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Apps for Living

Presenter:

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Disclosure: I have no relevant financial or nonfinancial relationship to disclose other than being an employee of Easterseals Crossroads.

Learning Objectives

- To learn how to set up and contact emergency services and notify emergency contacts.
- To let emergency services, doctors or family members know your allergies, medications, procedures, etc.
- To learn how to handle stress and anxiety with a balance of meditation, sleep and exercise.
- To explore other methods to maintain our mental agility and well-being.



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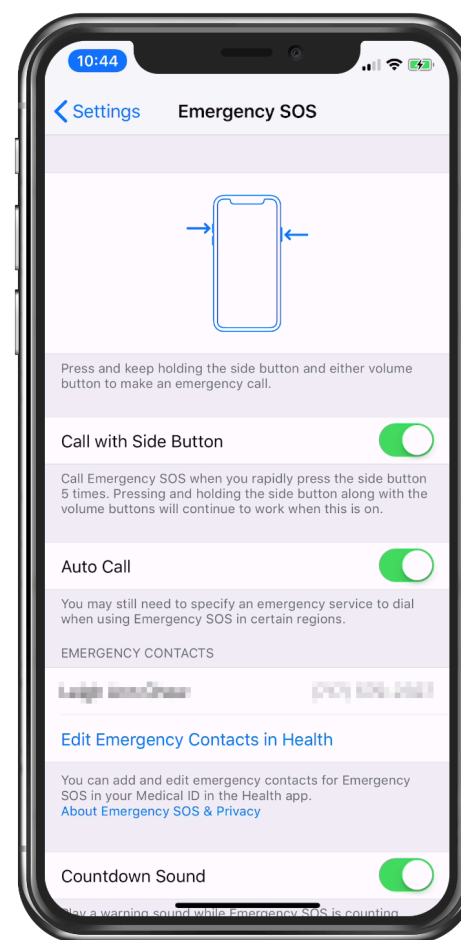
Emergency SOS by Apple

- Built-in feature for iOS 10.2 and later
- Allows iPhone users to get help when they are in an emergency situation
- Widgets and iWatch app support
- How to set it up?
- How to call emergency services automatically?

Emergency SOS

Setup and Operations

- Press the Power (Sleep/Wake) Button 5 times rapidly or hold the side buttons
- Emergency Slider: slide it from left to right



Emergency SOS

Setup

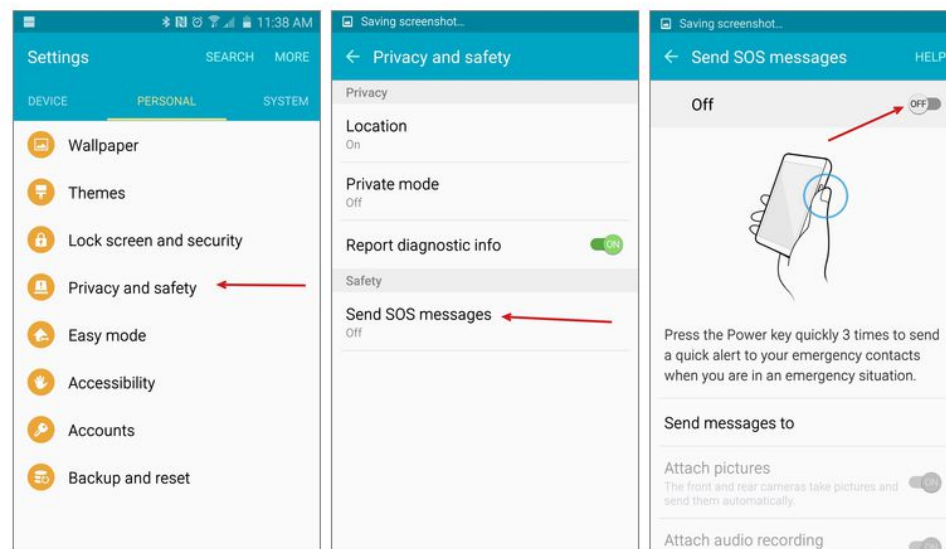
- Turn on Auto Call to skip the Emergency Slider step
- Countdown Sound to alert that you are calling them
- No need to turn on Location Services in advance
- Emergency Contacts versus Emergency Services
- New Fall Detection feature



Emergency SOS

Android Setup

- Varies by smartphone
- Settings > Privacy and Safety > Send SOS messages
- Set up Emergency Contacts
- Send pictures and / or audio recording to them





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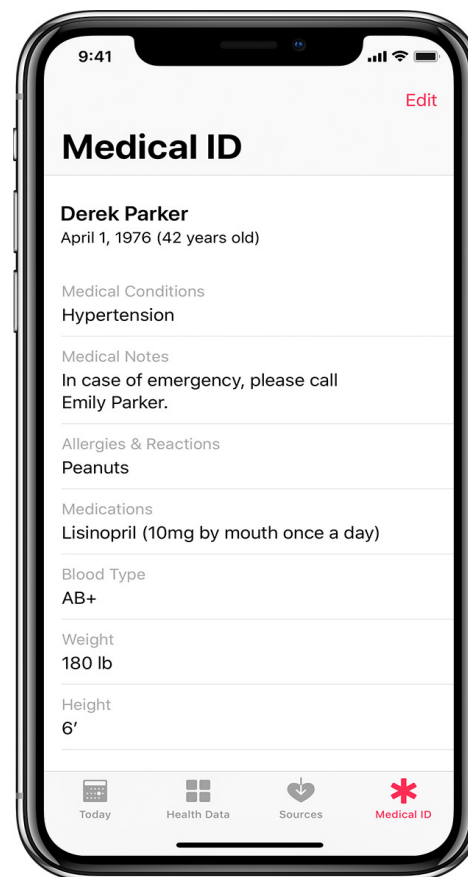
Health

Health App by Apple

- Built-in app for iOS 10.2 and later
- Gathers your health data to help you monitor progress
- Widgets, iWatch app and complications support
- Enter the age, height, weight and other physical attributes in the Personal Profile

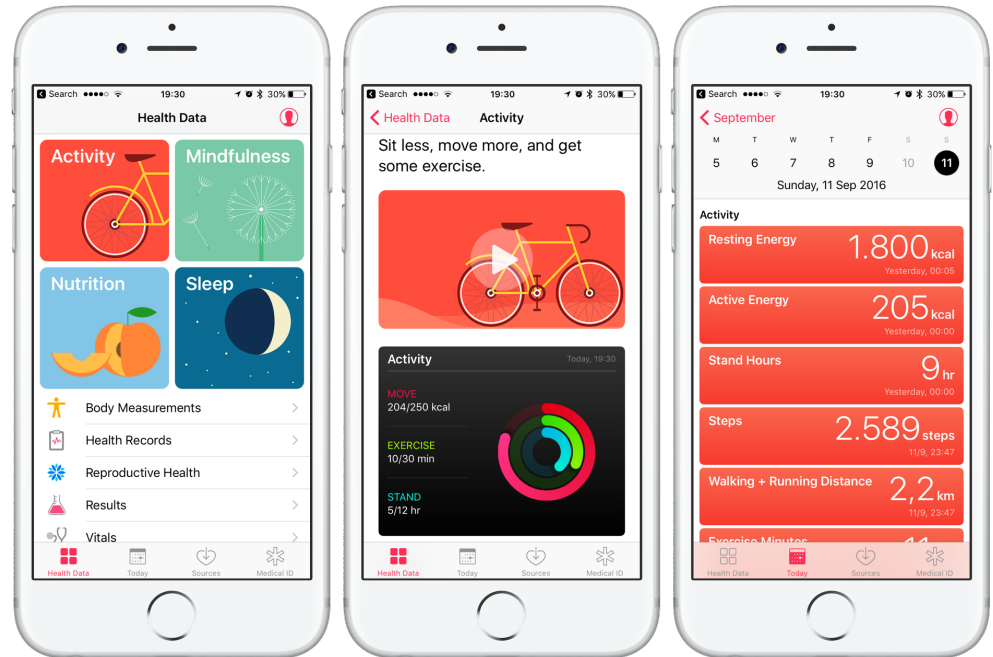
Health App

- Create Medical ID:
 - Date of Birth
 - Medical Conditions
 - Medical Notes
 - Allergies and Reactions
 - Medications
 - Blood Type
 - Organ Donor
 - Weight and Height
 - Emergency Contacts
 - Share Medical ID when calling emergency services



Health App

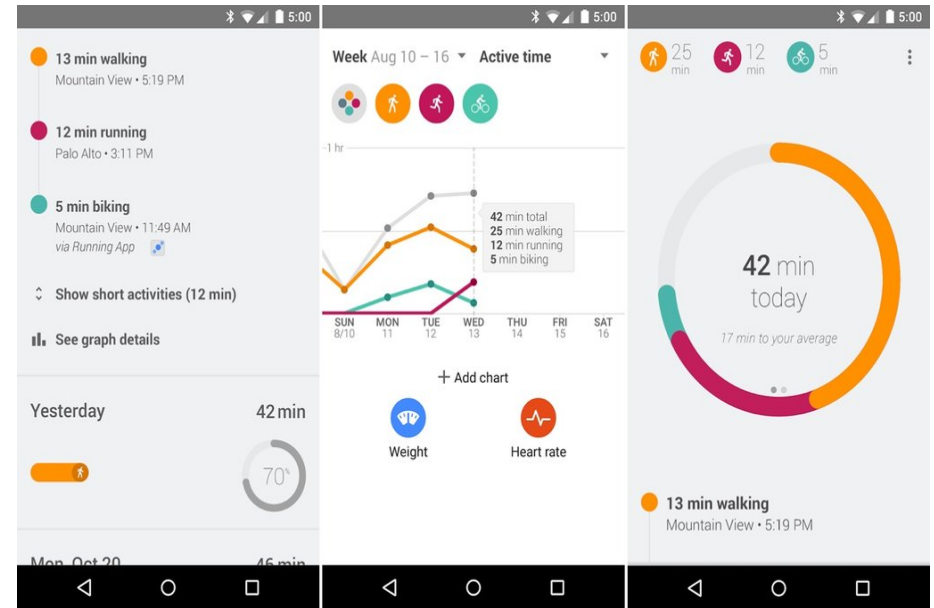
- Counts your steps
- Tracks your running and walking distances
- Smart Watch automates the tracking of your activity data
- Based on the information entered in the Personal Profile, it calculates the calories burnt
- Activity, mindfulness, nutrition, sleep and many more



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Health App

- Apple partners with major healthcare providers or services like Mayo Clinic, Florida Health System, Medisafe, etc. to adopt this app
- Synchronizes with MyChart app
- Android Google Fit app does track similar things
- Alternative: FitBit





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HEADSPACE

Headspace App

- iOS, iPadOS 10.2, Android
- Free Therapy or Tutorial Sessions with Three Major Focuses:
 1. Meditate
 2. Sleep
 3. Move
- Need to create an account to start
- Add buddies to experience them together
- Share your journey via text, emails or social media

Headspace App

- Guided meditation with explicit steps
 - Help focus what one should be doing instead of having the mind wandering off or letting your thoughts in
- Choices on the male or female voice
- Choices on the duration of each course: 3 to 60 minutes
- Targeted courses: work, kids, sleep, focus, stress and anxiety



Headspace App

Strengths:

- Beautiful, cute and effective graphics and videos
- Immersive - music and / or background sound effect to create a zone for you to sink in
- Levels for advancement and achievement
- Library for lots of courses
- Reasonably accessible (but not 100%)



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Headspace Plus

Features:

- Full Headspace experience:
 - 10 levels of Learn, Practice and Master
- A new meditation every day
- Sleep sounds and bedtime exercises
- Move Mode for mind and body fitness

Subscription Options:

- \$69.99 annual subscription (\$5.99 per month) with first 14 days free
- \$12.99 per month with first 7 days free



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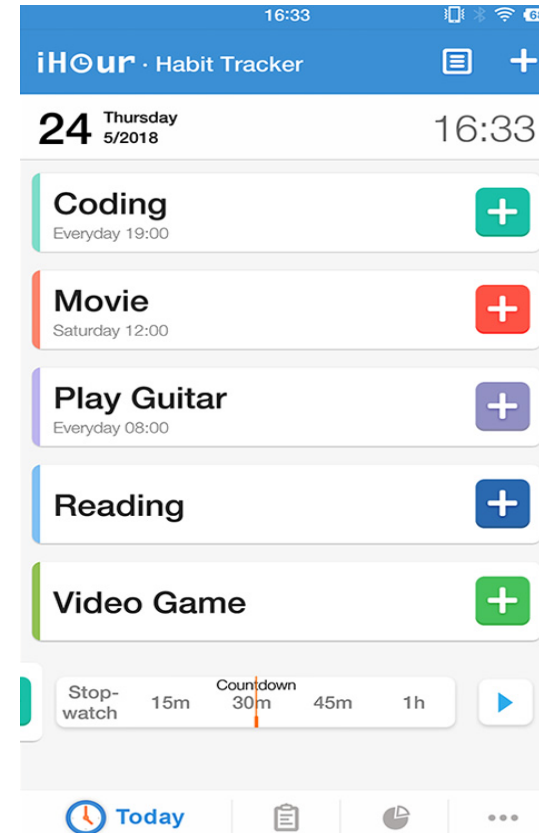
iHour
Habit & Skill Tracker

iHour – Habit and Skill Tracker App by Clover

- iOS, Android
- No need to create an account
- Task Planner
- Daily Tracker
- Visualization of your efforts with time statistics and achievements
- Customized icons

iHour – Habit and Skills Tracker

- Add in projects or skills on the fly
- Set up time commitment in the timeframe you want to gain the skill or finish the project
- Use it as a stop-watch to limit the time you can afford to spend
- Share with families and friends
- Very user-friendly



Streaks App by Crunchy Bagel

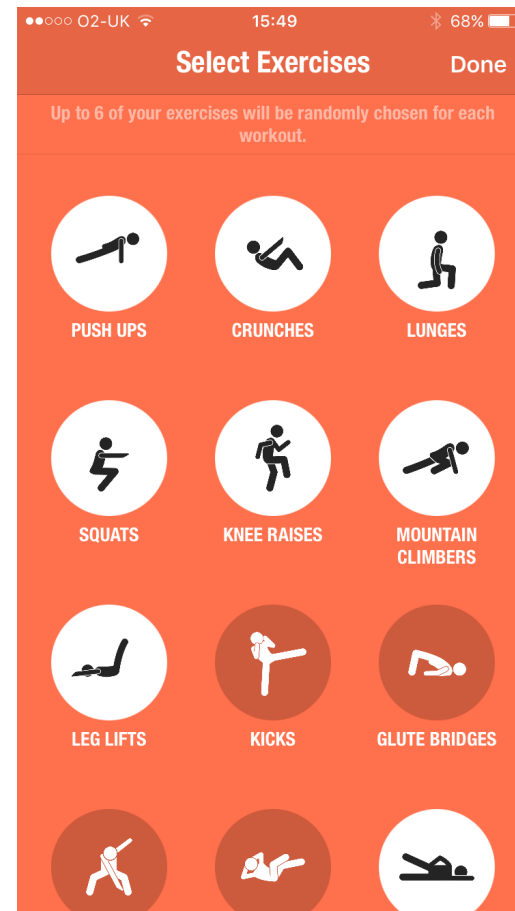
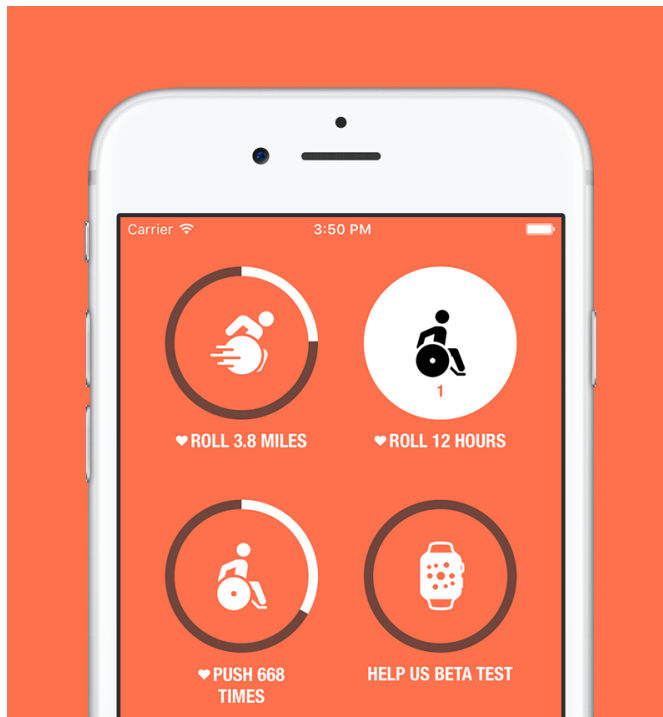
- \$4.99
- Helps form good habits or break bad ones
- Tracks up to 12 tasks each day
- Automatically knows when you complete tasks
- Linked to the Health app
- Automatic reminder for tasks completion





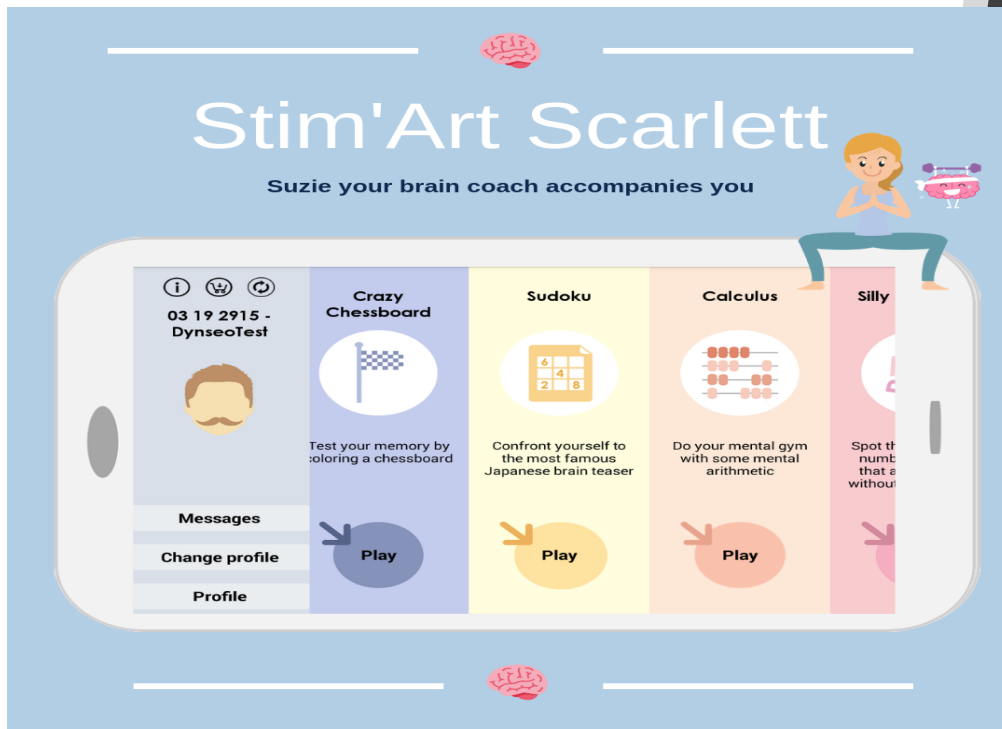
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Streaks App by Crunchy Bagel





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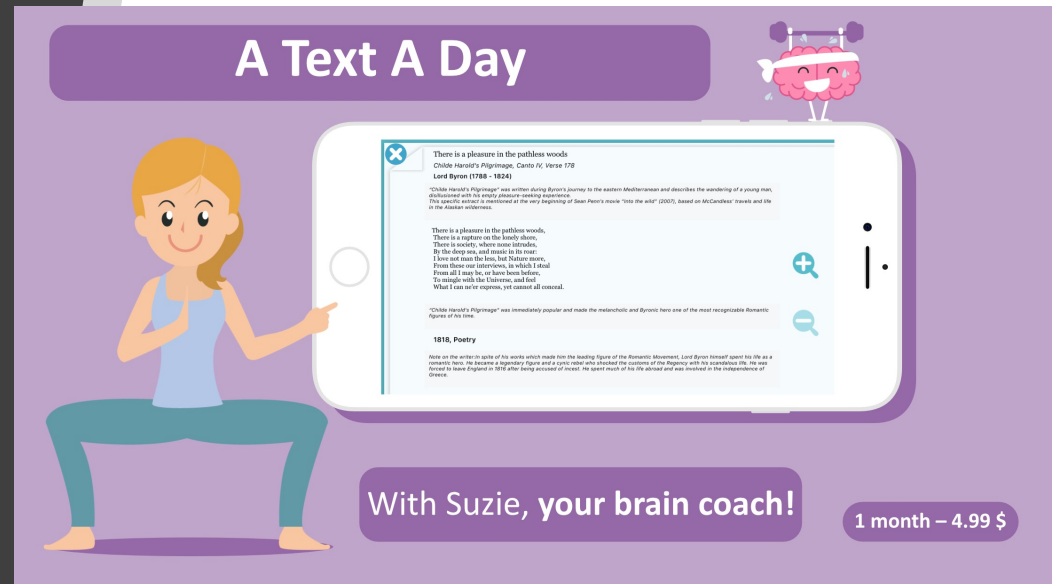


Stim' Art Scarlett App

- iOS, iPadOS and Android platforms. Its name in Android is called Scarlett, Adapted Brain Games
- An array of games that challenge every aspect of your memory
- Free version - access to 13 games
- Designed for older adults and seniors to help stimulate cognitive abilities but may also be beneficial for users recovering from a traumatic brain injury

Stim' Art Scarlett App

- Connecting bubbles - works on sequential order of numbers
- Hunting Protruders - find the odd word among four words
- Puzzle Plus - rebuilding photos or paintings
- Quizzle USA - like a Jeopardy game where you choose from culture, history or geography
- Color Mind - Activity to remember colors presented
- A Text a Day - displays an excerpt of American literature such as Virginia Wolf.



A Text A Day

There is a pleasure in the pathless woods
Childs Harold's Pilgrimage, Canto IV, Verse 178
Lord Byron (1788 - 1824)

"Childs Harold's Pilgrimage" was written during Byron's journey to the eastern Mediterranean and describes the wandering of a young man, disillusioned with his empty pleasure-seeking experience. This specific passage is mentioned in the very beginning of Sean Penn's movie "Into the Wild" (2007), based on McCandless' travels and life in the Alaskan wilderness.

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is a society where none intrudes,
By the deep sea, well wadded with its stores,
I have not man's law here, but Nature's laws,
From their vast empire, far more vast than ours,
From old to young, in easeless flow do come,
To mingle with the Universe, and feel
What I can see or sense, yet cannot tell.

"Childs Harold's Pilgrimage" was immediately popular and made the melancholic and Byronic hero one of the most recognizable Romantic figures of his time.

1818, Poetry

Note on the writer in spite of his works which made him the leading figure of the Romantic Movement, Lord Byron himself spent his life as a romantic hero. He became a legendary figure and a young man who shared the culture of the Romantics with his contemporaries. He was driven to leave England in 1816 after being accused of incest. He spent much of his life abroad and was involved in the independence of Greece.

With Suzie, your brain coach!

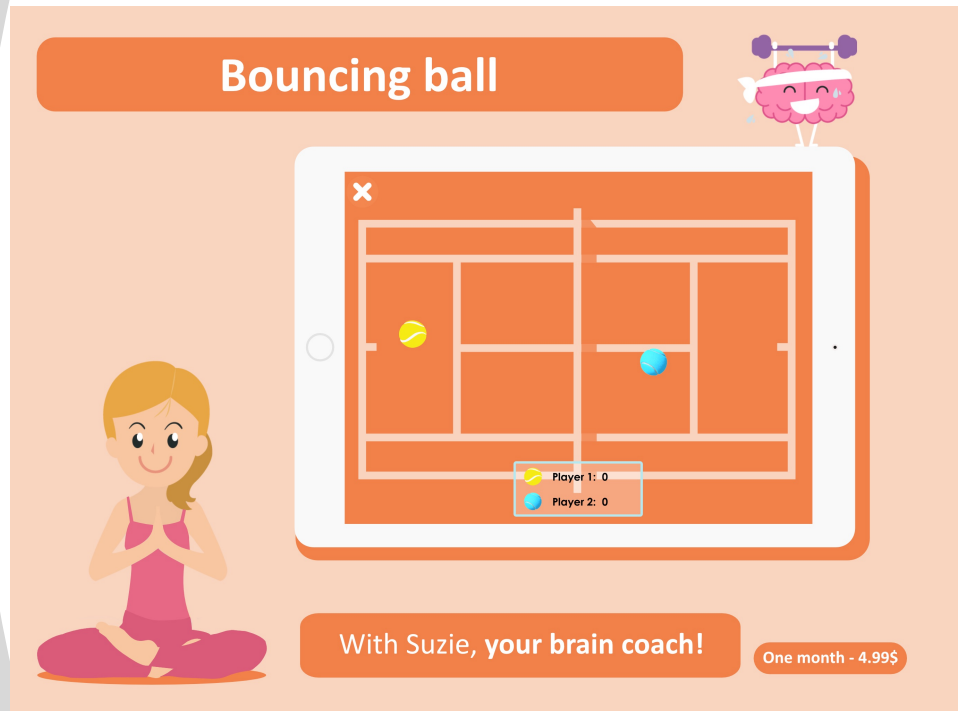
1 month - 4.99 \$



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Stim' Art Scarlett App

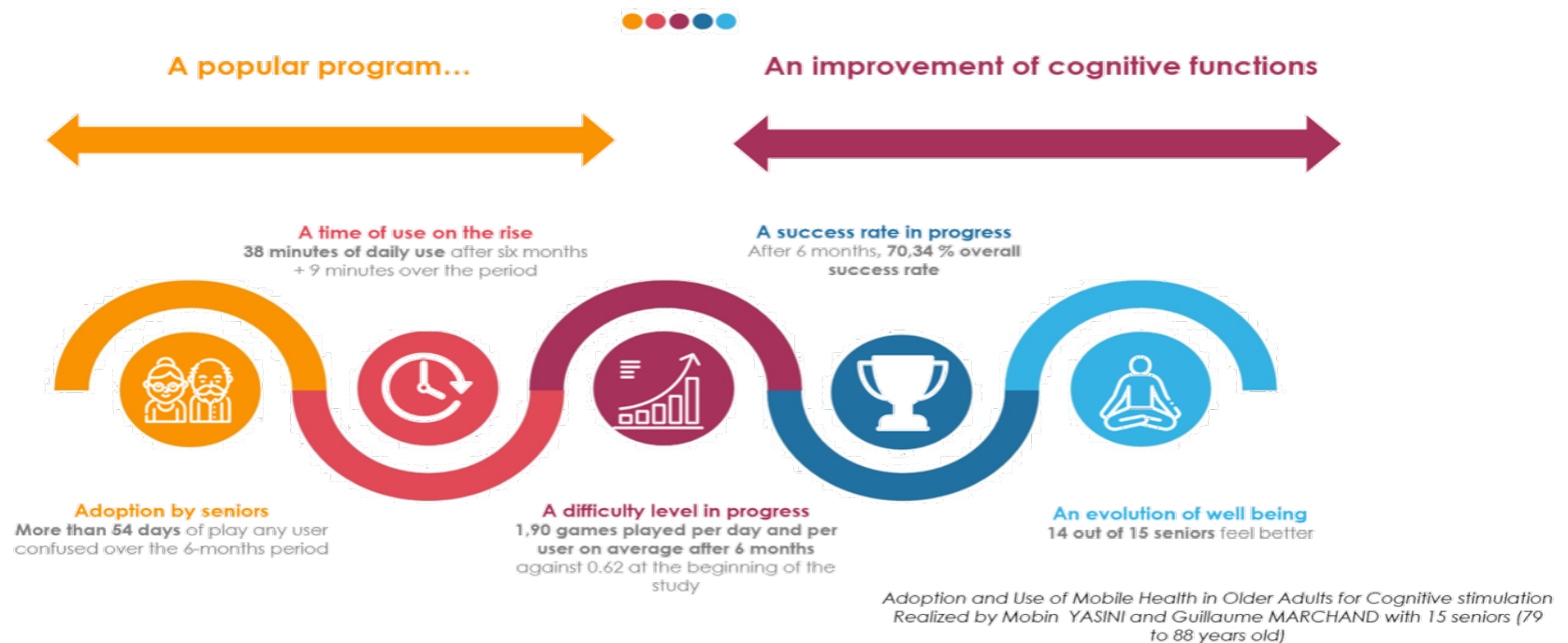
- The Musical Ear - choose from a sound or an instrument
- Brainstorm - gives you a proverb to put in sequential order
- A Card a Date - gives you 5 areas (persons, science, presidents, history or inventions) and the goal is to put each card in sequential order
- Twins – match the cards
- Crazy Waterfall - find the difference in symbols
- Bouncing Ball - tap the tennis ball as quickly as possible
- Crazy Chessboard - follow the design given on a board of 16 squares



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Stim' Art Scarlett App

The benefits of using the Stim'Art memory games program over 6 months





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Rivet



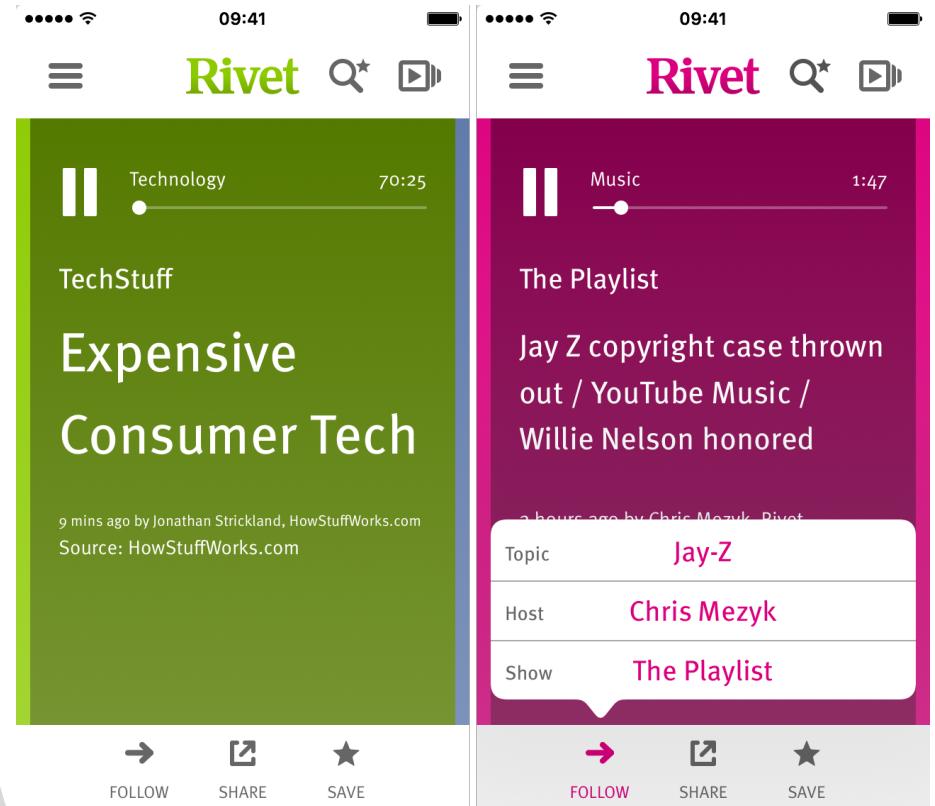
RADIO

Rivet Radio App

- iOS, Android
- Binge-listen - personalized mix of bite-sized news, feature stories and podcasts
- Fresh content – News as it happens, reported 24/7, local updates

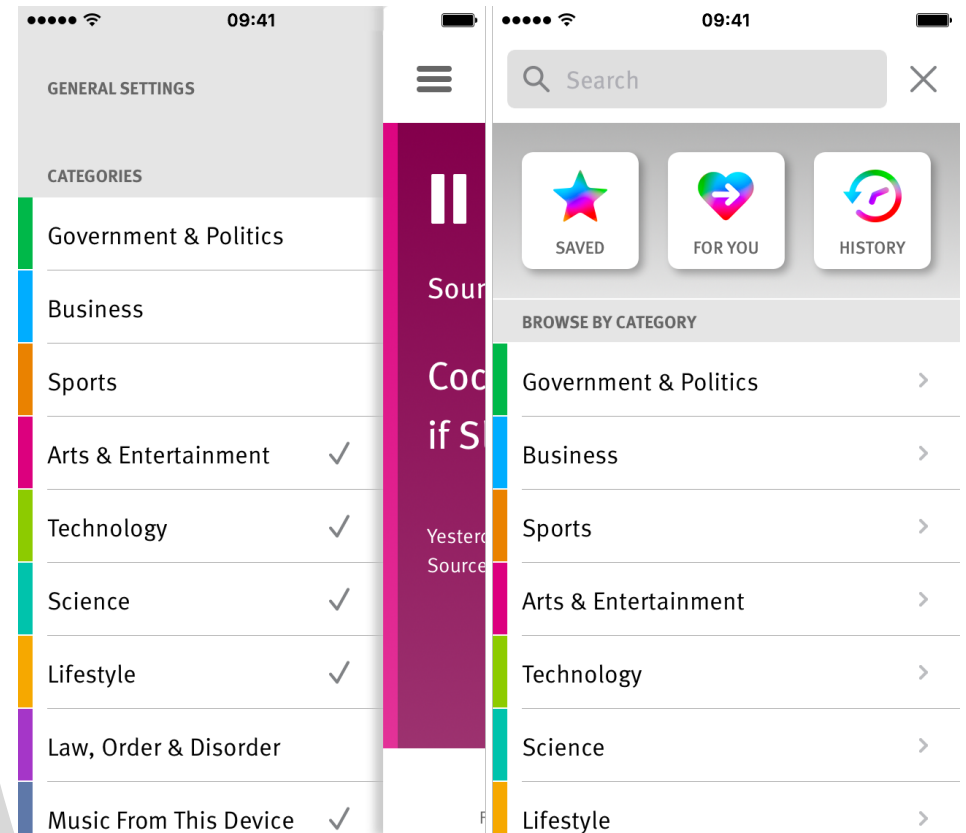
Rivet Radio App

- Easy to use – Swipe to skip or repeat stories
- Follow – Select topics, shows, hosts or producers
- Interactive – Share & save your favorite stories



Rivet Radio App

- Browse by Categories – 8 categories to pick and choose from
- Custom Playlist – Prioritize news based on your preferences





Thank you for your Time!

Please check out our website, www.eastersealstech.com

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Next Set of Fun Apps will be Presented by:

James Rinehart