



From Portable to Wearable: Supports for Executive Functioning

Presenter Information	1
Definition of Executive Functioning	2
Fitness Devices with Notifications	2
Notifiers	2
Focus Aids (do not require smartphone)	3
For the Blind	3
For Kids/Wanderers	3
SmartWatches	3
Apple - watchOS	3
Apple Pay	3
Accessibility	4
Dock	4
Apps	5
Android - Wear	5
Samsung - Tizen	5
Additional Resources	

Presenter Information

Luis Pérez
www.luisperezonline.com
[@eyeonaxs](https://twitter.com/eyeonaxs) (Twitter)
[lfp1211](https://www.instagram.com/lfp1211) (Instagram)

Definition of Executive Functioning

Your inner CEO - the part of the brain that plans, executes and monitors purposeful actions in order to get things done.

Includes the following skills:

- Impulse Control
- Emotional Control
- Working Memory
- Flexible Thinking
- Task Initiation
- Planning and Prioritizing
- Organization
- Self-Monitoring
- Meta-cognition

Learn more at: Understood.org

Wearables can help with cueing through notifications (vibration). Store information that can be both saved and accessed quickly without need to take out phone. Can use Siri personal assistant to save and retrieve information.

Fitness Devices with Notifications

Most fitness devices now support vibrating notifications, can be used for executive functioning support with alarms.

- [Fitbit](#)
- [Garmin](#)

Notifiers

These devices work with a smartphone (iOS, Android) to provide vibrating or LED notifications.

- [Chronos](#) - turns any analog watch into a smart wearable, LED notifications, control camera and music.
- [Ditto](#) - custom vibrating notifications, helpful for the Deaf.

Focus Aids (do not require smartphone)

- [FokusLabs ReVibe](#) - interval reminders with vibration
- [Time Timer](#) - visual timer (red disc indicates elapsing time).

For the Blind

- [Dot Braille Smartwatch](#)
- [Sunu Band](#)

For Kids/Wanderers

- [Tinytell](#): calls to preselected contacts, GPS tracking
- [Tech Kidizoom Smartwatch DX](#): camera, learning activities
- [SmartSole GPS](#): insoles with GPS tracking

SmartWatches

Apple - watchOS

Haptic vibration for notifications. Adjust strength in Settings > General > Sound & Haptics.

Apple Pay

[Safer payments](#) with Apple Watch at supporting stores (no credit card information exchanged with vendor, only unique transaction number).

Accessibility

- On Watch (Settings > General > Accessibility): VoiceOver (screen reader), Zoom (magnification), Remove Motion (removes zoom effect for those with motion sensitivity), On/Off Label (adds 1 and 0 to indicate state in addition to color).
[See In Action](#) (YouTube Playlist)
- On iPhone (My Watch > General > Accessibility): Grayscale (remove color), Reduce Transparency, Mono Audio, Accessibility Shortcut (VoiceOver and Zoom can be toggled on/off with Digital Crown).

Dock

Use the Dock (watch OS 3 and later):

- Will show most recent app - tap and hold to add if you have less than 10.
- Up to 10 apps in the Dock.
- Apps can refresh in background (more responsive launch)
- Navigate using the digital crown, then tap to launch.
- Swipe left to remove and free up a slot.
- Can choose All Apps (last) to reveal the honeycomb with all your apps

Apps

[App Matrix](#)

Most of the time interact with built-in apps through Siri, use app only to review.

- Timers (built-in)
- Alarms (built-in)
- Calendar (built-in)
- Reminders (built-in, new in watch OS 3)
- [Fantastical](#) (combines Calendar and Reminders data)
- [Due](#) (nagging feature)
- [Just Press Record](#) (record voice memos to iCloud)
- [OneNote](#) (view, create notes)

- [MindNode](#) (view concept maps)
- [Clear](#) (to do lists)
- [Todoist](#) (to do lists)
- [Timewinder](#) (timers)

Android - Wear

- [Todoist](#)
- [Google Keep](#)
- [Wear Audio Recorder](#)

Samsung - Tizen

- Alarms (built-in)
- Reminders (built-in)
- [My Tasks](#) (Android, syncs with Gear)
- Voice Memos (built-in)

Additional Resources

[Wareable.com - Best Apple Watch Apps](#)