
Useful Apps for Occupational Therapy

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ACCESSIBILITY APPS

Brighter and Bigger: People with low vision can use this app to turn their device into a magnification device that will make reading material bigger, brighter, and higher contrast.

Magnify: Turn your phone into a magnifying glass with a flashlight. Read tiny print, show a negative image, and take a picture.

BEHAVIOR TRACKING APPS

ABC Data: Data collection tool for counting behavior by simple tallies or percentages, recording the session duration, and emailing the data.

Behavior Status: Record the daily behavior of your child or an entire classroom. Easily record behavior using a simple green, yellow, and red spotlight.

High Score House Kids: An online game that helps parents and practitioners motivate children to complete tasks or other behaviors to reach real-life rewards.

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

No More Meltdowns: This app provides the tools to help parents prepare their child for meltdowns and deal with out-of-control behavior.

Teacher's Class Behavior: Record behaviors with a list of multiple children. Tap to record default behaviors or edit and add your own. Can be used to multiple classes. Review behaviors in a daily log.

CHILDREN/YOUTH

ABA Flash Cards: Pairs a verb with an image of a child performing its action to convey the term's meaning.

ABA Receptive Identification by Class: Teaches students to hear a word and then identify the appropriate image on the screen.

Choiceworks: Help children complete daily routines and understand and control their feelings with three boards (schedule, waiting, and feeling). The app helps make task completion easier, teaches waiting skills, and helps children cope with being upset.

Color ID: Color Identifier uses the camera on your phone to speak the names of colors.

Easy Kid Timer: Visual timer to help kids visualize the passage of time. Customize the timer with your own pictures and description of tasks.

iBooks: Free app for downloading books. Make the text larger, choose the right font. Keep track of characters in a story by highlighting the text and annotating the book. Some children's books in the iBookstore have a read-aloud feature.

iDress for Weather: Provides images of clothing and weather conditions daily. Clearly displays the daily temperature (daily highs and lows). Ability to customize the closet using personalized images or photos.

Math Board: Use this app to teach addition, subtraction, multiplication, and division. Customizable options make this app fun for elementary school children.

Math Magic: Addition, subtraction, multiplication, and division with visual supports, solution choices, reinforcers, and rewards (star system).

myHomework: Allows students to keep track of their homework, classes, projects, and tests.

- Relax Melodies:** Personalized relaxation and sleep assistance app has more than 40 high-quality sounds to provide white noise or background noise to assist with falling asleep.
- Shelby's Quest:** Children can learn fine motor and visual perceptual skills using this app developed by an occupational therapist. Follow Shelby the dog on her quest through the Pacific Northwest.
- Sight Words:** Help children learn to read with a list of 315 words categorized by appropriate age groups. Instantly recognizing sight words is an important skill for young readers.
- Songify:** Turn everyday phrases and names into a song. Have children sing along to words or phrases while talking and practicing words.
- Stories2learn:** Create personalized social stories using photos, texts, and audio messages.
- Stretch Break for Kids:** This app will remind users to take periodic stretch breaks while using the computer. Includes animated tutorials of how to properly perform the stretches.
- Toontastic:** Make your own cartoons and stories through imaginative play with this app that allows kids to draw, animate, and share their own cartoons.

COMMUNICATION APPS

- AAC Talking Tabs:** This app allows people with severe disabilities, limited movement, and challenged dexterity to communicate through their phone or tablet.
- Abilipad:** The app combines the functionality of a notepad with word prediction, a customizable keyboard, and text-to-speech tools. Advanced-level writing tools for children with special needs.
- Functional Communication System:** Customize this video-based communication tool with real images, audio, and video to reflect your client's world.
- My Choice Board:** Provides a visual display of choices for children with limited communication skills to be able to express their own needs and wants.

Quick Talk AAC: Giving a voice to those who can't speak, this app has a library of 11,000 images and symbols that represent many needs and wants. A simple two-button design allows for easy selection of phrases.

Say Hi! AAC: This app allows people with severe disabilities, limited movement, and challenged dexterity to communicate through their phone or tablet without ever touching the screen.

FINE MOTOR APPS

Baby's Musical Hands: A simple cause and effect app, the 15 brightly colored squares provide audio and visual feedback when touched.

Color and Draw for Kids: Coloring book for children with 50 drawings in several categories such as professions and landscapes.

Colorific: A fun and smart drawing and coloring app for children. Choose from 40 templates in several categories such as numbers and professions.

Garageband: Play musical instruments on your device. Individuals with limited motor control can play chords on a guitar or play a piano. Record the music you create.

HANDWRITING/WRITING APPS

Dexteria: Therapeutic hand exercises that improve fine motor skills and handwriting readiness. App created by an occupational therapist.

Handwriting Without Tears—Wet-Dry-Try: Using a visual chalkboard, children can learn and practice letter formation habits for writing capital letters and numbers.

iWritewords: Teaches handwriting and correct letter formation while children play a fun and educational game.

LetterSchool: Practice letter formation by tapping, tracing, and writing. Learn the alphabet by playing games.

Ready to Print: Created by an occupational therapist, this app helps teach pre-writing skills to build a strong foundation for beginning printers.

Typ-O: Writing is made easier with this app that uses a word prediction engine and spelling error model. Great for individuals with dyslexia. Synthetic voices allow you to inspect the predicted word before selecting.

Write My Name by Injini: This app is a fun way for children to practice writing letters, words, names, and phrases. Children 4 to 6 can learn several writing skills, such as writing their name.

SENSORY APPS

Annoying Sounds: Sounds divided into categories of high frequency, alarms, animals, eating, emergency, human, office, phone, random, and wake up.

Balloon Pop: Pop balloons by shaking the device up and down. Could help avoiders acclimate to the sound.

Brain Works: This app will remind parents and teachers to take sensory breaks with their children and has more than 130 sensory activities.

Ease App: Uses random bursts of sound to stimulate, challenge, and promote sensory processing. Contains 60 minutes of optimized music.

Glow Tunes: Combines glow graphics with music to create a multisensory experience.

USEFUL APPS FOR THERAPY SESSIONS AND PRODUCTIVITY

Awesomenote: Note-taking application and to-do manager.

Divide: Keep your personal and business lives separate on your phone with this app. Securely create a business workspace where you can store the apps, email, contacts, and calendar that you use for work.

Functional Planning System: Plan out your client's day with this video prompting tool. Schedule activities, create step-by-step videos, and create alarms to remind clients of tasks.

Time Timers: Little clocks demonstrate the passage of time in three different sizes. Have an optional audio signal at completion.

- Google Translate:** Translate text from more than 60 languages. For most languages, speak the phrase and hear the translation.
- iPrompts:** Prompting app providing picture schedules, visual countdown clocks, and other choice prompts. Replace old handmade schedule boards.
- iTranslate:** App for practitioners working with clients whose first language is not English. Speak or type the question or comment, choose the language, and click translate.
- Medscape:** Medscape from WebMD provides news, clinical reference, drug interaction checker, and more. Save articles and read offline.
- Off We Go:** Prepares children for everyday experiences while improving language and social skills. Each book tells the story of a particular event or everyday activity in a sequence of 12 steps.
- Recognise:** Accurately measure your client's ability to recognize left and right body parts and movement. Train left right discrimination with a series of images.
- Recorder:** Record verbal notes for client documentation and other information you need to recall later. Can email recordings to others.
- Screen Chomp:** This simple doodling board app has one-click sharing tools that make recording and sharing your ideas easy. Use the app to record information for clients to use later.
- Show Me Interactive Whiteboard:** Turn your phone or tablet into an interactive whiteboard and record voiceover that you can share with others.
- Skitch:** Use shapes, arrows, sketches, and text annotations to express yourself with fewer words and emails. Mark up photos, screenshots, maps, and Web pages and share them with anyone.
- Stretch Break:** Helps remind you to take breaks to increase circulation, relieve tension, boost your energy level, and help guard against repetitive strain injuries.
- SymTrend:** An electronic diary that allows you to track symptoms, discover what is triggering problems, and determine whether treatments are working for depression, cancer, women's health, chronic pain, attention deficit hyperactivity disorder, or autism.

SymTrend ADL: Quickly record information about ADL and track a child's progress. Once the ADL is mastered, move on to the next.

TxTools: A collection of tools to help occupational therapy practitioners in sessions with clients. Includes an individualized education plan scheduler, percent right, age finder, and tally this.

Video Scheduler: Use photos and videos to create a schedule. Set up multiple users—perfect for multiple children on your workload. Take a picture, add an audio comment, or take a video to create a list of steps for schedules.

Voice Recorder: Record verbal notes for client documentation and other information you need to recall later. Can email recordings to others.

WaitStrip: This app provides a visual representation of increments of time. A visual guide helps an individual remain on task or focused for a specific duration of time.

White Noise Lite: Plays ambient noise to block out distractions. Free version has 10 sounds including rain, chimes, a fan, and more.

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