Application Aptitude: Apps for Healthier Living

During each hour-long session in the series, Application Aptitude: Apps for Healthier Living, participants will learn to use and customize each app discussed. App features to consider will be addressed during each session. Participants will be given practical situations where each app would be suitable. By the end of the series, participants will be aware of over 25 apps they can utilize immediately in their work.

Week 1: Apps to Enhance Vision, Hearing and Communication
During this session participants will learn about apps to enhance vision, hearing and communication. Apps for the visually impaired, blind, hearing impaired and deaf will be reviewed. Apps to help those clients who have difficulty communicating due to lack of or delayed speech will also be explored.

Objectives:
1. Participants will explore a minimum of ten apps to enhance vision, hearing and communication.
2. Participants will identify the features to consider when helping clients choose apps for vision, hearing and communication.
3. Participants will experiment with the settings available in a variety of the chosen apps.

Week 2: Apps for Medication Compliance
During this session participants will learn about a variety of apps to help with medication compliance. Areas to be discussed include; setting reminders, visual reminders, snooze vs. nag, ability to share info with others, and the minimum number of steps needed to set each reminder.

Objectives:
1. Participants will explore a minimum of eight apps to assist with medication compliance.
2. Participants will identify the features to consider when helping clients choose apps to assist with medication compliance.
3. Participants will compare and contrast two of the eight apps explored in order to determine the better of the two apps.

Week 3: Apps to Assist with Memory Tasks

Objectives:
During this session participants will learn about a variety of apps to assist with memory tasks. Apps that include text, audio, pictures and video will be explored. Apps that provide a visual schedule will be explored as a memory enhancer.

1. Participants will explore a minimum of eight apps to assist individuals remember tasks and subtasks.
2. Participants will identify the features to consider when helping clients choose apps for memory.
3. Participants will create a reminder in one of the eight apps explored.

Biography: Stacy Driscoll, M.Ed is an Assistive Technology Specialist and the founder of LifeLong Assistive Technology where she consults with teams to deliver comprehensive assistive technology