

Useful Apps for Children and Youth with a Brain Injury

Many people these days have some type of iDevice (e.g. an iPod touch, iPad or iPhone). There are so many apps out there it is hard to navigate through them all. We have put together a list of some that could be useful for you/your child!

App Name	Price	Description
Dragon Dictation	Free	Dragon dictation is an easy to use voice recognition app that converts your spoken word to text. Dragon also allows you to easily dictate emails, status updates to social networking sites and send notes/reminders to yourself.
iBooks with VoiceOver	Free	iBooks is Apple's iPad ebook reader. It allows users to search and download thousands of popular book and magazine titles. VoiceOver will read the contents of the pages out loud.
SoundAMP R	\$4.99	SoundAMP is a software application that turns your device into an interactive hearing device. It allows you to record audio from anywhere, including presentations and lectures. Your audio can be amplified, exported to a computer, and you can insert bookmarks to remember important points.
LocateMeNow	\$0.99	This app will tell you your current location and address with a push of a button. It finds the total address of your current location like street number, street name, city, state, and postal code.
Today Screen	\$2.99	Today Screen is a one-stop app for quickly viewing your upcoming agenda, tasks due, and even the local weather forecast. Tasks and events are highlighted based on date and time, so that what you need to look at right now stands out clearly. There's no setup required. Today Screen syncs automatically with your iPhone calendar, which means that events from Microsoft Exchange, Google Calendar, MobileMe, and other accounts are instantly viewable. Local weather forecasts are also automatically provided based on your location.
Wallet Advanced	\$2.99	Wallet Advanced is an excellent application for storing and managing website logins, passwords, PIN numbers, credit cards, memberships, family info, product data information, and more. It features easy-to-use software, customizable settings, special encryption technology, and synchronization capabilities (iPad Only.)
Lumosity Brain Trainer	Free	This app provides exercises targeting memory, attention, speed, flexibility, and problem solving. Users can design their own personalized training, including "courses" with traumatic brain injury and/or post-traumatic stress disorder specific content.
Pill Time	\$0.99	The Pill Time application will keep track of medicines and remind the user when they need to be taken. Once a schedule is set up, Pill Time will alert the user even if the app is not running.
My Emergency Info	Free	Users can keep track of what and when homework assignments are due to they will never forget an assignment again. Users can also set up class schedules and reminders to keep them on track.
MyHomework	Free	Users can keep track of what and when homework assignments are due to they will never forget an assignment again. Users can also set up class schedules and reminders to keep them on track.
Everyday Skills- Pocket Edition	\$24.99	This app provides self-directed learning session for 40 important skills for living independently and accessing the community. The app focuses on community skills such as going to grocery stores, libraries and restaurants, personal skills such as meal preparation, dating and caring for pets, and transition and transportation skills such as working in various jobs and using a bus.

"Any sufficiently advanced technology is indistinguishable from magic"
Arthur C. Clarke

Contact Us:

Josh Myers – Clinical Team Leader, Community Brain Injury Program
josh.myers@bc-cfa.org 604-630-3009
Or, call our Toll-free line: 1-877-451-5511, Local #1272
Fax Line: 604-451-5651



brainbridge



Community Brain Injury Program for Children and Youth in BC

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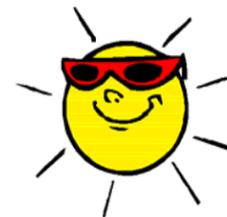
Starting to think about school?

Here are some tips for going back to school that may help to make life a little bit easier for everyone:



- Contact the school to keep them updated with any changes in your child's health status
- Start a journal to keep track of all things school related- write down who said what, who is responsible for what and when things need to be done by. This will make it easier for you to follow-up!
- Friend's are important for normal social development. In late August/early September, call the school to request special accommodations such as ensuring your child is in the same class as his/her best friends.
- Educate yourself regarding the school system and children with disabilities- this information can be found at: http://www.bced.gov.bc.ca/specialed/sped_res_docs.htm
- Request a copy of the Returning to school After a Brain Injury resource from the Community Brain Injury Program (contains useful information about funding designations, IEPs, accommodations, provincial exams and tips for success in the classroom!).

There's still time left to embrace summer!



Summer is a great time for families to take a bit of a break from formal therapy services. Children learn through play and, therefore, therapeutic opportunities can easily be found in fun summer activities!

Rather than you as the parent taking on the planning role, have your child do it! Not only does this take the pressure off of you, it engages your child and gives them ownership over family time. Both the planning process and the activities

themselves can have positive therapeutic benefits to your child. Have your child come up with a plan. You can help them by discussing questions such as where they want to do, who they want to go with, how they will get there, when they want to go and what they need to take with them.

A number of every day activities have significant therapeutic benefits. For example:

Going to the beach:

Swimming helps with muscle strength, body/spatial awareness, coordination and gross motor development.

Playing in the sand at the beach is great for sensory stimulation, creativity, two-handed play, balance and manual dexterity. Make sure you bring lots of toys and shovels for sand play. Walking barefoot on the sand helps with balance and coordination.

Remember to wear sun screen!



Camping:

Camping provides many therapeutic opportunities, from planning and organizing, to following directions and sequencing (e.g. putting up the tent, and cooking meals). Going on day hikes and boating can work on gross motor skills, endurance and coordination. Bringing arts and crafts supplies and digital cameras can foster creativity, self expression, and fine motor skills. Use the arts and crafts projects and photos to create memory books of the time spent away. This can provide your child a tool to tell their friends about their trip!



Family Games Night:

There are a number of therapeutic opportunities in playing board games. Board games are social activities that require participation, cooperation, and turn-taking. They are a great, low pressure way of working on skill development. Some of the therapeutic benefits of specific games are:



Guess Who: reasoning, problem solving, sequencing, categorizing, memory, and vocabulary.

Jenga: fine motor skills, planning, problem solving, cognitive flexibility, responding to feedback.

Scrabble: calculation of simple numbers, sequencing, scanning, word retrieval, vocabulary.

Connect 4: fine motor skills, problem solving, planning, sequencing, strategizing, scanning, discrimination

Monopoly: Planning, problem solving, negotiation, managing money, categorizing, strategizing

Pictionary: Fine motor skills, problem solving, word retrieval, planning, sequencing, communication

Don't be shy to call ahead and ask for disability and caregiver discounts at your favourite community attractions. Many places offer such discounts but don't have them advertised well! For example, playland will provide exit line passes for children who have difficulty waiting in line, and splashdown park and the planetarium will allow a caregiver in free of charge. You will never know unless you ask!

"Nothing great was ever achieved without enthusiasm" - Ralph Waldo Emerson

Get Involved: Inclusive Community Programs

Want to try new activities and meet new people? There are many inclusive and accessible community-based recreation programs! Here is a list of some of the programs from various communities that we have found:



Disabled Sailing Association (Locations in Vancouver, Ladysmith, Victoria and Kelowna)

Website: www.disabledsailingbc.org

Phone: 604-222-3003

Disabled (or adaptive) sailing, promotes freedom and independence. DSA-BC offers sailing experiences to children aged eight and up.

"The best way out is always through"
-Robert Frost

North Fraser Therapeutic Riding Association

Website: www.nftra.org

Phone: 604-462-7786

North Fraser Therapeutic Riding Association (NFTRA) is a non-profit, charitable organization that provides safe, professional therapeutic equine activities enriching the lives of physically, emotionally and developmentally challenged individuals through social, recreational and national competitive riding programs



Pacific Northwest Scuba Challenge Association

Website: www.members.shaw.ca/gsinger/scuba/scubainfo.html

Phone: 604-525-7149

Pacific Northwest scuba challenge association provides fully accredited scuba courses taught by instructors and assistants experienced in diving with disabilities. They also provide their participants with reduced rates on scuba equipment, resources for financial assistance, guest speakers, regular social activities, monthly club dives and trips to various locations.

Pacific Riding for Developing Abilities (Langley)

Website: www.prdca.ca

Phone: 604-530-8717

Pacific Riding for Developing Abilities is dedicated to enhancing the quality of life for people with a wide range of disabilities. PRDA is recognized as a leader in providing equine assisted therapeutic activities and educational opportunities in an environment that is safe, fun and effective.



Pitt Meadows Paddling Club- PaddleALL (Pitt Meadows)

Website: www.pmpc.ca

Phone: 604-506-7076

PaddleALL is a program designed for people of all ages and abilities to participate in the sport of Canoe Kayak. The goal is for individuals with disabilities (cognitive and/or physical) to be able to participate in the sport in a fun, and safe environment. Participants receive great health benefits while paddling along the Alouette River. Individuals are accompanied by a staff member who is trained in water safety.

Power To Be Adaptive Recreation Program (Victoria and Vancouver)

Website: www.powertobe.ca

Victoria Phone: 250-385-2363 / **Vancouver Office Phone:** 778-558-7703

Vancouver Kayaking Program (May-August): 778-389-1570

This year-round inclusive program provides access to sea kayaking, alpine skiing, indoor rock climbing, gardening, camping and other recreation activities to young people living with disabilities.



Vancouver Ocean Sports

Website: www.poguesports.com

Phone: 604-685-5955

Vancouver Ocean sports offers programs for everyone including Outrigger, Dragon Boating, Kayaking and fun.

Whistler Adaptive Sports

Website: www.whistleradaptive.com

Phone: 604-905-4493

Whistler Adaptive Sports Program is a not-for-profit society which provides year round sports and recreational activities for persons with disabilities of all ages.