Using Apps Within the Brain Injury Community

Michelle Ranae Wild, M.A.
Speaker Disclosure

Michelle Ranae Wild is the founder and CEO of Brain Education Strategies & Technology (BEST) a 501(c)(3) nonprofit organization. She does not take a salary from BEST.
Objectives

1. Identify common executive function challenges after brain injury
2. Discuss common accessibility features available on smart devices
3. Explore use of apps in the cognitive rehabilitation process.
Executive Functioning Skills

- Time Management
- Memory
- Planning
- Initiation
- Prioritizing
- Organizing
- Self-regulation
- Mental Flexibility
Devices Supporting Executive Functioning

Photo by Shiwa ID on Unsplash

Photo by Simon Daoudi on Unsplash

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Apps Supporting Executive Functioning

Dictation/Siri
Making Cognitive Connections

- Emphasizes the benefits of devices as memory/cognitive prosthetics
- Draws parallels between cognitive and technical skills
- Generalizes to real-life
- Emphasizes the benefits of apps as a tool for cognitive rehabilitation
GETTING STARTED

Smart Device Settings
Display & Brightness Settings

- Appearance
- Brightness
- Night Shift
- Auto-Lock
Smart Device Accessibility
VoiceOver & Zoom

- VoiceOver
- Zoom
Increase Contrast

- Display & Text Size
- Increase Contrast

**Display & Text Size**

- Bold Text
- Larger Text
- Button Shapes
- On/Off Labels
- Reduce Transparency

**Increase Contrast**

Increase color contrast between app foreground and background colors.

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**Increase Contrast**

Increase color contrast between app foreground and background colors.
Color Filters

- Display & Text Size
- Color Filters
Motion & Spoken Content

- Motion
- Spoken Content

Student tech issues

- Accessibility
- Light/Dark mode
- Disconnect between common concepts
- Understanding tech instructions
- Lack of understanding of time required
- Passwords
- Orient self to apps on one device to another
Create Your Own Tech Toolbox
Benefits of an App Toolbox?

- Easier to find information
- Less overwhelming
- Use one app for lots of different things
- Easier to relearn when updates occur
Common Smart Device Apps

- Calendar
- Reminders
- Camera
- Photos
- Email
- Notes
- Messages

Planning
Organization
Mental Flexibility
Working Memory
Time Management
Calendar app

November 9, 2022

- ABI Program 2nd 8-weeks
  Suggested Location: Via Mariposa E

- BEST USBIA presentation

- Temple MIS project discussion 3:30 PM (EST)

November 9, 2022

- Search Committee Level 2...
  all-day

- Richard Cooper’s 58th Bir...
  all-day

- ABI Program 2nd 8-weeks
  Suggested Location: Via Mariposa E 12:30 PM

- BEST USBIA presentation
  11:00 AM
  11:30 AM

- Temple MIS project discussion
  12:30 PM
  temple.zoom.us
  1:00 PM

- Dr. Trebon (Ranae Crown)
  2:00 PM
  3:00 PM
Photos app

My Albums
- Recents: 10,024
- Calming photos: 11
- Favorites: 41
- CBIS Review: 24

Shared Albums
- See All

Albums

Media Types
- Videos: 455
- Selfies: 320
- Live Photos: 301
- Portrait: 23
- Panoramas: 15
- Slo-mo: 10
- Bursts: 57
- Screenshots: 1,726
- Screen Recordings: 8

Utilities
- Imports: 7,347
- Duplicates: 324
- Hidden: ▼
- Recently Deleted: ▬
Welcome to the Crew
App Store Apps

- BEST Suite
- Notability
- Inspiration Maps
- Rocketbook
- Relax Melodies

Planning
Organization
Mental Flexibility
Working Memory
Time Management
SEE Principle

Strategy Notes:

S - Senses: engage as many senses as possible (sight, sound, touch, taste, smell)

E - Exaggeration: make images larger or smaller than life (pencil with a huge eraser)

E - Energize: make information vivid, colorful, and not boring flat or black and white USE ACTION

Favorite?
No

Rating:
★★★★☆

Tags:

Assigned Strategy Groups:
Memory, Notetaking

Photos:
1
Complete My ToDos
Goal: Fitness Routine

Specific: Increase cardio and muscle strength

Measurable: I will be able to walk 3 miles uphill with headaches not great than a 4.

Attainable: I will set aside one hour 3x week for hiking I will wake up 1 hour earlier on those days

Relevant: I need to enhance my fitness in order to increase my resilience in fitness and across other areas of my life.

Timely:

Start: Wed, 04/21/21

Due: Tue, 07/20/21

Goal Family: Family N/A

Goal Term: Short Term

Completed Tasks (3)
- Walk 1 mile [2]
  Complete: Sat, 05/15/21
- Walk 1 mile
  Complete: Sat, 05/15/21
- [Progress]

Active Tasks (4)
- Find a workout partner
  Due: Fri, 05/07/21
  [Progress]
- Identify 4 trails to walk
  Due: Sun, 05/23/21
  [Progress]
- Walk 1 mile [3]
  Due: Mon, 05/17/21
  [Progress]
- Choose days to workout
  Due: N/A
  [Progress]
Notability App

Rehab specialists being compared:

**Differences**
- Work with people who cannot produce speech or swallow.
- Memory loss, swallowing dysfunction.
- Comprehension skills for written and oral communication.

**Similarities**
- Work with adults.
- Work with children.
- Work in hospitals.
- Work in rehab facilities.

**Differences**
- Work with patients to improve performance in various areas.
- Focus on daily living tasks.

Kristi, SLP
Building A; Room 250
We work on speech and word finding.

Michelle, OT
Building B; Room 100
Ask about her dog Jackson
We work on thinking like cooking skills.
Rocketbook App
Relax Melodies App
Questions
Thank you!

Michelle Ranae Wild
michelle@bestconnections.org