

Technology and Cognitive Support

Strategies and tools for Organization and Planning

AbleNet University Webinar

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Presenter:

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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
- Not 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

PLAN MY DAY: Monday, August 20, 2012
Black Schedule Day

CHILL	Activity/Chores/Errands/Events	What time is it at?	How long will it last?
	American Idol	8:00	6:00m
	Buy new shin guards	?	

OBLIGATED	Appointments/Practices/etc.	What time is it at?	How long will it last?
	Tutor	3	6:00m
	Soccer Practice	5	6:00m

PRODUCTIVE	Homework/Study To Do	Materials	Due Date	How long will it last?
CLASS	English read of <i>Mice on Men</i> Chap 6 Do novel notes	Books Binder Handouts Notes	Thurs	6:00m
CLASS	Math chap 14 pg 62, do probs 1-7	Books Binder Handouts Notes	Thurs	25m
CLASS	History Read chap 4 Answer summary questions	Books Binder Handouts Notes	Fri	45m
CLASS	Spanish Make flash cards from study guide	Books Binder Handouts Notes	Thurs	15m
CLASS		Books Binder Handouts Notes		
CLASS		Books Binder Handouts Notes		

TO DO	THINK	DO
Take notes/make cards for history paper		Spanish Quiz Fri

Tests / Quizzes Today:
7:00
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<http://cognitiveconnectionstherapy.com/Store>

Step By Step



Tap to prompt

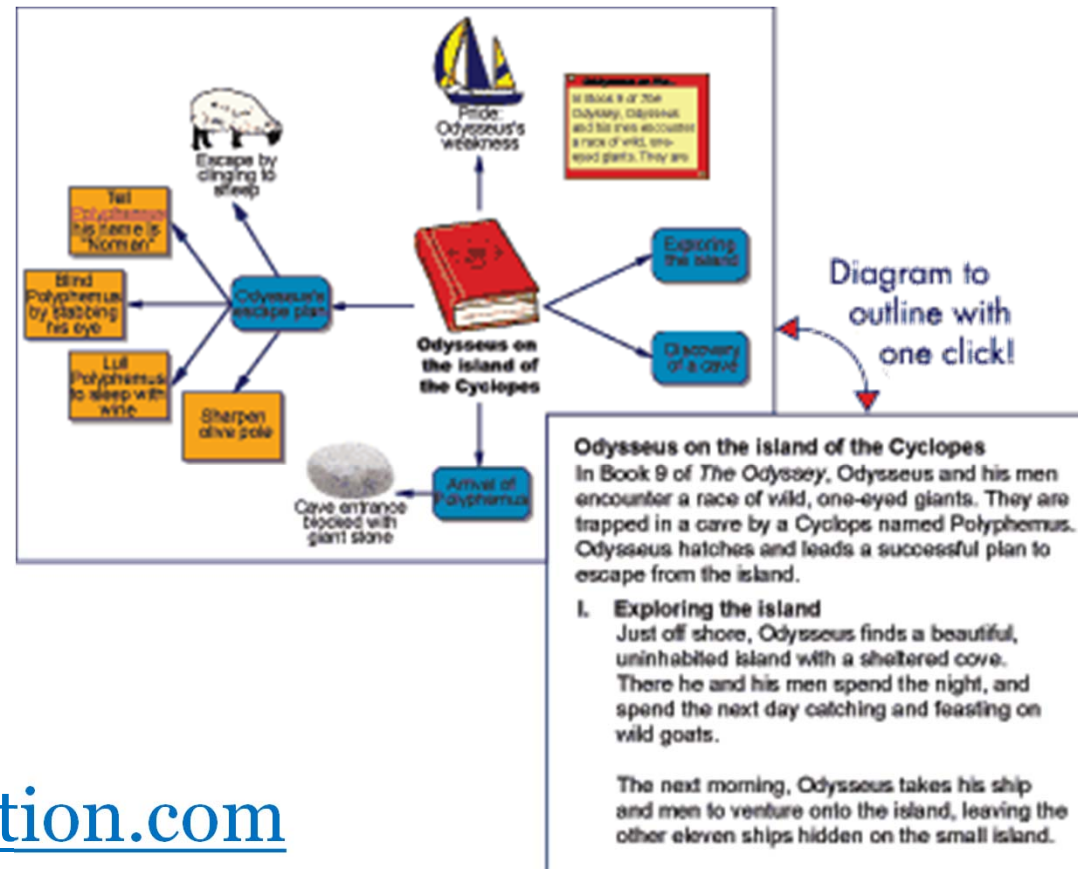
- next step in a process
- or even next point in a speech



- 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>

The screenshot shows a web browser window with the URL <https://bubbl.us>. The browser's address bar and tabs are visible at the top. The website's header features the **bubbl.us** logo in blue and red, with a "Help" link on the right. Below the header is a "Welcome" message. The main content area has a yellow background with diagonal stripes and a central white box containing the **bubbl.us** logo (version 2.3.76) and the text "Brainstorming made simple." To the left of this box are links for "Brainstorm with bubbl.us", "Privacy Policy", and "Terms of Service". To the right is a large "Start Brainstorming" button. On the right side of the page, there is a "Sign in" section with input fields for "Username or email" and "Password", a "Remember password" checkbox, and a "Sign in" button. Below this are "Forgot Password" and "Create Account" links. At the bottom right, there is a Facebook "Like" button with a count of 8.51.

iDress for Weather (\$1.99)

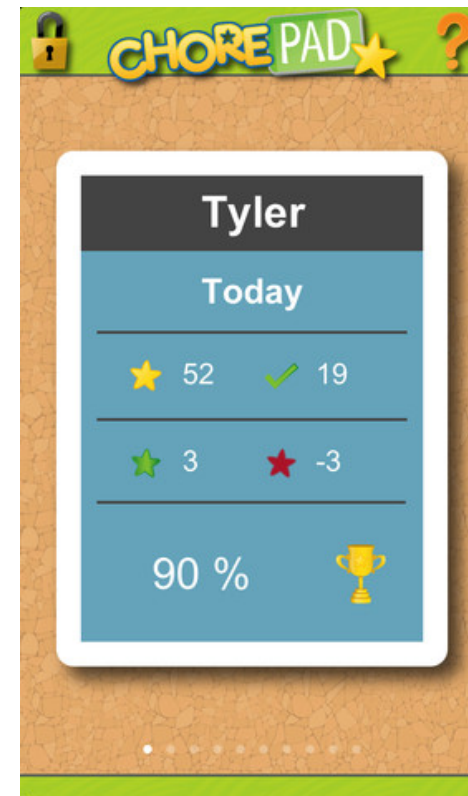
Looking up the weather and dressing accordingly can help build independence in everyday routines. The app uses the internet to search for local weather conditions and suggests what to wear.



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
- Not 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!