

### **By Your Side Documents**

<http://www.byyourside.org/documents/24%20Life%20Changing%20iPhone%20and%20iPad%20Apps.pdf>

**Breathe 2 Relax.** For PTSD/Anxiety/Stress. stress management tool with diaphragmatic breathing exercises. Designed to help you with mood stabilization, anger control, and anxiety management.

<https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8&ign-mpt=uo%3D4>

**Cozi** - a calendar app. The features include a shared calendar that is color-coded for each person. It keeps track of appointments and assigns which caregiver is involved and allows you to see the calendars of others in your circle. Other features include a to-do list, shopping list and journal.

<https://itunes.apple.com/us/app/cozi-family-organizer/id407108860?mt=8&ign-mpt=uo%3D4>

## Loved ones can keep track of brain injury survivors venturing out on their own with GPS-based apps

### **Community Sidekick - iOS**

<https://itunes.apple.com/us/app/community-sidekick/id413107872?mt=8>

### **Family GPS Tracker - iOS**

<http://www.logsat.com/iPhone/familytracker/>

**Unus Tactus** - Developed to assist people of all ages with mild cognitive and/or motor deficits by allowing you to have an easy to use cell phone, with a simple set up. It utilizes a one--touch photo dialing system to generate phone calls using phone numbers from your existing contacts

<https://itunes.apple.com/us/app/unus-tactus/id500187253?mt=8&ign-mpt=uo%3D4>

**Constant Therapy - iOS. Free.** Award winning speech therapy app for people recovering from stroke, traumatic brain injury, or who have aphasia, dementia and other speech-language disorders. The app can be used to improve speech, language, cognition, memory, reading, attention and comprehension skills with 65 categories of tasks.  
<https://itunes.apple.com/us/app/constant-therapy/id575764424?mt=8>

Listen to books on your mobile device. Great for people who have trouble reading or who retain information more effectively by listening.  
<https://itunes.apple.com/us/app/audiobooks-from-audible/id379693831?mt=8&ign-mpt=uo%3D4>

**Answers Yes/ No:**

<https://itunes.apple.com/us/app/answers-yesno/id337470555?mt=8&ign-mpt=uo%3D4>

Easy way for you to communicate with those around you if you are nonverbal. The app has two, large, color-coordinated buttons--one for yes, and one for no. Press either, and a voice will read you selection.

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## FUN & BRAIN TEASERS

- **Word to Word Association**  
<http://appcrawlr.com/ios/word-to-word-a-fun-and-addictiv#authors-description>
- **Tom Cat** Interaction and contact with a talking virtual pet.  
<https://itunes.apple.com/gb/app/talking-tom-cat-2/id421997825?mt=8>
- **Brain Teasers 3** - <http://appcrawlr.com/ios/brain-fit-2>
- **GE Mind** - The MIND app (Make an Impact on Neurological Disorders) features art, music and dance activities to appeal to the visual, physical and auditory capacities of patients afflicted by neurological disorders such as Alzheimer's disease, Parkinson's disease, essential tremor, stroke, traumatic brain injury. This app features a virtual art gallery where users can observe well known masterpieces, such as Leonardo Da Vinci's Mona Lisa; create their own version of them and play matching game activities. Users can create their own music, watch dance and exercise videos, and enjoy music from different countries.  
<http://appcrawlr.com/ios/ge-mind-app-for-alzheimers-park#authors-description>
- **Brain Injury Strong Mind Puzzles.** This is a game designed to build the foundation for concentration, memory, problem solving and emotional intelligence. Effective problem solving is based, at least in part, on the number of variables a problem solver is capable of manipulating. The abstract manipulation of variables demands the player develop a strong, consistent internal dialogue—a voice in their head that rehearses and reminds them of the goal. With practice, individuals can learn to increase the number of variables that they can use to make a decision.
- **Clockwork Brain.** Puzzles to sharpen and train your brain. A series of challenging mini-games, created to test and improve your cognitive abilities across six areas - memory, perception, language, logic, reflexes and calculation.
- **AR Fun** allows you to do fun stuff like throw virtual paint buckets or shoot paintballs through the viewfinder and onto your augmented reality photos and videos. You can doodle on them, add little elves

and other characters and generally mix the virtual and the real to your heart's content. Free.

<https://play.google.com/store/apps/details?id=com.sonymobile.androidapp.cameraaddon.arfun&hl=en>

- **Fun Facts :**

<https://play.google.com/store/apps/details?id=com.tac.FunFacts&hl=en>

- **Word Search Fun :**

<https://play.google.com/store/apps/details?id=more.funner.software.wordsearchfun&hl=en>

- **Audible** (Free audiobooks) for Android:

<https://play.google.com/store/apps/details?id=com.audible.application&hl=en>

- **TextTwist**, Problem solving. For iPhone / iOS & android. Word game app where you try to find the word that uses all of the letters on the screen as fast as you can. Crossword mode lets you complete a crossword puzzle using a limited number of letters.

**Word Warp:** Fun/ brain training. Game with which you can create as many words as possible from a selection of letters. If you're stuck, just press the "warp" button and it will help you out.

<https://itunes.apple.com/us/app/free-word-warp/id291374609?mt=8&ign-mp=t=uo%3D4>

## TEXT / SPEAKING / COMMUNICATION

- **Proloquo 2 Go - (\$219)** alternative communication solution to help you if you have difficulty speaking. Natural sounding text-to-speech voices, high-resolution, up-to-date symbols, powerful automatic conjugations, a vocabulary of more than 7,000 items, and advanced word prediction -  
<http://itunes.apple.com/us/app/proloquo2go/id308368164?mt=8&uo=4&at=10lrBi>

- **Proloquo for Text - (\$60)**  
<https://itunes.apple.com/us/app/proloquo4text/id751646884?mt=8&ign-mpt=uo%3D4>
- **Tap2Talk.** Push pictures of items to have a voice speak them for you. Free.  
<https://play.google.com/store/apps/details?id=com.Assistyx.TapToTalk>
- **SoundAmp.** Assistive app that turns the iPhone into an interactive hearing device. Using the microphone or a headset with a microphone, it amplifies nearby sound making it easier for you to hear.  
<https://itunes.apple.com/us/app/soundamp-r/id318126109?mt=8&ign-mpt=uo%3D4>
- **Naming TherAppy** - word-finding app to help people with aphasia and children with special needs practice important naming and description skills. Allows users to add their own images.  
<https://itunes.apple.com/us/app/naming-therappy/id451093640?mt=8&ign-mpt=uo%3D4>
- **SmallTalk:** helps people with aphasia, focusing on text-to-talk (speaks conversational words and phrases.) Photos paired with functional expressions communicate what you need to say. It comes with a male or female voice. Examples are “I have aphasia”, “Speak slowly” and “what should we do today? Free.  
<https://itunes.apple.com/us/app/smalltalk-aphasia-female/id310102858?mt=8&ign-mpt=uo%3D4>
- **Tactus** : <http://tactustherapy.com/>. Proven to work as speech therapy for aphasia.
- **Speech Therapy App:** <https://constanttherapy.com/>

**Free - T2 Mood Tracker** - self-monitor, track, and reference emotional experiences associated with common deployment-related behavioral health issues like post-traumatic stress, brain injury, depression, and anxiety.  
<https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8&ign-mpt=uo%3D4>



**Learning Ally Audio** - more than 64,000 audiobooks that are designed for people with print and learning disabilities.

<https://itunes.apple.com/us/app/rfb-d-audio/id418888450?mt=8&ign-mpt=uo%3D4>

**Lumosity** - exercises targeting memory, attention, speed, flexibility, and problem solving. You can design your own personalized training, including "courses" with TBI- and/or PTSD-specific content.

**Elevate** - 2014 Apple's App of the Year : Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, math skills, and more. Each person is provided with a personalized training program that adjusts over time to maximize results.

<https://itunes.apple.com/us/app/elevate-brain-training/id875063456?mt=8>

## Audible

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**Free - D2U Transcription / Dictation.**

<https://itunes.apple.com/us/app/d2u-transcriber-dictation/id341741314?mt=8&ign-mpt=uo%3D4>

