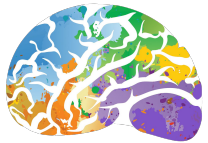
Brain Education Strategies Technology

Using Apps Within the Brain Injury Community

Michelle Ranae Wild, M.A.

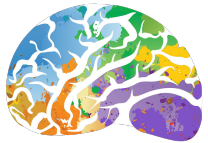
Speaker Disclosure

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

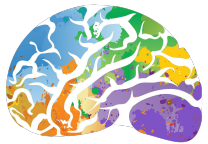
Initiation

Self-regulation

Organizing

Prioritizing

Mental Flexibility



Devices Supporting Executive Functioning

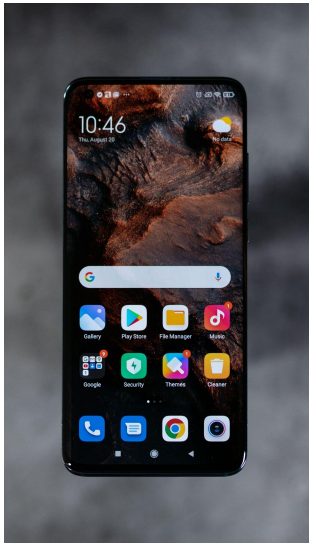


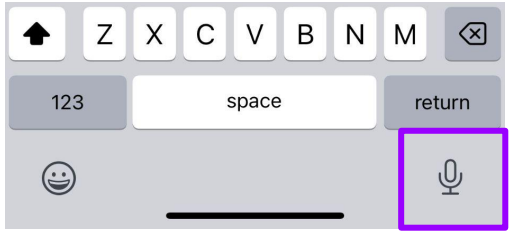
Photo by [Shiwa ID](#) on [Unsplash](#)

Photo by Simon Daoudi on Unsplash

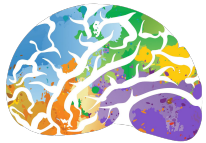
ROCKETBOOK
REUSABLE NOTEBOOKS & PLANNERS

Photo by Lazar Gugleta on Unsplash

Apps Supporting Executive Functioning



Dictation/Siri

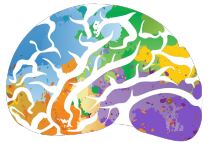


Making Cognitive Connections

- 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

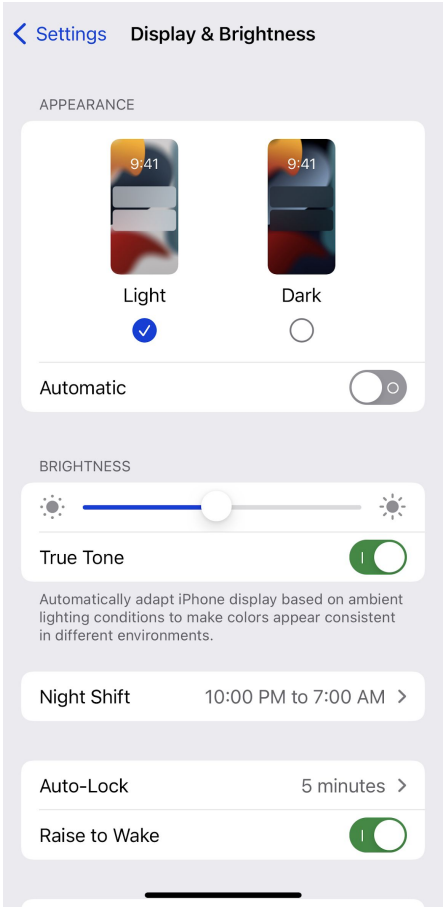
GETTING STARTED

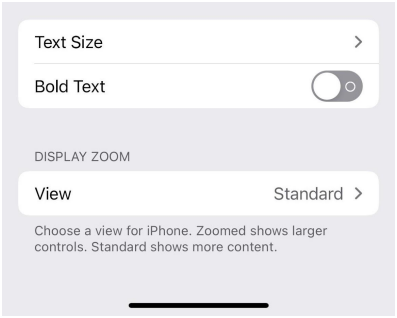
Smart Device Settings

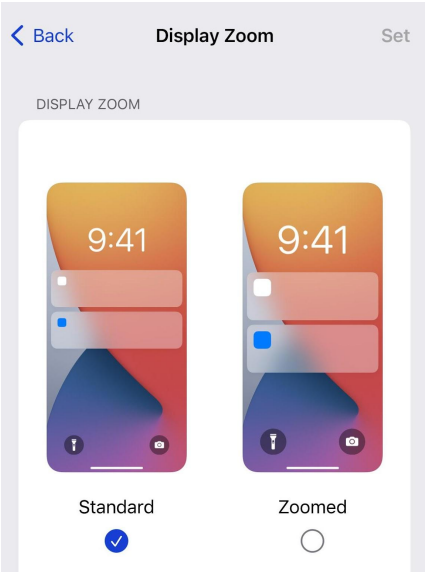


Display & Brightness Settings

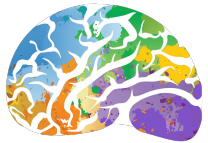
- Appearance
- Brightness
- Night Shift
- Auto-Lock





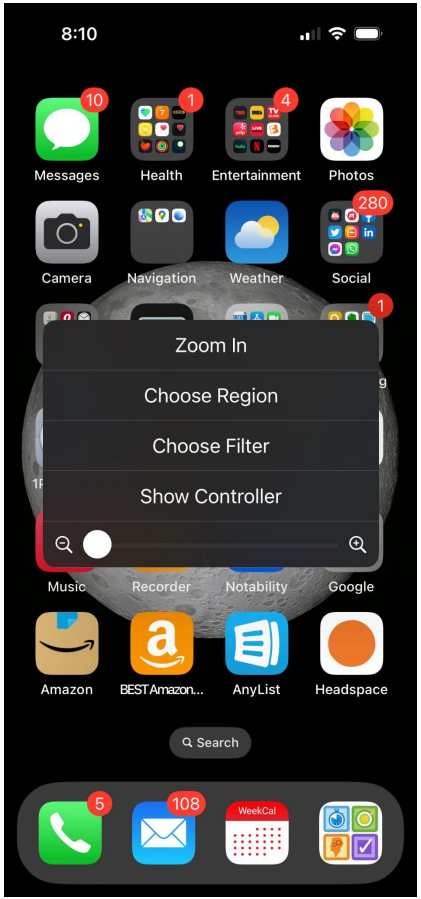


Smart Device Accessibility



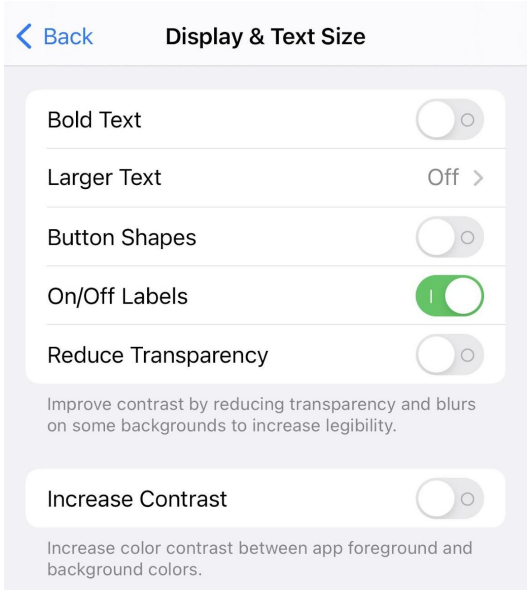
VoiceOver & Zoom

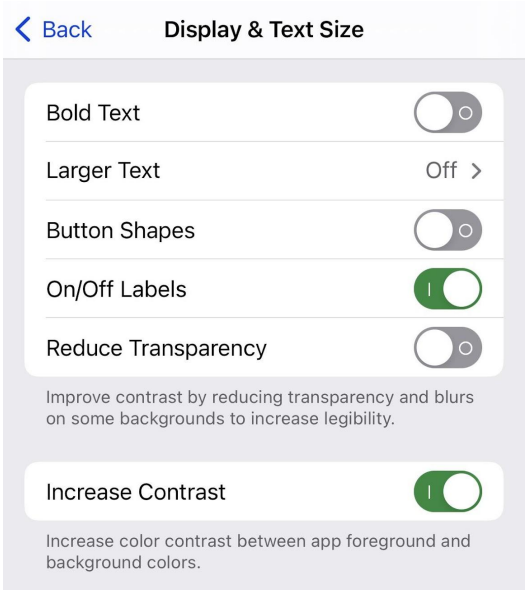
- VoiceOver
- Zoom

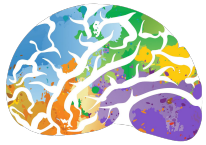


Increase Contrast

- Display & Text Size
  - Increase Contrast

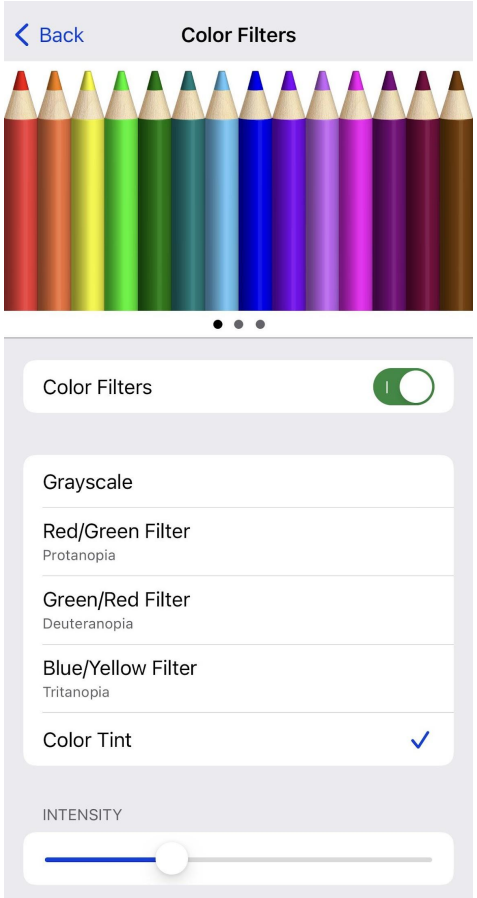






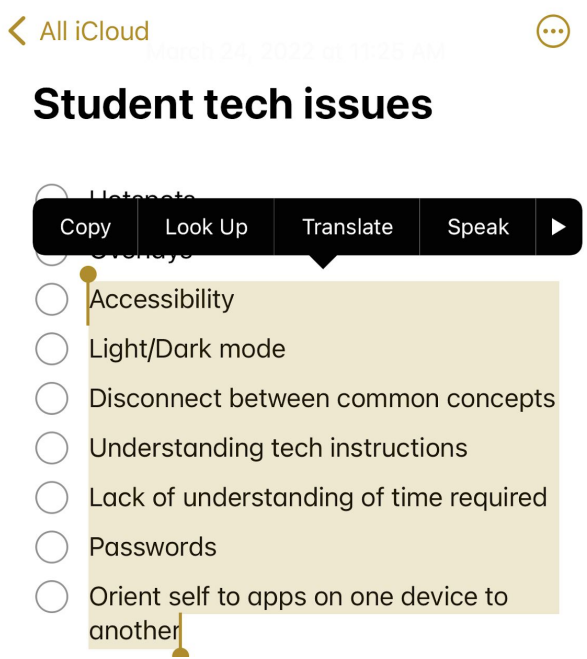
Color Filters

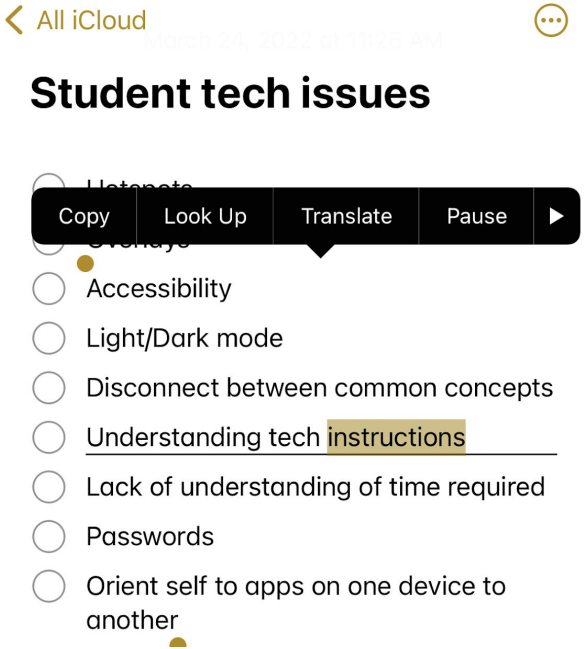
- Display & Text Size
  - Color Filters



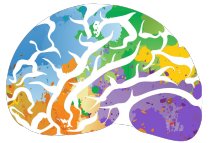
Motion & Spoken Content

- Motion
- Spoken Content





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

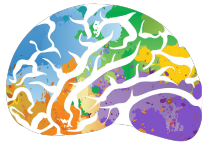
Planning

Organization

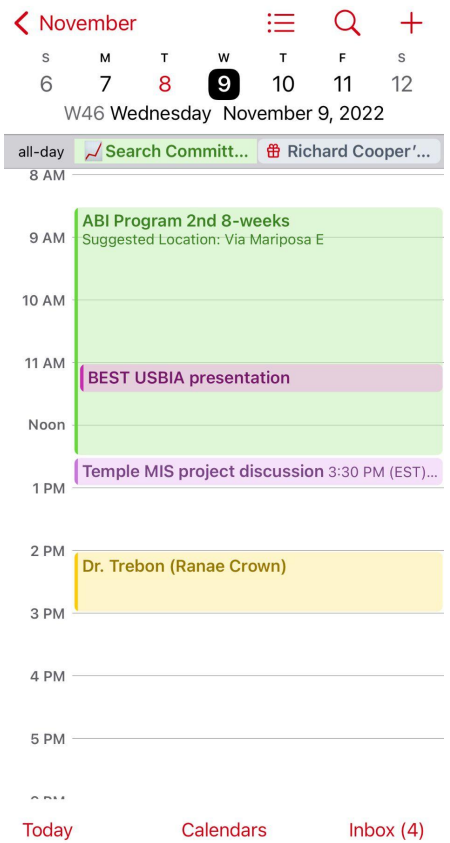
Mental Flexibility

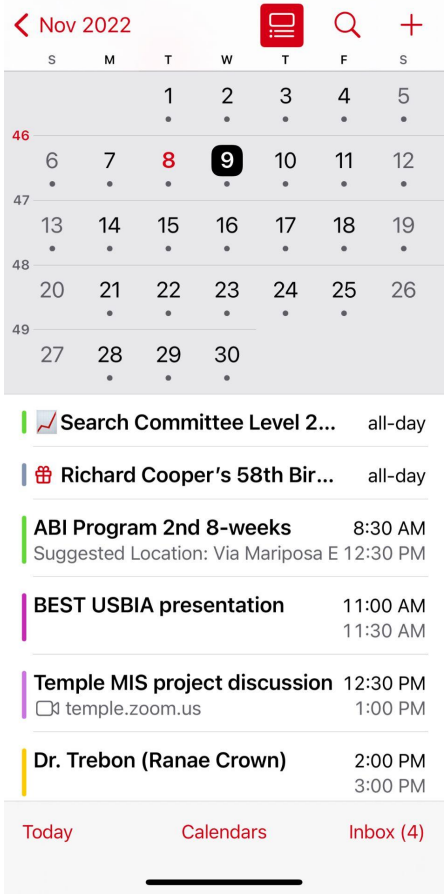
Working Memory

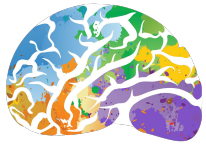
Time Management



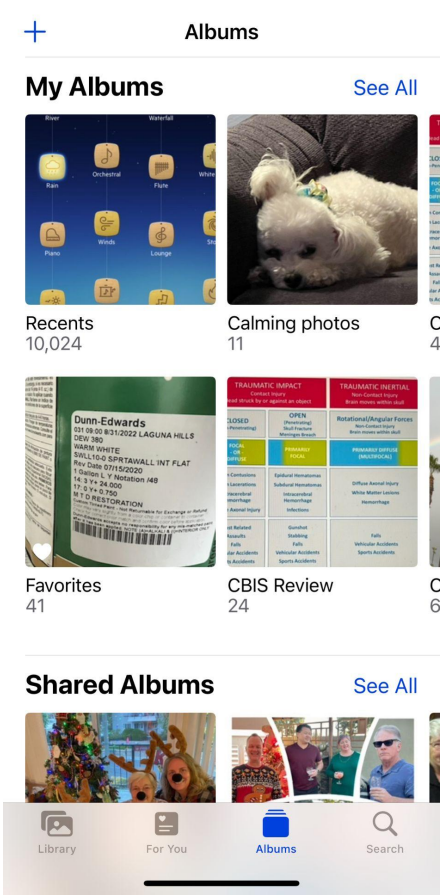
Calendar app

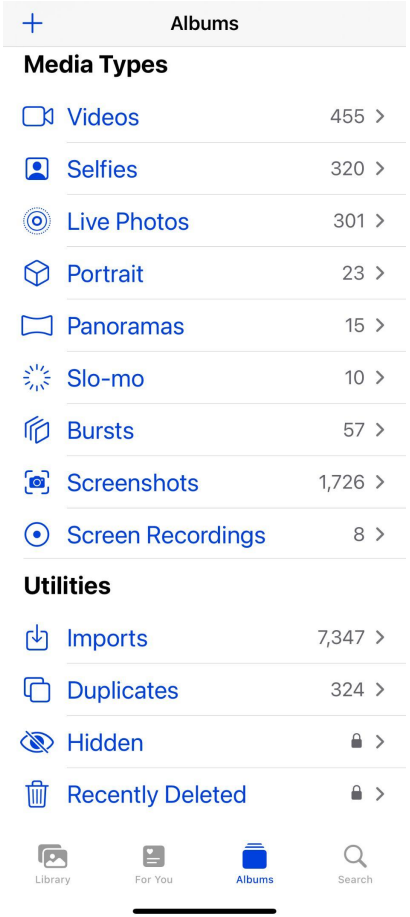


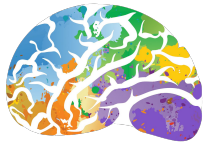




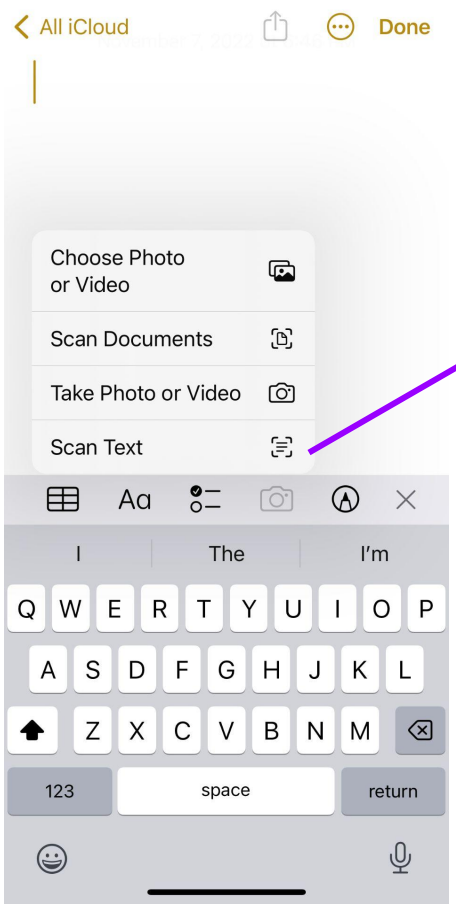
Photos app

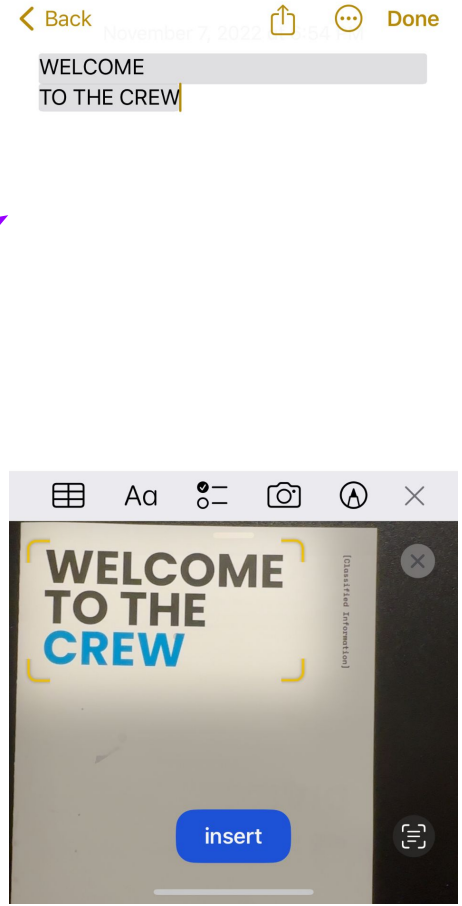

Albums
My Albums
See All
Recents
10,024
Calming photos
11
Favorites
41
CBIS Review
24
Shared Albums
See All
Library
For You
Albums
Search

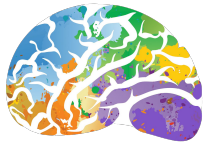

Albums
Media Types
Videos 455
Selfies 320
Live Photos 301
Portrait 23
Panoramas 15
Slo-mo 10
Bursts 57
Screenshots 1,726
Screen Recordings 8
Utilities
Imports 7,347
Duplicates 324
Hidden
Recently Deleted
Library
For You
Albums
Search



Notes app


All iCloud
Done
Choose Photo or Video
Scan Documents
Take Photo or Video
Scan Text
Aa
I
The
I'm
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
space
return


Back
Done
WELCOME
TO THE CREW
Aa
WELCOME TO THE CREW
insert



App Store Apps

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

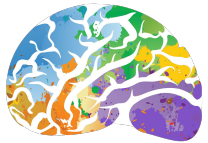
Planning

Organization

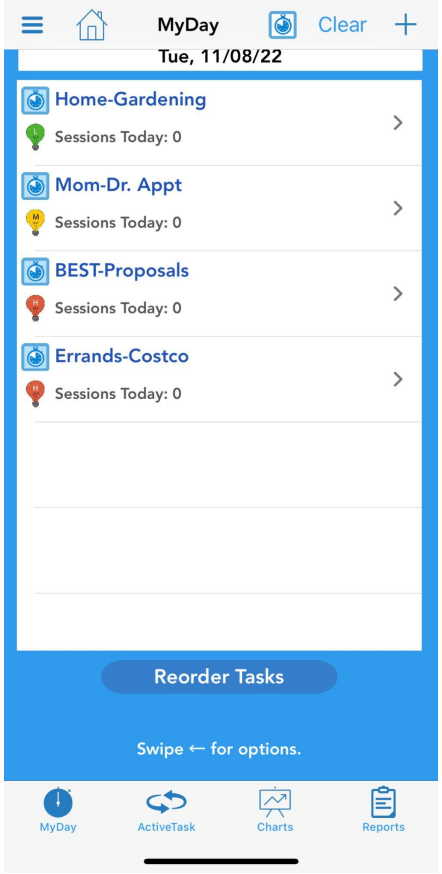
Mental Flexibility

Working Memory

Time Management



PaceMyDay Screen



StrategizeMyLife Screen

< Back | Strategy Summary | Edit

SEE Principle

Scroll ↓ for more

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

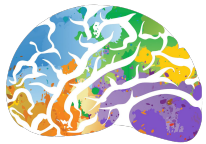
Favorite?
No

Rating:
★★★★☆

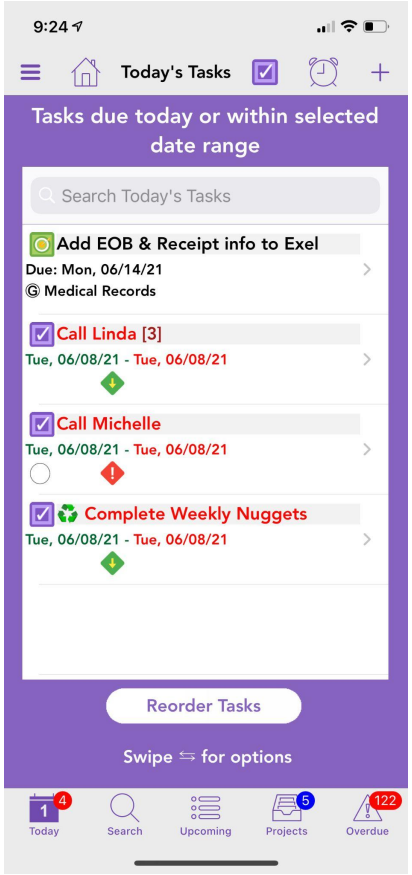
Tags:

Assigned Strategy Groups:
Memory, Notetaking

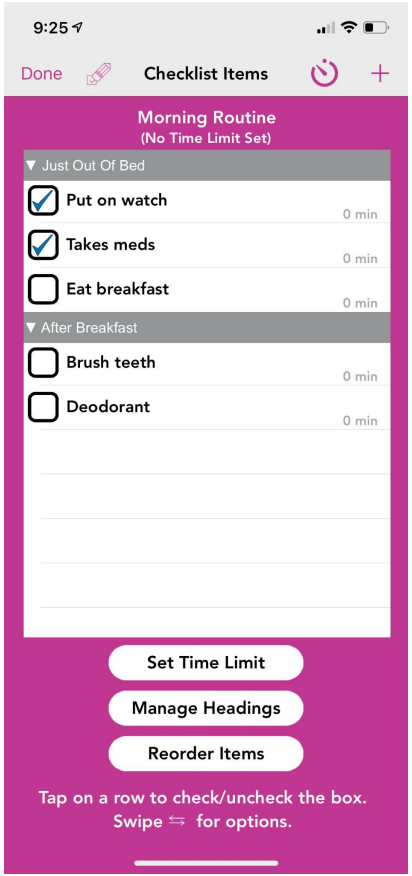
Photos:
x 1

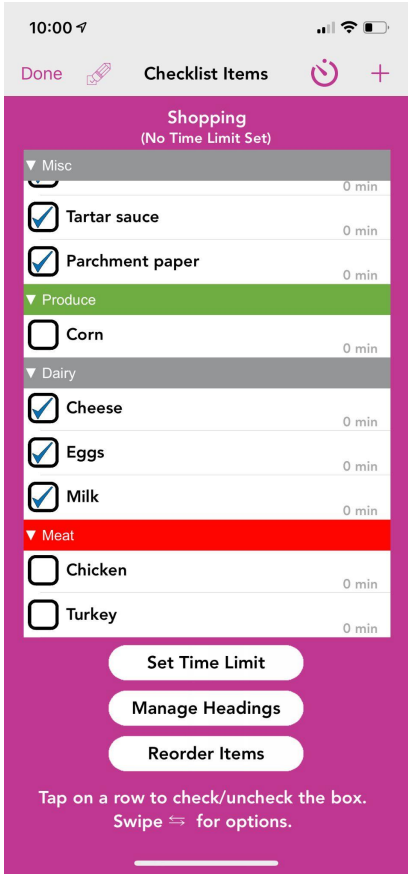


CompleteMyToDos

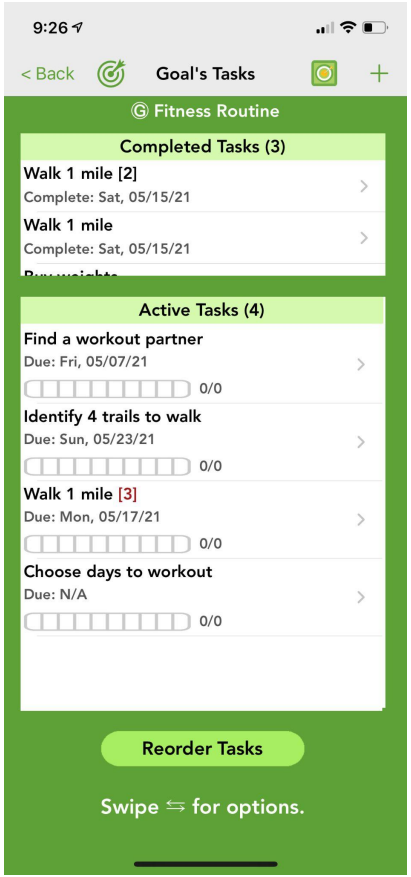


CueMyList

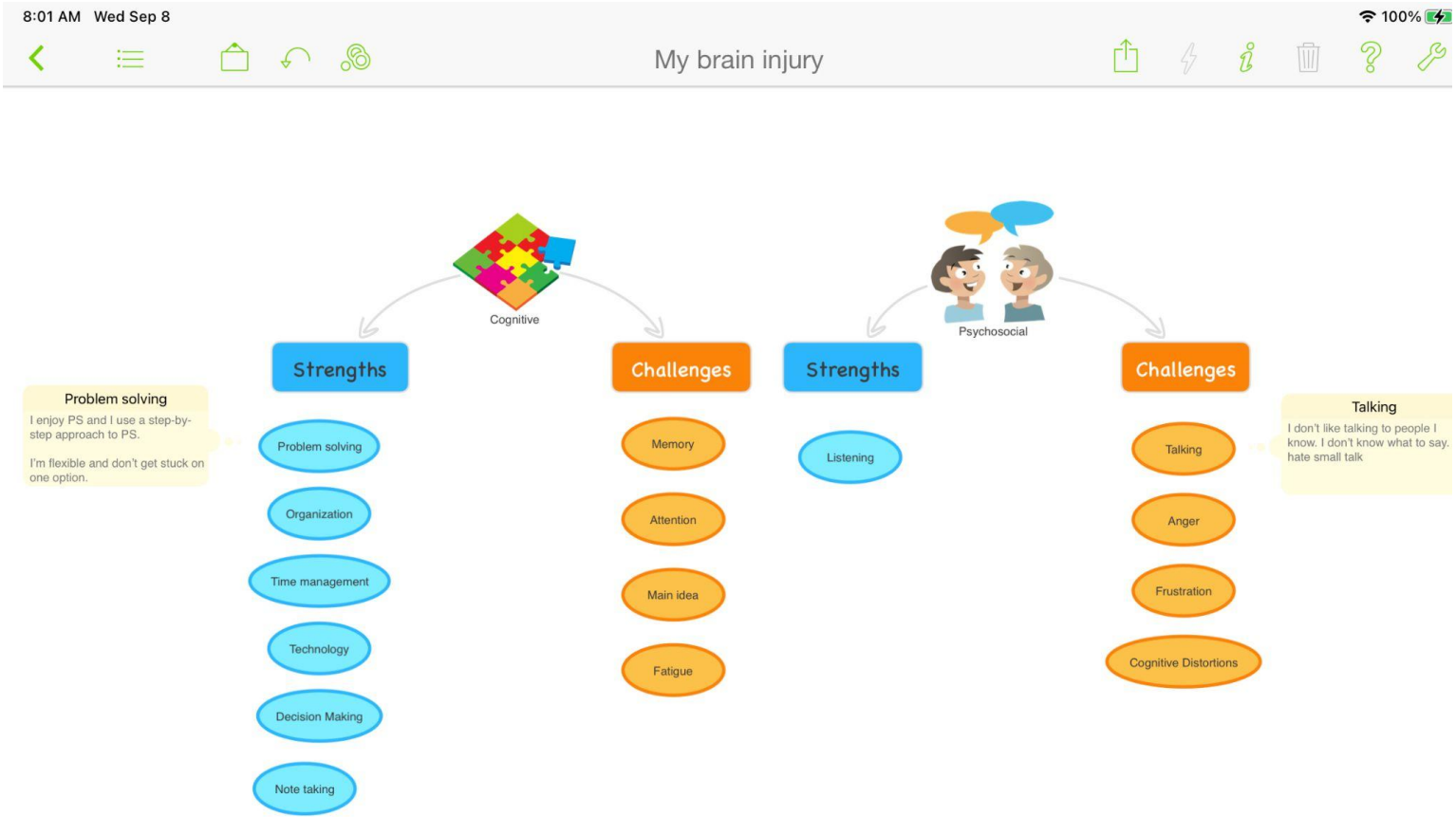

9:25
Done
Checklist Items
Morning Routine
(No Time Limit Set)
▼ Just Out Of Bed
Put on watch
0 min
Takes meds
0 min
Eat breakfast
0 min
▼ After Breakfast
Brush teeth
0 min
Deodorant
0 min
Set Time Limit
Manage Headings
Reorder Items
Tap on a row to check/uncheck the box.
Swipe ⇆ for options.


10:00
Done
Checklist Items
Shopping
(No Time Limit Set)
▼ Misc
0 min
Tartar sauce
0 min
Parchment paper
0 min
▼ Produce
Corn
0 min
▼ Dairy
Cheese
0 min
Eggs
0 min
Milk
0 min
▼ Meat
Chicken
0 min
Turkey
0 min
Set Time Limit
Manage Headings
Reorder Items
Tap on a row to check/uncheck the box.
Swipe ⇆ for options.

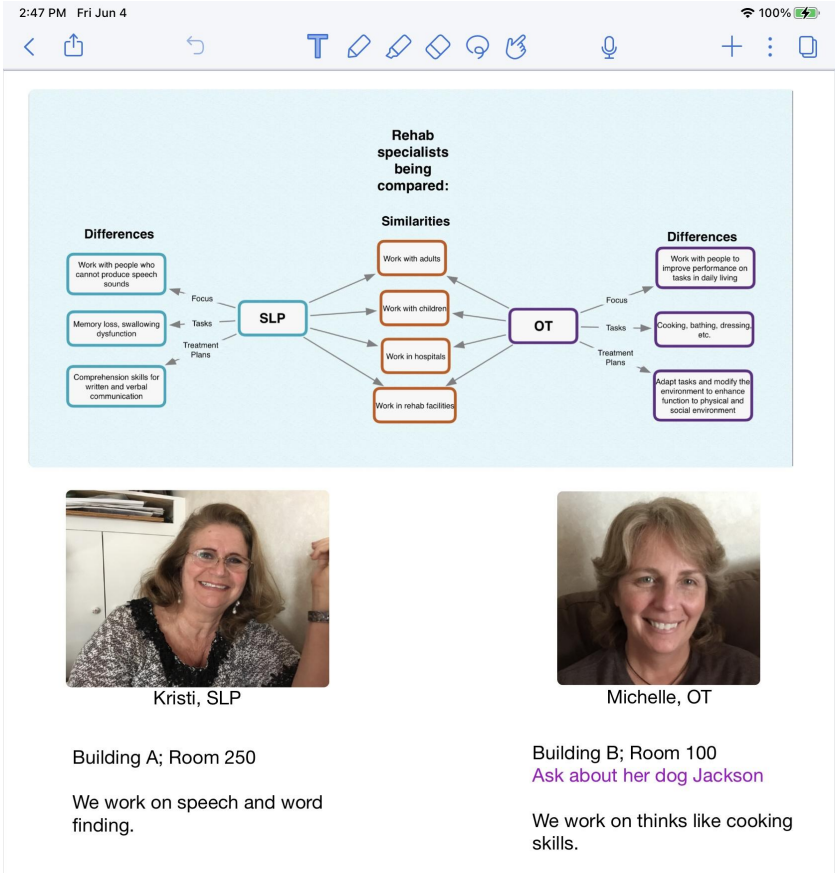
ReachMyGoals



Inspiration Maps App



Notability App



Kristi, SLP

Building A; Room 250

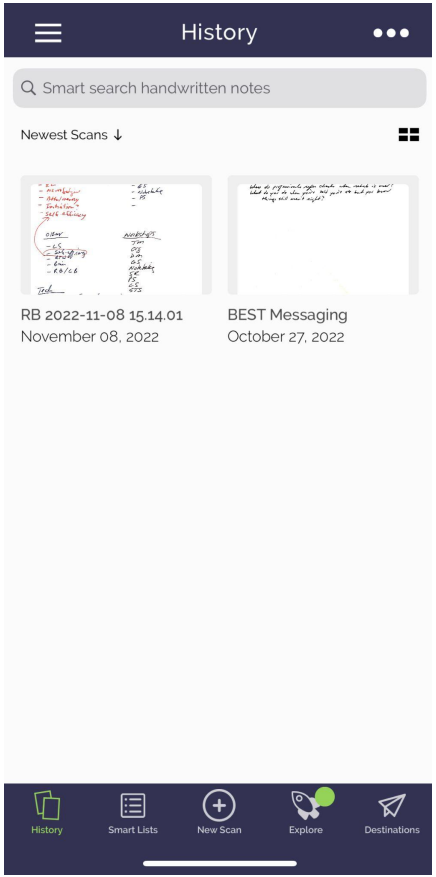
We work on speech and word finding.

Michelle, OT

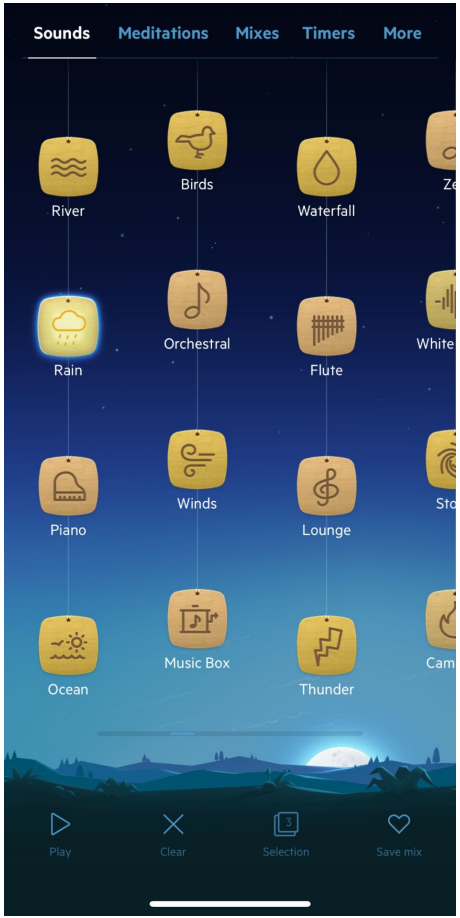
Building B; Room 100
Ask about her dog Jackson

We work on thinks like cooking skills.

Rocketbook App



Relax Melodies App



Questions

Brain
Education
Strategies
Technology

Thank you!

Michelle Ranae Wild
michelle@bestconnections.org