



Please research to determine which OS and device the application will run on.

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|-----------------------------|---|--|
| iPrompt | Pictures used for sequences for prompting | Activities of Daily Living (ADL) |
| iInteract | A basic text-communication tool | Communication, social participation |
| iComm | A basic symbol and text based communication tool | Communication, social participation |
| Brain Pop | Lifelong learning prompted through movies | Education, leisure |
| Making Change | Teaches how to make change | Education |
| Money Counting Calc | Money skills or tool to count money when shopping | Education, financial management |
| Bread and Milk Classic | Creates a grocery shopping list and estimated bill | Instrumental ADLs (IADLs) |
| MSNBC.com | Current events through videos and stories | Work, Social Participation, Leisure |
| BugMe!—Ink Notepad & Alarms | Quick color-coded handwritten or typed “post-it” notes, reminders and alarms | ADLs, IADLs Work, Education, Leisure, Social Participation |
| Vocal Voice | A Voice reminder system | ADLs, IADLs |
| Reminder | Allows for custom alert system | Social Participation |
| Time Timer | A visual timer allows user to see how much time is left in a task | ADLs, IADLs, Work, Education |
| Speak it Text to Speech | Text to speech that can be used as a communication system | Communication, Education, Work, Social Participation |
| Facetime Communication | iPhone and iPod Tough feature that provides the ability to virtually communicate | Social Participation |
| Stories 2 Learn | Personalized stories using photos, text, and audio messages | Social Participation, Education, Leisure |
| Story Kit | Creates electronic storybooks, using pictures, text, drawing and audio recordings | Social Participation, Education, Leisure, ADLs, IADLs |
| Pictello | Similar to StoryKit, allowing more independence in creating journals and stories | Social Participation, Education, Leisure, ADLs, IADLs |
| Penultimate | Allows for notes, sketches or sharing ideas | Social Participation, Education, Leisure, ADLs, IADLs |



| Application | Description | Healing domain / purpose |
|--------------------|---|--|
| Dragon Dictation | Voice to text converts speech to text, email or place in any text document | Work, Education, Social Participation |
| Dragon Search | Speak your search queries and get instant results | Work, Education, Social Participation |
| MemMatches | Classic card matching game | Leisure |
| iDress for Weather | Picture based tool to check weather, find appropriate clothing in virtual closet | ADLs |
| Living Safely | Home and personal safety lessons | ADLs, IADLs |
| Everyday Skills | Lessons related to community, personal skills, transition, and transportation | ADLs, IADLs, Education, Social Participation |
| Community Sidekick | Acts as travel companion and will track the location of an individual and send emails with map links | Work, Leisure, Social Participation |
| Lumosity | Hosted games that improve focus, attention, spatial orientation, and other key functions. Batteries for TBI, PTSD, ADD, cancer recovery, and for learners | Education, Leisure, ADLs, IADLs |
| Mindhabsits | Tools that use association, inhibition, and activation to increase mood and connection to self | Work, Leisure, Social Participation |
| MyBrainSolutions | Set of games for focus, attention, and coordination | Work, Leisure, Social Participation, IADLs |
| My CalmBeat | App that helps users practice breathing at more regular and measured rate | Work, Leisure, Social Participation |
| Tetris | Positive impact on flashbacks | |
| Living CBT | Free self-help CBT worksheets | http://www.livingcbt.com Education, social participation |
| Mood Gym | Free online CBT | http://moodgym.anu.edu.au |
| DBT Self Help | Tools, lessons, etc from people who use DBT for people who use DBT | http://www.dbtselfhelp.com/ Education |
| Wii | Multiple games teaching developmental skills, strategy, focus, exercise, self-soothing and more | www.nintendo.com Leisure, education, social participation, IADLs |

Assistive Technology that may be beneficial in MH Recovery from Trauma by Application



| Application | Description | Healing domain / purpose |
|--------------------|--|---|
| Muse | A headband that measures brain activity and helps with meditation. Feedback and display via smartphone | Meditation support / training Muse.com |
| Spire | Clip on device that measures and analyzes breathing patterns to sort as calm, active, tense, focused. Collects and displays via smartphone. | Breathing support / training Spire.com |
| Mental health apps | Talkspace Mood24 MoodTune PTSD Coach Personal Zen Optimism Crisis Text Line MoodMinder Mindhabits There are many more; search for mental health apps for smartphones. | |