

Using Apps Within the Brain Injury Community

Michelle Ranae Wild, M.A.

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



Mental Flexibility

Prioritizing



Devices Supporting Executive Functioning





Photo by Simon Daoudi on Unsplash



Photo by Shiwa ID on Unsplash



REUSABLE NOTEBOOKS & PLANNERS





Photo by Lazar Gugleta on Unsplash

Apps Supporting Executive Functioning







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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

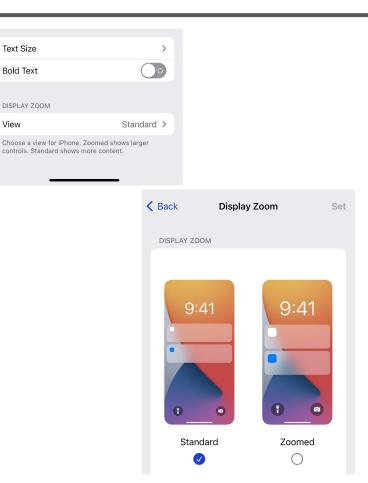
Smart Device Settings



Display & Brightness Settings

- Appearance
- Brightness
- Night Shift
- Auto-Lock

Settings Displ	ay & Brightness
APPEARANCE	
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BRIGHTNESS	
True Tone	
Automatically adapt lighting conditions to in different environm	iPhone display based on ambient o make colors appear consistent tents.
Night Shift	10:00 PM to 7:00 AM >
Auto-Lock	5 minutes >
Raise to Wake	



Smart Device Accessibility



VoiceOver & Zoom

- VoiceOver
- Zoom





Increase Contrast

- Display & Text Size
 - Increase Contrast

<	Back	Display & Text Size	
	Bold Text		$\bigcirc \circ$
	Larger Tex	t	Off >
	Button Sha	apes	$\bigcirc \circ$
	On/Off Lab	pels	
	Reduce Tra	ansparency	$\bigcirc \circ$
		rast by reducing transparer kgrounds to increase legibil	
	Increase C	ontrast	$\bigcirc \circ$

Increase color contrast between app foreground and background colors.

Back Display & Text S	Size
Bold Text	$\bigcirc \circ$
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Button Shapes	$\bigcirc \circ$
On/Off Labels	
Reduce Transparency	$\bigcirc \circ$

Improve contrast by reducing transparency and blurs on some backgrounds to increase legibility.

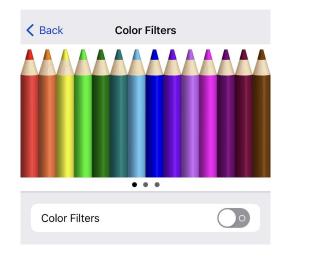
Increase Contrast



Increase color contrast between app foreground and background colors.

Color Filters

- Display & Text Size
 - Color Filters





Motion & Spoken Content

- Motion
- Spoken Content

All iCloud

Student tech issues

 Copy
 Look Up
 Translate
 Speak

 Accessibility
 Accessibility
 Ight/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

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All iCloud

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Student tech issues

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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





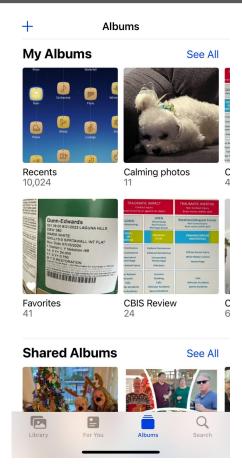
Calendar app

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Photos app



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Notes app

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App Store Apps

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





PaceMyDay Screen

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Mom-Dr. Appt	>
BEST-Proposals Image: Sessions Today: 0	>
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Reorder Tasks Swipe ← for options.	
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StrategizeMyLife Screen

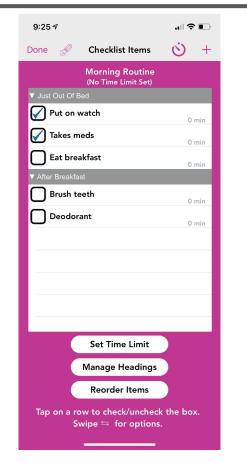
< Back 🔝 Strategy Summary 🦉 Edit
SEE Principle
Scroll ↓ for more
Strategy Notes:
S - Senses: engage as many senses as possible (sight, sound, touch, taste, smell)
E - Exaggeration: make images larger or smaller than life (pencil with a huge eraser)
E - Energize: make information vivid, colorful, and not boring flat or black and white USE ACTION
Favorite? No
Rating: ★ ★ ★ ★ ☆
Tags:
Assigned Strategy Groups: Memory, Notetaking
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ACTION Favorite? No Rating: ★ ★ ★ ★ ☆ Tags: Assigned Strategy Groups: Memory, Notetaking



CompleteMyToDos

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CueMyList





ReachMyGoals

9:26 🕫

Goal Summary

e Edit

Goal: Fitness Routine

< Back

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:

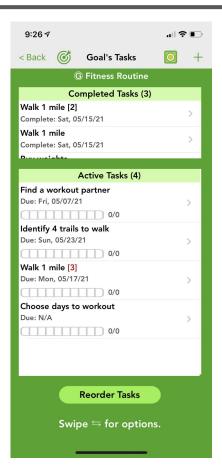
Start: Wed, 04/21/21

Due: Tue, 07/20/21

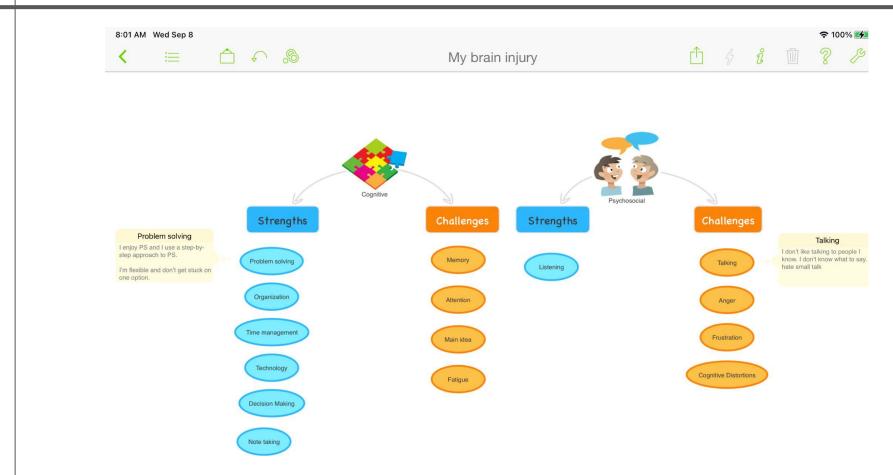
Goal Family: Family N/A

Goal Term: Short Term

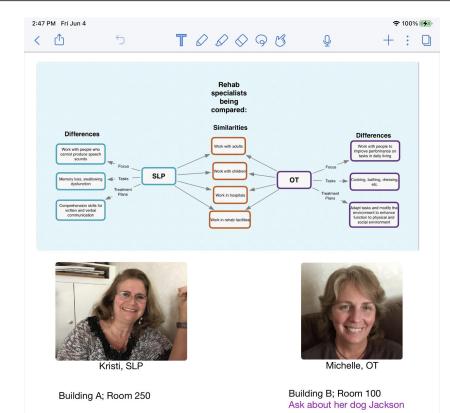
Manage Tasks



Inspiration Maps App



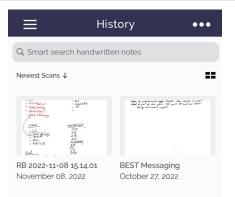
Notability App



We work on speech and word finding.

We work on thinks like cooking skills.

Rocketbook App







Relax Melodies App





Questions





Thank you!

Michelle Ranae Wild

michelle@bestconnections.org