

Smart Phone Apps

Getting the Most out of Technology

You may have heard the question: "is there an app for that?" Well you may be surprised what is available on your smart phone. There are so many low cost and free apps you can download for just about anything. We've selected the following apps based on what we know individuals affected by brain injury may need help with.

Finding Apps on Your Smart Phone

Android Smart Phones: Google Play



Apple Smart Phones (iPhones): App Store



Using key words, search for apps you want to use and download them to your phone. Not sure where to start? Continue reading...

Our top suggested apps based on different life needs:



Lumosity: Brain Training - free, fun, interactive way to train your brain and learn about how your mind works. Lumosity offers 40+ games and puzzles that improve memory, logic, math skills, attention, problem-solving skills, etc. Available in multiple languages.



Peak: Brain Training - one of the most popular free brain-training apps with a collection of mini-games and brain workouts covering many categories: memory, attention, problem-solving, emotional control and coordination. Peak tracks your performance over time and provides feedback. You can also play against other users, so it's fun for the whole family!



Headspace – free helpful guide to health, happiness, meditation, and living mindfully.



Breathe2Relax – free app that guides you through breathing exercises to help reduce stress. You can even give your healthcare provider access to schedule times for you to relax and breathe on your Google Calendar or Reminders.



Find my iPhone/Find my Device – location app tracks wireless devices and helps you to locate where the devices are, where they have been, and send warning messages or sounds to those devices. A helpful app for anyone who has ever lost their phone/electronic device.



Google Calendar – helps keep you organized so you never miss an important event. You can organize events by color and share them with family members and/or caregivers. If you put an address in the event, your smartphone's GPS will let you know how long it takes to get there.



iPhone Reminders – available on the iPhone and is helpful for remembering daily tasks. You can create a to-do list and an alarm will go off when it's time to do something. It can also be color-coded and shared with family/caregivers.



Cozi Family Organizer – keeps events and activities all in one place. You can also keep and share grocery lists, store recipes, plan meals, and shop for ingredients.



Productive Habit Tracker – helps users develop positive habits in their lives by keeping them organized and motivated. You can set habits you want to develop and get reminders when it is time to complete a task. You can color-code tasks based on the priority or category of the habit. This app can allow a therapist or caregiver to set priority levels for each task. (Called "Habitizer" on Androids).



Spaced Retrieval Therapy – uses spaced retrieval training (remembering things over short and long amounts of time) to help people with memory problems remember important information. As your memory improves, you will be asked to remember things over longer periods of time.



Qcard – developed by a brain injury survivor who was frustrated by his forgetfulness. Qcard guides you through tasks like doing laundry or cooking a meal, alerting you along the way so you never forget a step! It even lets you connect with loved ones so you can manage tasks together.



Alarmed – helps short-term memory while the user is rebuilding their own. You can use Alarmed to create multiple reminders with unique, memorable tones for each task. Reminders can be customized with a to-do list and will send multiple email reminders/updates.