

OT Intervention Apps

Omm Writer Dāna II

Cost: \$4.99

User Rating: 5/5, 257 ratings

Manufacturer: Herraiz Soto & Co.

This app is designed to minimize distractions (within the technology) that often interferes with writing productivity. Its simple template, free of sidebars and font options, allows for a less overwhelming environment and better concentration for the writer. Additionally, it focuses on special visual and audio effects to contribute to a pleasant overall writing experience. According to the research this technique enhances creativity with each keystroke. (Audio and visual settings can be adjusted)

This could be a great tool for OT. In working with students who have ADHD in that it eliminates distracting features that most word processors possess.

GarageBand App

Cost: \$4.99

Created by: Apple Inc.

Rated: 4 out of 5 stars (1123 Ratings)

Description: This app utilizes Multi-Touch gestures to play pianos, organs, guitars, drums, and basses. The music produced can also be recorded and played back.

In occupational therapy, GarageBand app could be beneficial to clients who are in need of hand to eye coordination treatment, sensory integration sessions, organization or distinguishing sounds. This app could be very beneficial as a tool for music therapy as well.

SoundAMP App

Cost: Varies with features, basic \$1.99 / advanced \$9.99: SoundAMP Lite is free

Created by: Ginger Labs, Inc.

Rated: 3.5 out of 5

Description: Sound amplifier and recorder. Allows the device to act as an assistive listening device. Need to use earbuds or headphones with app.

OT Professional Use: Good to recommend to persons who are hearing impaired.

Intro to Letters App

Cost: \$4.99

Created by: Montessorium Inc.

Rated: 4 out of 5 stars(36 ratings)

Description: Learn to trace, read, write and record letter sounds, names, and phonograms.

An occupational therapist could use this app to teach sequencing, auditory learning, distinction of language for the hearing impaired, memory skills, simultaneous learning of visual and auditory language and hand to eye coordination. This app could be very beneficial for speech therapy too with its components of word enunciation and recording properties with play-back.

AlphaBaby Free App

Cost: Free

Created by: Laura Dickey

Rated: 4 out of 5 stars

Description: AlphaBaby Free allows you to interact with letters and shapes by recording your own voice to say the alphabet. You may also upload sounds and pictures to the app and record your voice for captions.

Using AlphaBaby would benefit children who are non-verbal by encouraging them to interact with the app by hearing their own voice. It would also help children who are having difficulty learning their alphabet and shapes.

TapToTalk App

Cost: Free

Created by: Assistyx LLC

Rated: 4.5 out of 5 stars

Description: TapToTalk is an app created to act as an augmentative and alternative communication device. One can choose from an album of pictures, tap the picture and TapToTalk speaks. This app allows you to add your own pictures and record your own voice also to make it more client-centered. Occupational therapists may utilize TapToTalk with individuals with autism, down syndrome, cerebral palsy, and others with speech delays. This app will allow the client to effectively communicate with the world around them.

Scene Speak App

Cost: 9.99

Created by: Good Karma Applications, Inc

Rated: 5 out of 5 stars (14 ratings)

Description: Scene Speak provides a framework on the iPad to create visual scene displays. This application allows images to include active “sound areas” that can be selected and used as a means of communication. Images then can added into “books” by theme or area of interest.

Scene Speak is a wonderful communication tool for those with Autism, Aphasia, Apraxia, developmental disabilities or anyone wanting to enhance receptive language or visual memory.

Autism/DTT Color App

Cost: 14.99

Created by: By ZBobbApps.com

Rated: 5 out of 5 stars (7 ratings)

Description: Dr. Gary Brown's Autism/DTT Color App uses Discrete Trial Training (DTT) to help your child learn the basic colors. DTT is the primary teaching method used in Applied Behavior Analysis (ABA) to teach numerous pre-academic and social skills to children with autism. This app can be used to teach colors to children with autism, attention deficit

disorder (ADD), attention deficit hyperactive disorder (ADHD), or any child who has trouble staying on task.

AutismXpress App

Cost: Free

Created by: StudioEmotion Pty Ltd

Description: This app allows the user to browse and select different feelings from the screen of facial expressions.

This app is great for children with autism who need help recognizing and communicating their feelings with their caregivers, teachers, or friends.

Sosh

Cost: \$39.99

Created by: Mike Bowers Ph. D.

Rated: 4.5 out of 5

Description: Sosh is a social application that was designed to assist people with Asperger's Syndrome navigate social context. Sosh is subdivided into 5 categories: Relate, Relax, Regulate, and Recognize. Includes a journal, goals area, to-do list, behavioral tracking area, voice meter, interest log, shredder (for negative thoughts and feelings), and an idioms dictionary (called What Did That Mean). It also has a facial expression gallery.

OT Professional Use: Good for Asperger's Syndrome, high functioning Autism, ADHD, TBI, and any other conditions in which social regulation might be a problem.

Pillboxie App

Cost: \$1.99

Created by: Jared Sinclair

Rated: 4.5 out of 5 stars

Description: Pill Reminder app. uses visual icons and a calendar to plot times during the day that one should be taking their medicine.

OT Professional Use: Good to introduce to clients (and their care-takers) with memory deficits (e.g. clients with Alzheimer's), and/or global cognitive deficits.

GoMeals App

Cost: Free

Created by: Sanofi-Aventis U.S. LLC.

Rated: 4 out of 5 stars

Description: Three apps combined into one where an individual can track the foods eaten for the day and search their nutritional information. One can browse a list of menu items at restaurants to select the healthiest plate. This app also features a restaurant locator. This app is especially great for those with diabetes to help manage their sugars. It tracks food intake and lists nutritional information (such as carbs, sugars, etc) of each food.

This app can also be used in OT practice with those needing help with meal planning and weight loss.

Easy-Bake Cupcakes App

Cost: Free

Created by: Hasbro, Inc.

Rated: 4 out of 5 stars

Description: Easy-Bake Cupcakes is an app designed to let you make, bake, decorate, eat, and share virtual cupcakes. The app gives the user options of batter, icing, decorations, & tablecloths.

Occupational therapists may use this app as an intervention in pediatrics to help with sequencing steps or just for fun.

Go Bubbles Lite App

Cost: Free

Created by: SuperKiddoStudio

Rated 4 out of 5

Description: Go Bubbles Lite allows the user to create, pop, or simply watch the bubbles float across the screen. Occupational therapists could incorporate this app into their interventions to increase fine motor control or could use it as a fun reinforcer activity.

Pictorial

Cost: Free

Manufacturer: Pictorial HD

Rating: 4+

Pictorial is a game like app that allows users to find hidden pictures in three different story lines: Night City, Arctic, and Treasure Island) much like connect the dots. This app features 30 levels, 10 in each story line.

This app would benefit the pediatric population in occupational therapy in that it involves spatial recognition and reasoning as well as fine motor control. An abundance of levels allow for easy upgrading or downgrading for activity demands.

Pirate Treasure Hunt

Cost: Free

Manufacturer: Education Services Australia

Rating: 4+

Description: The user needs to complete eight challenges in order to find the treasure, and the challenges are math and reading related. The user completes the challenges using strategies, problem solving, literacy, and math skills. This app is a fun and interactive way for the child to improve their reading, writing, and math skills. This app includes a variety of problem types which focus on spelling, shapes, visual cues, word knowledge, addition of numbers, and time.

Rationale: This app is extremely beneficial to the user through using visual motor skills, fine motor skills, following directions, following tasks, visual memory, and sequencing. The child

may not even realize they are using any specific skills because it is a fun and interactive intervention. This app can enhance a child's problem solving, reading, literacy, and math skills.

First Then Visual Schedule

Cost: \$9.99

Manufacturer: Good Karma Applications

Rating: 4+

Description: This app is designed to give positive behavior support to children with autism, communication deficits, developmental delays, or individuals who need a structure or schedule in their life. This app allows the user to organize their daily schedules. The schedules can be edited, added to, or personalized. For children with autism they can serve as reminders for simple ADL activities they need to accomplish for the day.

Rationale: This app can help children with autism or cognitive impairments stay organized on a day by day basis. The schedules can be organized to have pictures taken of their own items such as a toothbrush, shower, toilet to enhance independence. The app also has a recording device for the user to record their voice telling themselves what to do at a certain time of the day. This app is beneficial for a child who has problems staying on their day to day tasks.

Grace

Cost: \$37.99

Manufacturer: Steven Troughton-Smith

Rating: 4+

Description: Non-speaking, simple exchange picture system developed for people with autism to communicate. The user can select the box they want and make a selection on a box in order to formulate a sentence. This app would be beneficial for children who have problems expressing their needs and wants verbally.

Rationale: It could be used as a communication device for children with autism who are non-verbal to express their needs. This app enables the child to independently participate socially. This can help them formulate sentences and express themselves.

Dexteria

Cost: \$4.99

Manufacturer: BinaryLabs. Inc

Rating: 4+

Description: Set of therapeutic hand exercises that improve fine motor skills and handwriting readiness in children and adults. This app can help improve strength, function, control, and dexterity for the user due to the specific exercises.

Rationale: Can be used to measure strength, control, and dexterity. This will help improve fine motor skills over time and can track the progress of the client. This app can also help improve handwriting and spelling for children.

Proloquo2Go

Cost: \$189.99

Manufacturer: AssistiveWare

Rating: 4+

Description: Provides a full-featured augmentative and alternative communication solution for people who have difficulty speaking by using text-to-speak voices, symbols, and word prediction.

Rationale: It can be used as an augmentative communication for those who have difficulty speaking. It is easy to use and affordable.

TapToTalk

Cost: Free

Manufacturer: Assistyx LLC

Rating: 4+

Description: Turns your iPhone, iPad, or iPod touch into an augmentative and alternative communication device by just tapping a picture.

Rationale: It gives a non-verbal child the ability to express his or her needs.

Dots for Tots

Cost: Free

Manufacturer: SID Sp. z o.o.

Rating: 4+

Description: Teaches children animals, shapes, letters, and numbers all while they think they're just playing. Children use their fingers to trace the dots and the dots form an image.

Rationale: This app is perfect for working on fine motor skills with children. It can also be used to improve visual-motor skills. It is also a great learning tool.

Magic Shoes

Cost: \$1.99

Manufacturer: New Bricklyn

Rating: 4+

Description: Gives step by step instructions and visual cues for children learning to tie their shoes. The video instructions allow for increase independence and there are different themes for boys and girls. The video gives different techniques that kids can use, and this app makes it fun for children to learn the strategies of shoe tying independently.

Rationale: This app can be utilized by a child who needs help with shoe tying. This will enhance visual, hand-eye coordination, fine motor skills, weakness, and problem solving. The child can strategize on the technique that best fits their need. This app is based on a task that kids need utilize everyday.

Sym Trend ADL

Cost: \$10.99

Manufacturer: Symtrend, Inc.

Rating: 4+

Description: This app allows the user to record activity of daily living (toileting, dressing, eating, grooming, and sleeping) skills/behaviors, sources of the problems, and the consequences of resisting to do ADL tasks. It uses health logs and checklists to track behavior or set reminder alerts for many different activities of daily living (ADLs). This app will track stressors, environmental conditions, and a tantrum dates and lengths.

Rationale: This app will allow therapists to keep track of context of specific ADL activities and how children respond or participate in that context. It will alert the therapist to what context is the best to structure therapy around for the best outcome and which context provokes the child.

Occupational Therapy Spanish Guide

Manufacturer: Mavro Inc.

Reviews: No reviews yet

Description: This tool allows therapists who aren't fluent in Spanish to communicate with those who do. Some of the topics covered include: Admission, expression and commands, neurological factors, pain assessment, movement and motor, staircase instructions, family discussion, bathroom instructions, eating instructions, dressing and clothing, and a color test.

OT Relevance: This allows occupational therapists to communicate and gain vital medical information from their clients.

Shape Builder

Cost: Free

Manufacturer: Darren Murtha

Reviews: 4/5 stars based on 13,380 reviews

Description: This includes 15 puzzles as a way to see if you would like to purchase the full version. Each puzzle includes 5 to 10 pieces that are assembled on top of silhouette puzzle. When all the pieces are put together, the object is then revealed and the name of the object is said by Jill Dews, a licensed speech therapist.

OT Relevance: This would be a great intervention tool for therapists addressing cognition and fine motor skills. In addition, the puzzles expose children to new music, the alphabet, animals, and new instruments which would provide a child with a sensory experience.

Voice4U

Cost: \$29.99

Manufacturer: Spectrum Visions

Reviews: 4/5 stars

Description: A library of picture and voice prompts (for individuals with speech difficulties). Can download your own photos and audio prompts.

OT Relevance: Very flexible augmentative communication app. The ability to personalize would enhance usability for clients with decreased cognition, memory, & perceptual problems.

Speak it!

Cost: \$1.99

Reviews: 3.5/5 stars

Manufacturer: John Stefanopoulos

Description: This application allows you to copy emails, documents, PDF files, and web pages, paste them into Speak it! and have the text spoken back to you. This application even allows you to create the same quality audio files of the text to speech which can then be emailed to anyone of your choice. In addition, the voices can be an American Male, American Female, British Male, or British Female

OT Relevance: This is a great application for therapists to use as an intervention tool for individuals with functional use of their hand or hands, but they are unable to speak or make their thoughts heard. Therapists could use this tool to help disabled individuals communicate efficiently with others so that they can feel like that are being heard.

iReward

Cost: \$4.99

Manufacturer: Grembe, Inc.

Reviews: **4.5/5 stars**

Description: Behavioral management reward system. Allows you to post a picture of a reward and give stars for behaviors that will win the reward.

ABC Data

Cost: \$27.99

Manufacturer: CBTAonline

Reviews: 4.5/5 stars

Description: Assists professionals in ABA, special education, school psychology, and clinical psychology. Allows the professional to track sessions and document behavior.

OT Relevance: Clients are able to track their behavior, progress, goals and reflect on how to improve it for future sessions.

Behavior Breakthrough

Cost: Free

Reviews: 3/5 stars

Manufacturer: Southwest Research Institute

Description: This application provides training through simulations and an interactive environment model to display a child's behavior and intervention approaches on how to control it. The goal is to provide parents with strategies on how to cope with maladaptive behaviors independently.

OT Relevance: This application would be a great resource for therapists to refer to the parents/guardians/caregivers of the children that they are doing providing services to. One of the intervention sessions could be an educational session in which the therapist would introduce this resource and how to incorporate the information into their life.

Build A Word

Cost: \$0.99

Manufacturer: Wordworld

Rating: 4+

Build A Word is an app based on PBS Kids and has been shown to significantly improve early literacy skills. Features include "shake" words to watch the letters float on the screen

and push letters together to "morph" into words. This app contains large sized fonts and pictures of each word as it appears.

Occupational therapists could use this app with pediatric clients to improve print awareness, letter knowledge and recognition, and comprehension in order to establish literacy skills.

123 Color HD: Talking Coloring Book

Cost: \$0.99

Manufacturer: Steve Glinberg

Rating: 4+

Talking Coloring Book is a unique coloring book in that it contains 30 spoken colors in 4 languages: English, Spanish, French, and German. Features include finger paint, world map, engaging drawings, and spelling. This app includes 23 sounds effects and 25 songs.

Occupational therapists could use this app when working with the pediatric population to improve number, letter, color, and shape recognition, artistic expression, as well as drawing and painting skills. This is a great app for OT's because of the versatility it could bring to the treatment session.