

# Using apps for better executive functioning and independence

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Apps | Training | Research

## Speaker disclosure

Michelle Ranae Wild is the founder and CEO of Brain Education Strategies & Technology a 501(c)(3) nonprofit organization

## Session Objectives

- Describe how apps can be used in the various stages of the cognitive rehabilitation process.
- Identify at least three different ways each app can be used to help within the rehabilitation continuum.
- Describe the importance of systematic instruction when conducting app training.

# APPS IN THE REHABILITATION PROCESS

# Rehabilitation Environments

- Inpatient (clinician)
- Outpatient (clinician, client)
- Transition (client)
- Vocational rehab (client)

# App use examples

Inpatient	Outpatient	Transition	Voc Rehab
<p>Clinicians use apps to illustrate concepts and ideas such as members of the rehabilitation team and their specialties</p> <p><i>(Inspiration Maps; Notability; StrategizeMyLife)</i></p>	<p>Clinicians begin to teach client/patient how to set their own goals and manage their energy throughout the day</p> <p><i>(ReachMyGoals; PaceMyDay; StrategizeMyLife; CompleteMyToDos)</i></p>	<p>Clients use apps to help with note-taking, organizing information, setting SMART goals and learning to manage time effectively</p> <p><i>(Notability; Inspiration Maps; Week Calendar; PaceMyDay; ReachMyGoals; StrategizeMyLife; CompleteMyToDos)</i></p>	<p>Clients use apps to brainstorm, organize, take notes, and create task analyses regarding work-related information</p> <p><i>(PaceMyDay; Inspiration Maps; ReachMyGoal; Notability; Week Calendar; StrategizeMyLife; CompleteMyToDos)</i></p>

# Executive Function Issues

- Planning
- Organizing
- Remembering things
- Time management
- Prioritizing
- Paying attention
- Getting started on tasks
- Mental flexibility

# Executive Function Examples

<b>Common Issues</b>	<b>Strategies</b>	<b>Apps</b>
<ul style="list-style-type: none"><li>● Planning -<ul style="list-style-type: none"><li>○ Don't plan things out or verify availability when asked to do something</li><li>○ Don't complete work on time</li></ul></li></ul>	<p>Enter all commitments in a calendar</p> <p>Create a plan for accomplishing your goal</p>	<p>Week Calendar, ReachMyGoals, CompleteMyTodos</p>
<ul style="list-style-type: none"><li>● Organizing - Spend a lot of time looking for things and sometimes not finding them</li></ul>	<p>Take notes on smart device and use keyword search to find them later</p>	<p>Notability, Inspiration Maps, Week Calendar, StrategizeMyLife, CompleteMyTodos</p>

# Executive Function Examples

<b>Common Issues</b>	<b>Strategies</b>	<b>Apps</b>
<ul style="list-style-type: none"><li>● Remembering things -<ul style="list-style-type: none"><li>○ Forgetting to bring important documents to an appointment</li><li>○ Can't multitask</li></ul></li></ul>	Create a task list with reminders	PaceMyDay, ReachMyGoals, Week Calendar, CompleteMyTodos
<ul style="list-style-type: none"><li>● Time management - Lose track of amount of time on task; no idea how long task actually takes</li></ul>	Track time, energy, and mood on a per-task basis	PaceMyDay, CompleteMyTodos

# Executive Function Examples

<b>Common Issues</b>	<b>Strategies</b>	<b>Apps</b>
<ul style="list-style-type: none"><li>● Prioritizing - Difficulty deviating from a plan even when it isn't working</li></ul>	Implement the self-regulated learning (SRL) cycle -- Plan, Monitor, Evaluate	Notability, Inspiration Maps, Week Calendar, CompleteMyTodos
<ul style="list-style-type: none"><li>● Paying Attention -<ul style="list-style-type: none"><li>○ Not applying previously learned information</li><li>○ Easily distracted</li></ul></li></ul>	Actively take notes using smart device	Notability, Inspiration Maps, PaceMyDay

# Executive Function Examples

Common Issues	Strategies	Apps
<ul style="list-style-type: none"> <li>● Getting started on tasks - Have difficulty initiating due to being overwhelmed or not knowing where to start</li> </ul>	<p>Brainstorm</p> <p>Use time management techniques</p>	<p>Inspiration Maps, PaceMyDay, CompleteMyToDos</p>
<ul style="list-style-type: none"> <li>● Mental flexibility -               <ul style="list-style-type: none"> <li>○ Not knowing when help is necessary</li> <li>○ Difficulty incorporating feedback</li> <li>○ Difficulty switching gears</li> </ul> </li> </ul>	<p>Look for previously written notes and have a list of “go-to” people</p> <p>Create a graphic organizer to help see the big picture of the situation</p>	<p>Notability; Inspiration; PaceMyDay</p>

# MAKING COGNITIVE CONNECTIONS

- Benefits of smart devices
- Teach fundamental technical skills
- Cognitive skills applied to device use
- Emphasize benefits of smart device in rehabilitation process

# Making Cognitive Connections Notability

Cognitive Skill	Feature/Function	Application
<ul style="list-style-type: none"><li>Attention to Detail</li></ul>	Selecting bubbles	Attention must be paid regarding whether single or multiple bubbles can be selected.



# Making Cognitive Connections Notability

Cognitive Skill	Feature/Function	Application
<ul style="list-style-type: none"><li>Visual Similarities &amp; Differences</li></ul>	Templates	The templates displayed may be visually similar to each other; however, each template has some unique visual details



# Making Cognitive Connections Notability

Cognitive Skill	Feature/Function	Application
<ul style="list-style-type: none"><li>• Categorization</li></ul>	Color Select	The IM app allows for related concepts to be identified by color

- ▶ ABI Program 17
- ▼ Training Examples
  - IOS 4
  - Notability 17
  - The Brain 1
  - Job Hunting 10

# Making Cognitive Connections Notability

Cognitive Skill	Feature/Function	Application
<ul style="list-style-type: none"><li>Decision Making</li></ul>	Symbols	DM is required when determining which symbols best represent the concept presented

- ▶ ABI Program 17
- ▼ Training Examples
  - IOS 4
  - Notability 17
  - The Brain 1
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# APPS FOR HOME, SCHOOL & WORK

- BEST Suite (\$14.99)

- \* PaceMyDay

- \* ReachMyGoals

- \* StrategizeMyLife

- \* CompleteMyTodos



- Notability (\$14.99)



- Inspiration Maps (\$9.99)



- Week Calendar  
(Subscription)



# WHY AN APP TOOLBOX?

## Benefits of limiting the number of apps used:

- Easier to find information
- Less overwhelming
- Use one app for lots of different things
- Easier to track effectiveness, consistency, and resilience of apps and developers
- Easier to relearn when updates occur

## BEST Suite: PaceMyDay

- Energy management
- Time management
- Identify how long tasks take post-injury
- Integrate breaks
- Practice principles of self-regulation



BEST Suite available in App Store for \$9.99  
<https://itunes.apple.com/us/app/best-suite/id1254448842?mt=8>

## BEST Suite: ReachMyGoals

- Set goals
- Establish task lists
- Plan activities
- Generate reports
- Practice principles of self-regulation



BEST Suite available in App Store for \$9.99  
<https://itunes.apple.com/us/app/best-suite/id1254448842?mt=8>

## BEST Suite: StragegizeMyLife

- Establish strategy lists
- Group strategies
- Rate effectiveness of individual strategies
- Filter by strategy group, rating, or last date used



BEST Suite available in App Store for \$9.99  
<https://itunes.apple.com/us/app/best-suite/id1254448842?mt=8>

## BEST Suite: CompleteMyTodos

- Establish projects and task lists
- Recurring tasks
- Reminders
- Reports



BEST Suite available in App Store for \$9.99  
<https://itunes.apple.com/us/app/best-suite/id1254448842?mt=8>

## Notability (iOS) Audio Note 2 (Android)

- Task lists
- Lecture notes
- Shopping lists
- Record doctors' appointments
- Password management



Notability available in App Store for \$9.99

<https://itunes.apple.com/us/app/notability/id360593530?mt=8>

## Inspiration Maps (iOS) Simple Mind Pro (Android)

- Task lists
- Brainstorming
- Organize an essay
- Plan a party
- Help with speech-related issues



Inspiration Maps available in App Store for \$9.99

<https://itunes.apple.com/us/app/inspiration-maps-vpp/id510173686?mt=8>

## Week Calendar (iOS only)

- Schedule events
- Avoid overlapping events
- Templates
- Set cues to identify when events are not visible on screen
- Pinch & zoom to resize calendar
- Set custom alert & event durations



Week Calendar available in App Store for \$3.99

<https://itunes.apple.com/us/app/week-calendar-for-ipad/id434143491?mt=8>

# SYSTEMATIC ONLINE TRAINING

## Benefits of online training:

- Access anytime, anywhere
- Review lessons as many times as necessary to master
- Learn apps independently
- Practice skills and share with practitioners during sessions
- Always available for review

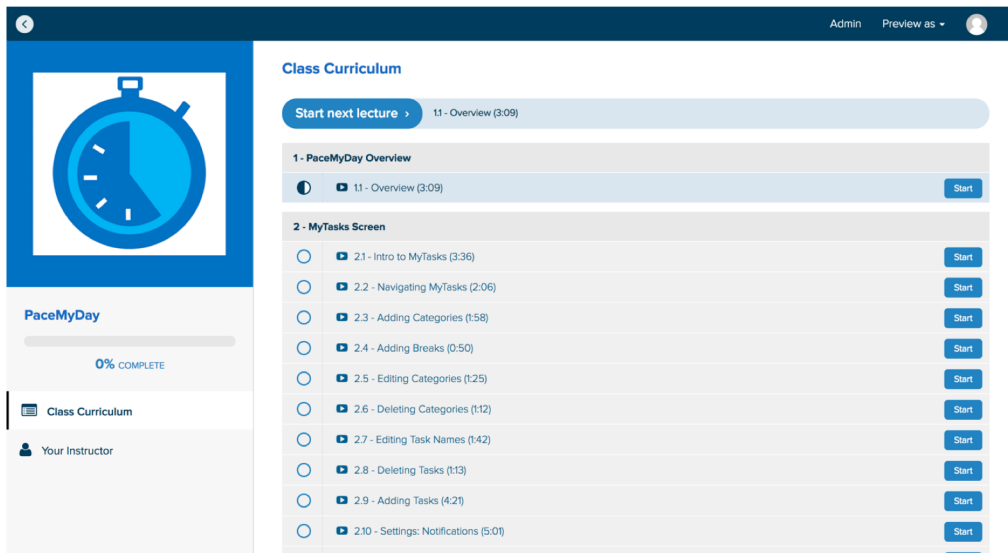
# BEST Practices in App Training

- Step-by-step instructions with screen captures to help orient users to app screens
- Review of training materials (written and videos) as often as needed to learn the apps
- Learning to use apps independently, from user's own computer

# BEST Practices in App Training

- Learning to troubleshoot problems before they happen
- Practicing each skill learned by completing exercises, activities and projects
- Integrated Making Cognitive Connections activities
- Training environment that remembers where users left off

# BEST Practices in App Training



- Short video trainings
- Screenshots and step-by-step instructions

- **Give It A Try** exercises to provide practice in applying newly learned skills
- **Quizzes** to help test app knowledge
- **Troubleshooting** scenarios integrating app-related problems with practical solutions
- **Putting it All Together** projects to practice the integration of all features learned
- Integration of **Making Cognitive Connections** to illustrate relevant cognitive rehabilitation applications

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