



*Assistive and Instructional Technology
Supporting Learners with Disabilities*

AT and App support for Executive Function: Middle School through Post-Secondary

Executive Functioning App Matrix

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According to [Amanda Morin](#), parent advocate, former teacher and author of 3 books on Activities for children with special needs, and Blogger at [Understood](#), Executive Function is the “CEO of the brain” because it controls, manages and supervises an all cognitive processes and the attention system. As an umbrella term used to define skills required for everyday living (i.e. working memory, reasoning, flexibility, problem solving and time management, focused attention and doing things independently), Executive Function is often detected in connection with ADHD, Autism, Dyslexia, and Learning Disabilities. For students transitioning to post-secondary institutions of higher education, planning, memory and temporal organization are frequent challenges with recalling the who, what, when and where of many tasks.

Developed by AT Specialists Diana Petschauer as a hand-out for the webinar on [AT and App Support Executive Function: Middle School through Post-Secondary](#), this Matrix of Apps provides educators and families with an overview of major features of available Apps addressing executive function.

Executive Functioning App Matrix

<http://bit.ly/1V8Ay5Z>

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App / Developer	Addresses this Executive Function	iOS as of October 15, 2015	Google as of October 15, 2015	Comments/ Features
30/30 By Binary Hammer	Shift / Flexible Thinking	Free	N/A	color coding, can share lists via email, visual timer
Choiceworks By Bee Visual, LLC	Shift / Flexible Thinking	\$6.99	N/A	Text, Picture, Picture Library, Audio, Customizable, Timers, Up to 8 tasks, printable
VisTimer By Mindfultools	Shift / Flexible Thinking	\$1.99	N/A	Color, Visual timer
Time Timer By Time Timer LLC	Shift / Flexible Thinking	\$2.99 iPhone /\$4.99 iPad	\$0.99	Color, visual timer
Sōsh™ By Dr. Mark Bower	Emotional Control	Free / \$39.99	N/A	Social skill enhancement, comprehensive app, different aspects sold individually if needed
Chillax by Wimbledon Sound	Emotional Control	Free	N/A	binaural beats

Relax Melodies HD: Sleep zen sounds & white noise for meditation, yoga and baby relaxation By iLBSofT	Emotional Control	Free	Free	binaural beats
At Ease By Meditation Oasis	Emotional Control	\$2.99	\$2.99	Breathing meditations and journaling
Lotus Bud By Chad Sager	Task Initiation	Free	N/A	Random bell alarm
FTVS HD - First Then Visual Schedule HD By Good Karma Applications, Inc	Task Initiation	\$14.99	N/A	Printable, Text, Audio, Pictures, Video, Picture library, Share,
iPrompts By Handhold Adaptive, LLC	Task Initiation	\$49.99	\$9.99	Text, Audio, Pictures, Video, Picture library
Plan It, Do it, Check it Off	Task Initiation	\$4.99	N/A	Text, Audio, Pictures, simple format
Reminders, Calendar, Alarm and Voice Reminder - Aida Reminder by Sergio Licea	Self Monitoring	Free / \$0.99	N/A	Voice Reminders, Nag feature
Alarmed ~ Reminders + Timers By Yoctoville	Self Monitoring	Free / \$4.99	N/A	Nag feature, completely customizable. Preset and flexible times, adjustable text size
PhotoMind by Koedal Inc.	Self Monitoring	\$2.99	N/A	iWatch compatible, Text and pictures as reminder
Super Notes: Recorder, Note, Memos, Photos. Notebook plus Notepad. free By Clear Sky Apps LTD	Self Monitoring	Free	N/A	Text, pictures, audio recording, color coding, sharable
Priority Matrix By Appfluence LLC	Planning and Prioritizing	Free	Free	Color coding, 4 quadrant organization
EasyPhone App By HJ Holdings LLC	Planning and Prioritizing	\$0.99	\$1.00	Two steps to make a phone call. Tap on Picture of person to call

Launcher with Notification Center Widget By Cromulent Labs	Planning and Prioritizing	Free	N/A	Picture identification for tasks, call, messaging and texts
myHomework Student Planner by Rodrigo Neri	Planning and Prioritizing	Free	Free	in app purchases, planner with reminders
inClass By inclass Inc.	Planning and Prioritizing	Free	N/A	Video, audio and photo notes
DropTask HD - Visual To-Do List by Think Productivity	Planning and Prioritizing	Free	Free	Organization via visual map, collaboration
myShopi - Shopping list - Grocery list By Agilys	Organization	Free	Free	Can add photos, photo library available
Popplet By Notion	Organization	Free / \$4.99	N/A	Simple layout, Color coding, can export
Due By Due Apps LLP	Organization	\$4.99	N/A	iWatch, Nag feature
BugMe! Stickies Pro - Ink Notepad & Alarms By Electric Pocket	Organization	Free / \$1.99	\$0.99	in app purchases, color coding
Inspiration Maps By Inspiration Software Inc.	Organization	\$9.99	N/A	Color coding, visual mapping, picture library
Notability By Ginger Labs	Working Memory	\$5.99	N/A	Color Coding, Audio Recording with time stamp, Add pictures and text
AudioNote - Notepad and Voice Recorder By Luminant Software, Inc	Working Memory	\$4.99	\$4.99	Audio recording with time stamp, add pictures and text
Microsoft OneNote	Working Memory	Free	Free	Color Coding, Audio Recording with time stamp, iWatch compatible, Add pictures and text
Notes (Standard iOS)	Working Memory	Free	N/A	Syncs across devices

CanPlan By University of Victoria	Working Memory	Free	N/A	in app purchase \$14.99, Text, Audio, Pictures, Video, Add reminders
Picture Scheduler By Petr Jankuj	Working Memory	\$2.99	N/A	Text, Audio, Pictures, Video, Add reminder, not updated recently
Tools4Students by Mobile Learning Services.	Planning, Organization, Brainstorming	\$0.99	N/A	25 graphic organizers supporting common comprehension skills like main idea and detail, sequencing, compare & contrast etc. (Also check out Tools4Students 2; 25 more graphic organizers and a blank template to design your own)
My Homework	Time Management, Planning, Organization	Free	Free	Digital Planner/ Agenda, scheduling, reminders, time management
Errands To-Do-List	Task Management, Working Memory, Planning	Free	N/A	Folders, Checklists, Task Images, Scheduling & Repeating, Alerts (alarms), Automatic Badge Updating, Calendar View, Mail Tasks, Multiple View Modes, Search
The following are Chrome Extensions.		Will not run on an iDevice		All Chrome Extensions are Found in the Chrome Web Store. They can only run on the Chrome Browser.
Session Buddy	Organization, Memory, Research	N/A	Free	This is a Chrome extension, found in the Chrome Web Store. Save all open tabs by topic to get back to later.
Connected Mind	Mind Mapping, Planning, Organization	Free	Free	Mind Mapping, Brainstorming, Color Coded Shapes or Use Images, cloud storage
LucidChart for Education	Organization, Planning, Memory	Free	Free	Hundreds of Templates and Examples: <ul style="list-style-type: none"> - Flowcharts - Venn Diagrams - Graphic Organizers - Mind Maps - Org Charts

To Do List	Planning, Memory	N/A	Free	Easy, Simple, To Do Lists- Plan Today, Tomorrow, This week, This month, etc.
Strict Workflow	Focus, Time on Task, Productivity, Attention	N/A	Free	Enforces a 25min/5min workflow: 25 minutes of distraction-free work, followed by 5 minutes of break. Repeat as necessary.
One-Click Timer	Time on Task, Focus, Productivity	N/A	Free	Large, red, visual and audio timer. Up to 60 minutes. Also check out Progress Bar timer and other timer options in the Chrome web store.
Readability	Focus, Time on Task, Working Memory	N/A	Free	"Read Now" to disable surrounding webpage noise and clutter, get rid of distracting videos and ads <ul style="list-style-type: none"> • "Read Later" to save content to your personal reading list • "Send to Kindle" to send any web page to your Kindle in a comfortable reading view <ul style="list-style-type: none"> • Configurable content appearance: font color and size
Free Web Resources Cold Turkey Self-Control (Mac) Simple Mind EduSync	Free with subscription options offered.			All Browsers

Smart Watches:[Apple Watch](#)[Pebbles Watch](#)[Martian Watch](#)[ReVibe by Fokus Labs](#)[Luiz Perez Tips and Tricks](#)<http://www.consumerreports.org/smartwatches/the-best-smartwatches-for-your-money>*Resources:*Windows 10 Accessibility <https://www.microsoft.com/enable/education/>

Feature Matching Executive Functioning Apps

<p><u>Device</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> iPad <input type="checkbox"/> iPhone <input type="checkbox"/> Android Tablet <input type="checkbox"/> Android Phone <input type="checkbox"/> Windows Tablet <input type="checkbox"/> Windows Phone <p><u>Input Method</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Typing Text <input type="checkbox"/> Voice <input type="checkbox"/> Pictures <input type="checkbox"/> Video <input type="checkbox"/> Drop Down Menus <input type="checkbox"/> Icons 	<p><u>Output Features</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Visual <input type="checkbox"/> Text <input type="checkbox"/> Images <input type="checkbox"/> Video <input type="checkbox"/> Icons <input type="checkbox"/> Colors <input type="checkbox"/> Auditory <input type="checkbox"/> Sounds <input type="checkbox"/> Alarms <input type="checkbox"/> Music <input type="checkbox"/> Voice <input type="checkbox"/> Tactile <input type="checkbox"/> Vibration <p><u>Preferred Features</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Nag <input type="checkbox"/> Snooze <input type="checkbox"/> Sync between devices <input type="checkbox"/> Notification Type <input type="checkbox"/> Banner <input type="checkbox"/> Alert <input type="checkbox"/> Push Notifications to others 	<p><u>Output reminders</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Type <input type="checkbox"/> Frequency <input type="checkbox"/> Duration <p><u>Executive Function</u></p> <p><u>Deficit Area</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Impulse Control <input type="checkbox"/> Shift / Flexible Thinking <input type="checkbox"/> Emotional Control <input type="checkbox"/> Task Initiation <input type="checkbox"/> Planning and Prioritizing <input type="checkbox"/> Organization <input type="checkbox"/> Self Monitoring <input type="checkbox"/> Working Memory
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