Technology and Cognitive Support

Strategies and tools for Organization and Planning

AbleNet University Webinar
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Participants will learn about:

- Four underlying principles that can be used when selecting technology to be used for cognitive support.
- At least two commonly available tools to support personal organization and planning
- AT least two specialized tools that are designed to support personal organization and planning activities

Organization and Planning=Executive Function

Cognitive skills required for planning, completing and evaluating the completion of tasks

Cognitive Connections Executive Function Practice
https://cognitiveconnectionstherapy.com/

Executive Function Skills

functions that *control* behavior,

- Attention,
- Motivation
- Regulation of emotions

activities that *guide* behavior,

- planning,
- organizing
- monitoring
- reasoning
- problem solving
- flexibility

Executive Function Examples

- Prioritize and initiate tasks
- Plan homework, written papers and projects
- Monitor how plans are working,
- Problem-solve and make changes
- Plan and manage time
- Manage motivation, attention and energy levels
- Manage distractions and return to tasks
- Track belongings and materials
- Recognize problems and seek solutions

Challenges in Organization and Planning

- Not "capturing" what needs to be done
- Mot referring to that list/calendar/whatever that indicates what needs to be done
- Confusion resulting from seeing everything at once...

POLL: Other possible challenges I see…

Underlying Principles

- Task focus
- Only as special as necessary*
- The simplest tool to overcome the barrier
- Plan for supports to use the tools

Features of Cognitive Support Technologies

- Clear, uncluttered screens
- Consistent commands and features from screen to screen
- Appropriate sequencing and pacing
- A full range of appropriate examples
- High rate of responses (“baby steps”)
- Graphics and animation that contributes to, rather than distract from, learning
- Frequent, informative feedback
- Adequate number of opportunities for practice
- Multiple exposures to a word or a fact

Range of Technologies

Cognitive Support Technology

Organization and Planning

Low Tech Examples

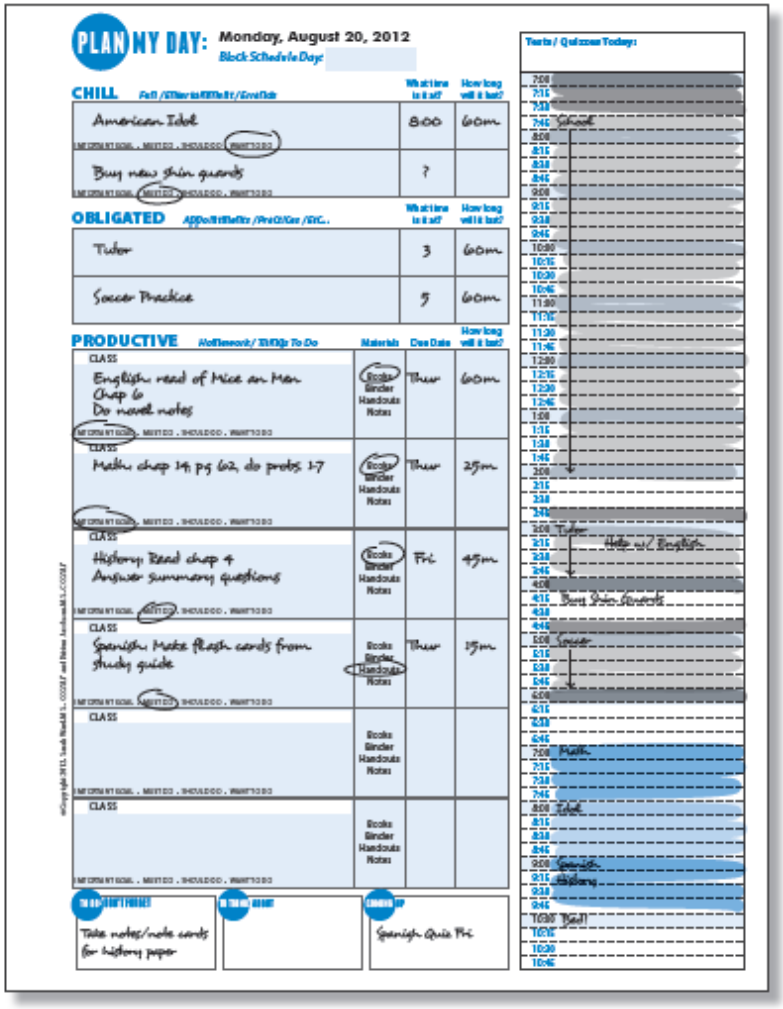
- Use an outline of daily tasks with pictures, symbols, text
- Arrange materials in the order they will be used- jigs
- Establish clear guidelines and steps

Color Coding

Visual Supports and Graphic Organizers

- Florida-Panhandle Area Educational Consortium
  http://www.paec.org/fdlrstech/accommodations.html
- WestEd-Graphic Organizers
  http://www.wested.org/cs/tdl/view/tdl_tip/43

Cognitive Connections Planner



http://cognitiveconnectionstherapy.com/Store

Step By Step

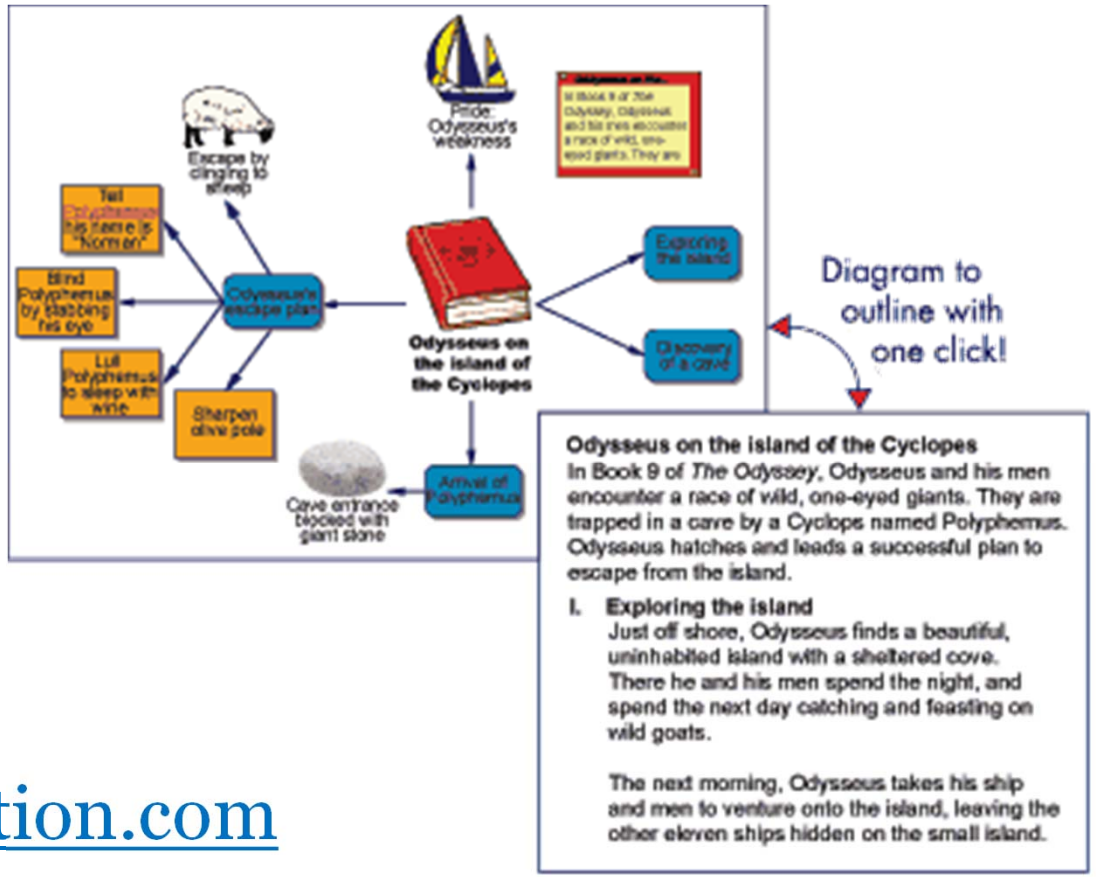
Tap to prompt

- next step in a process
- or even next point in a speech

jenda
LIFETIME VOICE CALENDAR

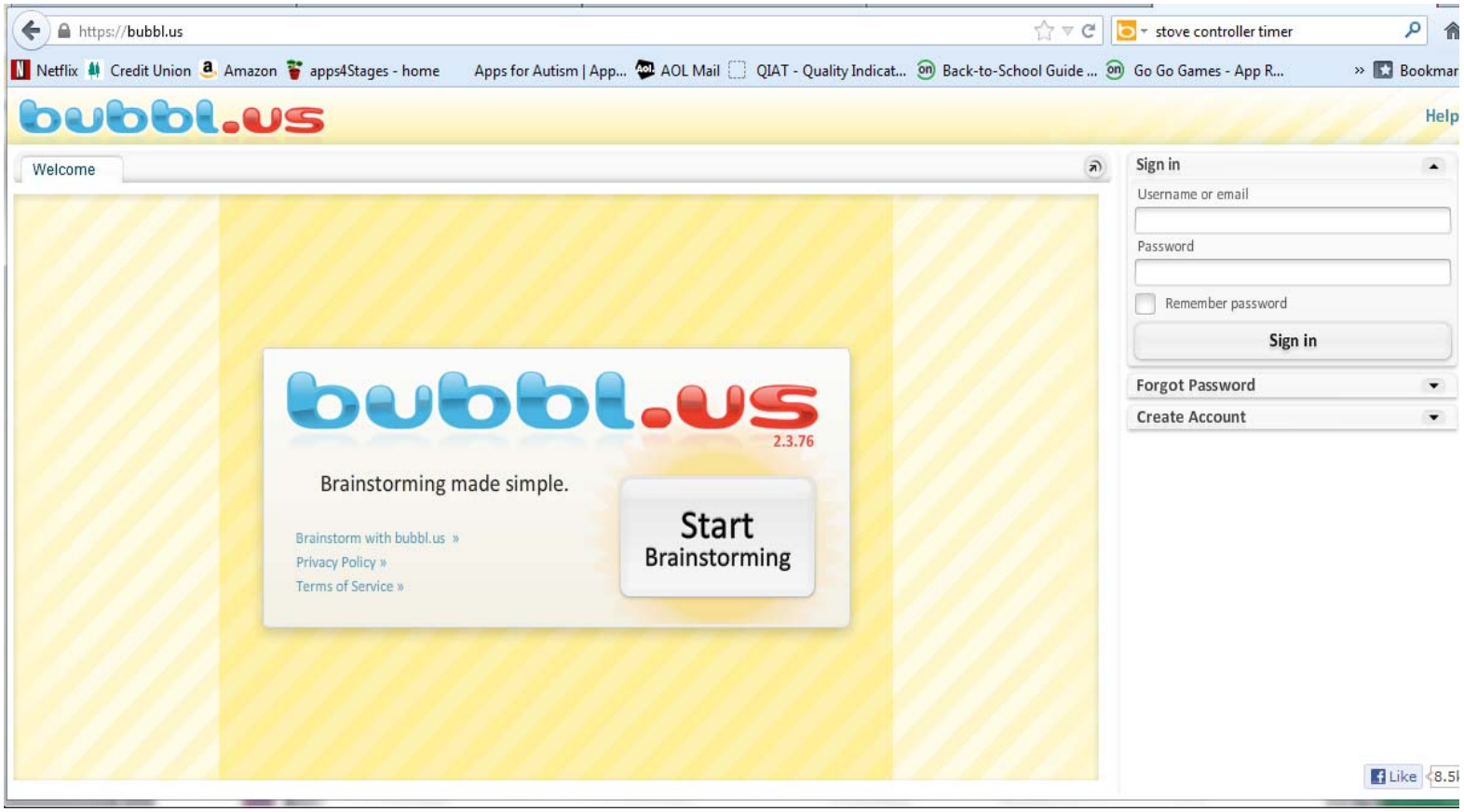
- Select the month: April
  Select the date: 2
- As Jenda announces the date, **press and hold** the record button,
  speak clearly toward Jenda
- On April 2, the Today light will blink, indicating you have a message.
- Press Today to hear your message.

Inspiration/Kidspiration



www.inspiration.com

https://bubbl.us

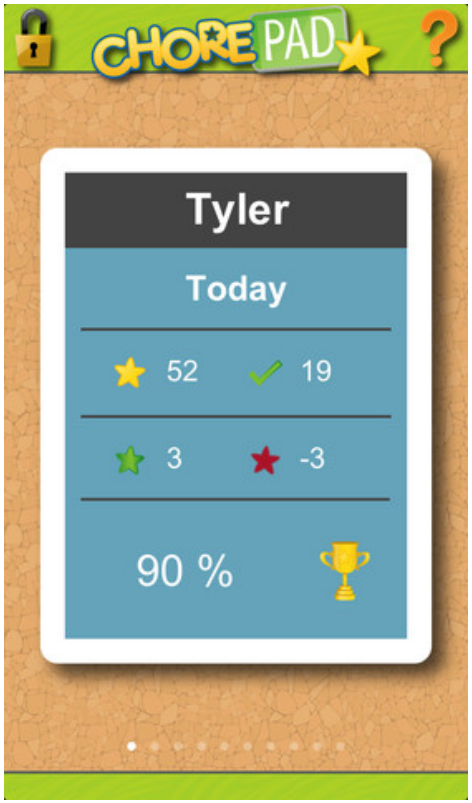


iDress for Weather ($1.99)

Looking up the weather and dressing accordingly can help build independence in everyday routines. The app uses the internet to search for local weather conditions and suggests what to wear.

ChorePad ($4.99)

Seeing their schedule laid out ahead of time can help people who have trouble thinking ahead. An electronic weekly scheduler. See the entire day or part of the day and check off tasks as they're done.



My Video Schedule ($39.99)

Video modeling helps kids with challenges getting organized and creating routines follow a schedule. You'll find a full library of photos and pre-made videos that can kids can learn from. If you don’t see the topic that you need, you can add a photo or video of your own!

iPrompts Visual Supports

($39.99)

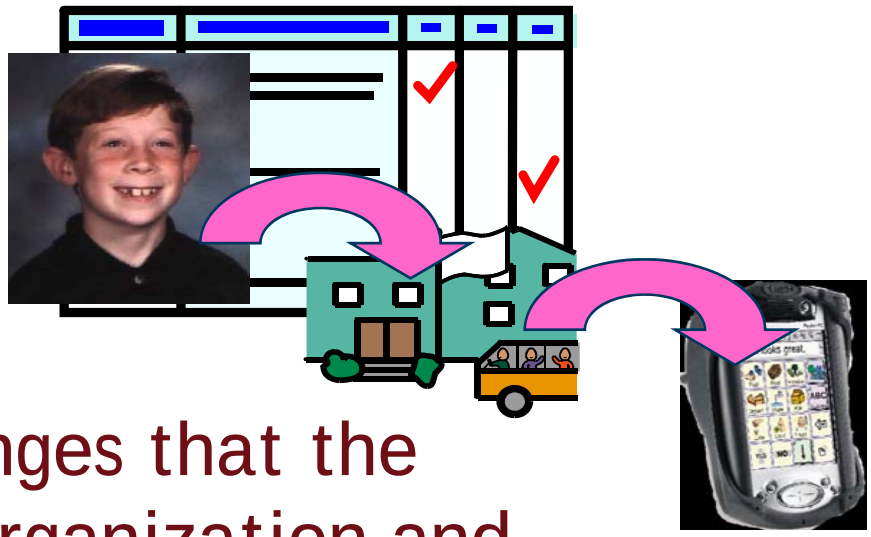
- customized picture schedules
- social stories
- countdown timers
- choice offerings

Cognitopia Picture Planner

http://cognitopia.com/

AbleLink Schedule Assistant

- Multimedia scheduling application for individuals with significant literacy challenges
- Any number of appointments or events can be entered into the system by recording an audio message and designating the day(s) and time for the message to activate



First determine the challenges that the individual experiences in organization and planning . For example:

- Not "capturing" what needs to be done
- Mot referring to that list/calendar/whatever that indicates what needs to be done
- Confusion resulting from seeing everything at once...

YOUR RESPONSES FROM THE POLL ARE THE BEST PLACE TO START!