

Using Handheld Technology to Participate, Work, Learn, Live, and Have Fun

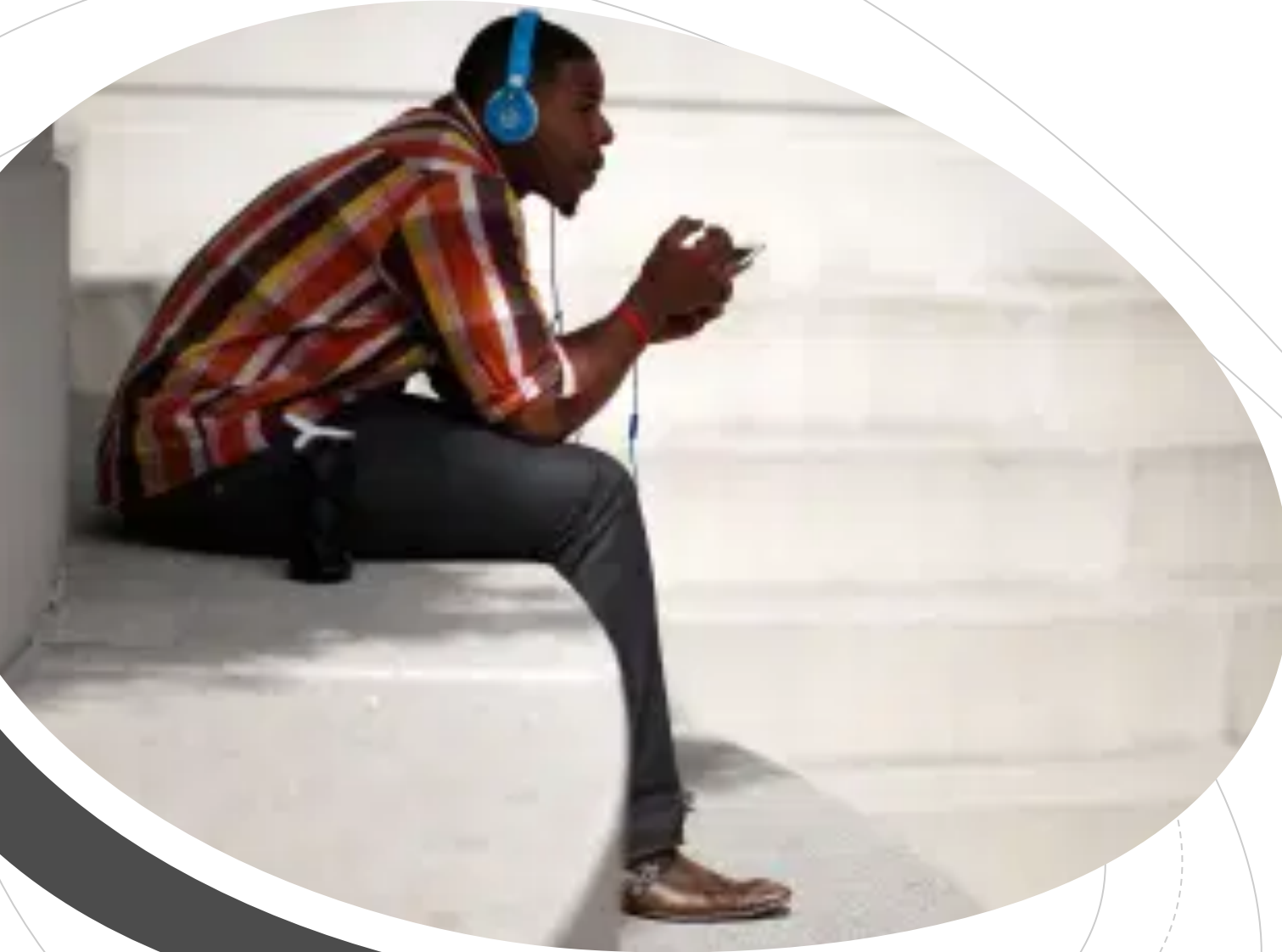
People are using smart phones and tablets to support themselves in all parts of their life.

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What I Observe in My Most Recent Work

- People are getting devices.
- Not enough teaching people to use their devices. We want a curriculum or an expert. Don't hold your breath.
- People are socializing on their devices but not leveraging all the other things they can help with.
- Devices are not charged or updated. Solution: Charging pads, charging cords in several rooms, alarm to remind us to charge our devices.
- Put in reminders to do updates.

Yootech Wireless Charger, Qi-Certified 10W Max Fast Wireless Charging Pad
Compatible with iPhone 12/12 Mini/12 Pro Max/SE 2020/11 Pro Max,
Samsung Galaxy S21/S20/Note 10/S10,AirPods Pro



Learn About Zoom or Online Meeting Platforms

- Be ready a few minutes before your Zoom meeting
- Be aware of what is seen by the camera around you.
- Have a greeting or “hello” ready
- Have a list of things you want to talk about
- Stay focused or seated in front of the camera. Sit up straight.
- Do not do other things during the meeting.
- Look at the camera throughout the meeting.
- Speak after the other person is done talking.
- Try not to touch your face or mouth while meeting.
- Try to use the restroom before or after your meeting. If you must go let people know you’ll be back.
- Eat before or after, not during the meeting. Do not chew gum.



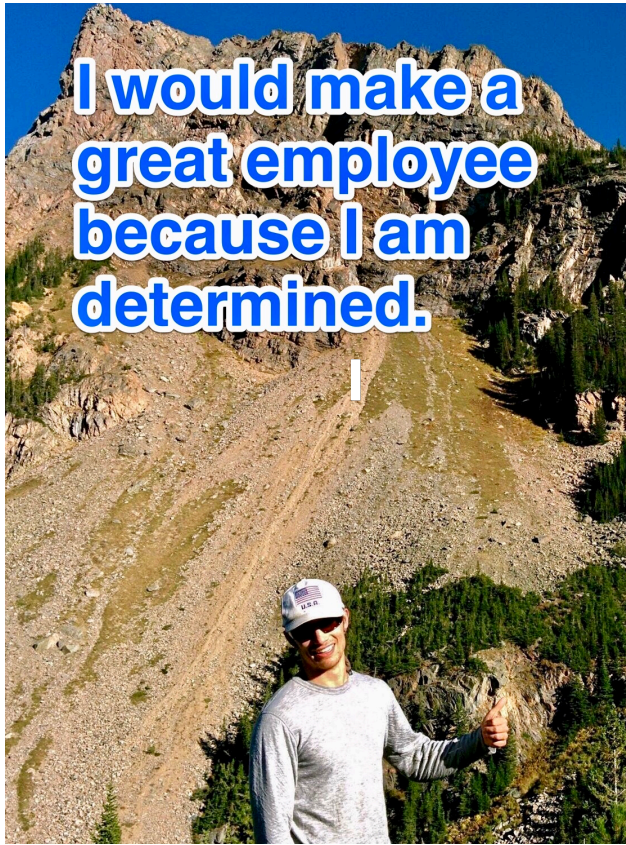
Don't Forget the Zoom App for Your Phone or Tablet

Skype, What's App, Facetime

- Because everyone is using these
- Because we want to be in touch, connected, and able to receive remote assistance if needed.
- Not a camera on us all the time.

Active, conscious teaching to use these. And do so regularly. Can we have fun too?





Positive Attributes Cards, “I Can”

Put Words on Photos with the Skitch App or Use Mark Up Built Into iOS

Wishboard
, iOS and
Corkulous
(free) for
iOS or
Android

I Can See Myself
Working”

”I Can Organize
My Plans for the
Future”

“All About Me”



internship at Autozone



shelving, facing, assisting
customers



I like to ride bikes in my
community



skills unloading trucks



I can be reached
at 509-331-7869

Generally costs
around \$4.99

Career or All About Me Portfolios Using iMovie

- iMovie app, Trailer Mode is an easy solution.
- Regular iMovie gives you more options such as length, music choice, hearing the voice in video clips



Community Integrated Services of Philadelphia

Video Resume Samples of Transition Students in Work Experiences

- <https://youtu.be/qP2wzliuEjo>
-
- <https://youtu.be/MOH5yghiG8c>

Getting Around

Use maps in your phone with the address put in ahead of time.

Use Transit apps for buses and trains

Practice ways to connect with people to let them know you arrived or can't find the right building

Use of Photos, Videos, Albums

- Take photos and video clips during Work or Community Exploration and Discovery
- Put these together in "Albums" and "Slideshows"
- Use these with the person in choice making and with their teams for updates and results of Discovery
- Use these to introduce people to others and share their experience.
- Begins to feed into a Career Portfolio or "All About Me" portfolio
- (Can use albums in general for task sequencing and social stories or video modeling as well. Use "mark up" in iOS devices or Skitch app to put text and more over photos)

Being Independent, Task Cueing, using photos or video clips

- Choiceworks (iOS)
<http://beevisual.com/>
- There is a Choiceworks calendar app too
- First Then Visual Schedule HD – (iOS & Android)
- <http://www.goodkarmaapplications.com>



ChoiceWorks Calendar, picture based and a checklist

- Youtube how-to: https://www.youtube.com/watch?v=t4_YBmVdQ3g

ICE info on Lock Screen, set up Medical Info for First Responders

- <https://support.apple.com/en-us/HT207021>
- **Set up your Medical ID in the Health app on your iPhone**
- Tap the summary tab.
- Under medical details tap medical ID
- Tap edit in upper right corner
- To make your medical ID available from the lock screen, turn on show when locked. In an emergency this gives information to people who want to help.
- When you're finished, tap Done.

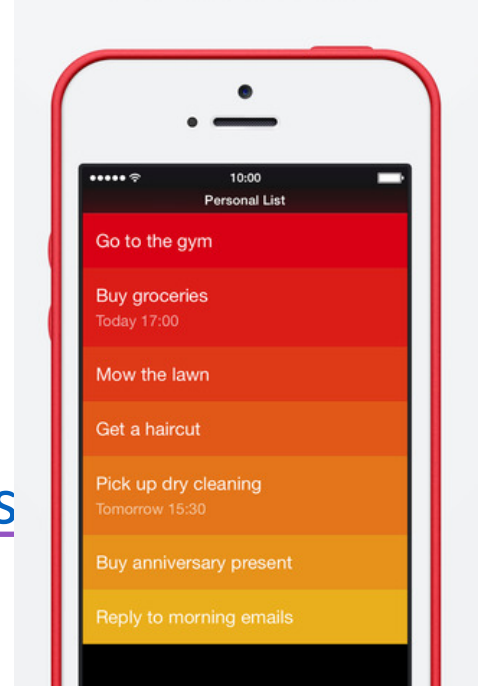
Scheduling, Alarms, Checklists

- Visual Planner, Apple
<https://www.goodkarmaapplications.com/visual-schedule-planner1.html>
- Microsoft To Do, Android or iOS
<https://todo.microsoft.com/tasks/>
- Clear for Apple or Koalcat's Clear for Android
<https://itunes.apple.com/us/app/clear-tasks-reminders-to-do/id504544917?mt=12>

Errands,
<https://apps.apple.com/us/app/errands-to-do-list/id318095638>

can get notifications of task due on your lock screen, banner, or notification center

Reminders is Built in to IOS devices and can be shared with others



➡ [Link to article with other organizing apps, specifically for teens](#)

Self Management

- Symptom Tracker by Tracknshare (iOS)
<https://tracknshareapp.com>
- Habits Pro by Tracknshare
<https://itunes.apple.com/us/app/habits-pro/id407892458>
- TimeTimer (iOS & Android)
<https://itunes.apple.com/us/app/time-timer/id332520417?mt=8>
- Goal Streaks, <http://www.goalstreaks.com>

Relaxation And Centering

- **Bloom (iOS, different on Android)**
- **Color Dots (iOS & Android)**
- **Music, puzzles, games, trains, videos**
- **Checking In with Someone via Skype or Facetime**
- **Build These Into Your Schedule. Don't Wait Until Absolutely Needed. Maintain Health and Wellbeing!**





iPad Learning and Sharing Cohorts

Teachers in Nebraska
Finishing work in their
6 month

iPad Learning Cohort

Could be families,
providers, self
advocates

iOS Built in Basic Features

- Alarms
- Timers
- Reminders, Lists (add people to share these lists with)
- Maps
- Notes - make checklist, chart, add photos, then email, Facebook message, or text to someone
- Albums from photos as talking points in interviews, or task sequencing

What's New in Reminders



Assign Reminders

Decide who does what in shared lists and they will get reminded.



Smart Suggestions

Automatic suggestions help you organize reminders quicker than ever.



And Lots More!

Get reminder suggestions from Mail, personalize list appearance with an emoji, organize smart lists, and more...

Built In Accessibility Features in Apple Devices

- **Guided Access**
- **Speak Selection**
- **Switches**
- **Hearing Aides**
- **LED Flash for Alerts - phone**

