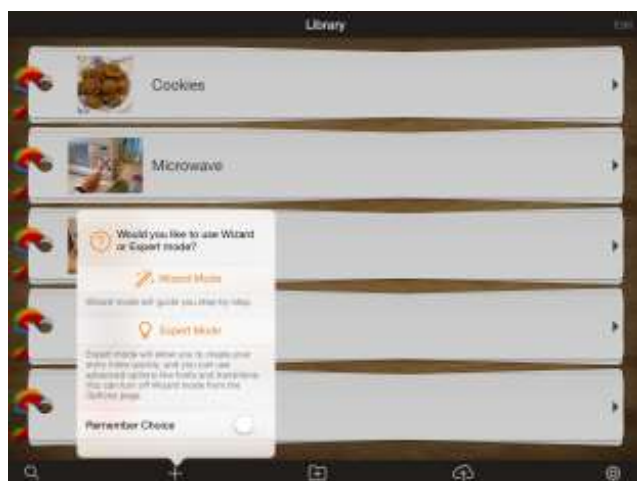


Create a Category/Folder

The multi colored ribbons indicate there are more “stories” in the Folder



**Microwave Recipes shown**



**Add Recipes/Tasks  
Wizard!!!!**

**Make new Folders/Activities**

- Utilize pictures, video, a person's own voice or Pictello voice for the step by step instructions you create. Many "voices" to choose from!
- The app will walk you through exactly what you need to do to create!!! Looks complicated at first... but once you go through once you've got it!!
- I take pictures and put in album ahead of time to pull into app...cook and take pictures and then create recipe for further use
- Easy to backup and save!!! Can create task on one device and send to another, store on Pictello, save to Dropbox, can email to another Pictello user! Or Air Drop from one iPad to another!

- VOCATIONAL instruction invaluable- can be used on any iDevice
- Detailed instructions for home health care can be created!!!!!! How to assist with AFO...
- Or school needs!!
- Can turn off editing feature once created so the task cannot be changed by end user
- Can choose different modes for playback by end user
- Pictello offers great support when emailing developer and lots of resources to look at on internet and YouTube Just search Pictello and you will be able to pull up loads of info from how to save to Dropbox

### **More Thoughts on Sharing Pictello Creations**

The Pictello developer has created a variety of ways to share the stories, tasks or recipes created from a “sharing server”, email, DropBox and iTunes and AirDrop

I have use Air-Drop too very successfully!!! However this means both the original device (iPad or iPhone) that the Pictello story was created on must be near the receiving device to transfer the “story” or task.

### **Technology is not perfect and you will run across “glitches” and head scratchers.....**

I usually Google “**how do I...?**” Or even watch YouTube videos and don’t forget that sometimes the very best thing to do is email the developer and describe the issue. I have had great success with doing this and have learned a lot!!!!!!

<https://www.assistiveware.com/product/pictello> check it out for great instructions!

Made by AssistiveWare... a great company who created Prolquo2Go communication app

### **Other considerations for independence and self-determination –**

**Siri** can be good for hands free support and asking questions, sending emails, texts, calling, opening apps etc

Just ask “Siri...What can you do?”

Google Assistant is on many **Android** Smartphones- your devices may have already. If you have to add be sure to link to a Google Calendar to set up hands free calendar management!!!

### **Socialization**

**Facetime**

**Skype**

**Amazon Echo show with Drop- In Feature**

Super easy to customize an individual’s device for “favorites” for ease of use for socialization

## **Leisure time**

Multiple apps...Google person's area of interest to get ideas – “best apps for...”

- We have guitar apps, piano apps, art apps, sight word apps, and many more....delete if they do not work and find more
- No need to spend a lot of money on apps... start with free or “lite” versions - Upgrade if they work
- Free apps tend to have a lot of ads...can be frustrating to end user

## **Hints and tidbits to customize**

- Depending on end user... may want to simplify the main Homescreen by moving infrequently used Apps into a folder and move them to another page.
- You can utilize up to multiple Homescreens on an iDevice and move apps around. (Hold finger on app until it starts to wiggle, keep finger on app and move to where you want it, touch “home” button to stop wiggling) On Android...Same feature of moving Apps to where they are most useful
- Delete unused apps ( same as moving app...when app wiggles there is an x in upper left corner, touch that to delete) Can always bring them back from the Cloud if you want them back. Not all apps can be deleted... many of the native apps are designed to stay on your device
- Get familiar with built in accessibility features too!!! More and more capabilities to really customize your tablet or Smartphone for many needs!!

Questions?? Feel free to email me!!!

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