



The Autism Program

AT BOSTON MEDICAL CENTER

Recommended Apps

Category: Behavior Tracking

1. *Autism Tracker Lite (Free, \$9.99 for Pro)*

<https://itunes.apple.com/us/app/autism-tracker-lite/id478527813?mt=8>

Languages: English

About Autism Tracker Lite- Allows tracking of happiness, stress, activity level, sensory arousal, weather, mood notes, and others if parents wish to add their own

Tracking happens on a scaling basis- can be modified to preferred visual representation of scaling (bar vs smiley face vs letter grades)

Produces graphs with the data that has been inserted

2. *Autism Behavior Toolbox- Challenging Behaviors (\$2.99)*

<https://itunes.apple.com/us/app/autism-behavior-toolbox-challenging-behaviors/id1057460578?mt=8>

Languages: English

Ages: 3-12 years

From Autism Behavior ToolBox- "The Toolbox software provides parents with strategies to manage challenging behaviors often associated with autism spectrum disorder. The app emphasizes building on strengths and respecting individual differences. The age range covered is 3 to 12 years.

Behavioral strategies include those dealing with anxiety, melt downs, self-stimulation, self-abuse, pica, aggression, running, wandering, climbing, sleeping, and safety both at home and in the community. Following a step by step method, users can quickly generate a customized list of strategies, website links, articles, and books. They can also choose strategies specifically developed for grandparents and outside care providers such as respite workers and child sitters. Parents can attach a note along with their selected strategies with personalized instructions if someone else is going to be looking after their child. The report can be viewed on screen, saved to a pdf file for future reference, printed out in a book format and sent as an attachment to a text message, emailed, saved to iCloud, or exported to iBooks."

3. *My Autism Day (Free)*

<https://itunes.apple.com/us/app/my-autism-day/id509433467?mt=8>

Languages: English

Ages: For Parents

From My Autism Day- Features of this app include-

Daily Log: Keep notes about behavior, school, eye contact, goals and health.

Activities: Record specifics about time at play and learning exercises.

Goals: Set goals for school and home life. Track them with this section.

Health: Prescriptions, supplements and vitamin intake information is crucial. Keep it recorded here.

Caregivers: Take notes about the last visit, and keep track of the next appointment.

Charts: Your information about goals, health, behavior and eye contact.

4. *Best Behavior (Free)*

<https://itunes.apple.com/us/app/best-behavior/id975986231?mt=8>

Languages: English

Ages: For Parents

From Best Behavior- "Best behavior allows teachers, parents, school psychologists, occupational therapists, and others track behaviors in order to determine what is causing behaviors to occur and what treatments help to prevent undesirable behaviors"

Category: Visual Schedules

1. *Chiceworks (\$6.99)*

<https://itunes.apple.com/us/app/chiceworks/id486210964?mt=8>

Languages: English

From Chiceworks- this app is "an essential learning tool for helping children complete daily routines (morning, day, & night), understanding & control their feelings and improve their waiting skills (taking turns and not interrupting)." Has a schedule board, a waiting board, and a feelings board and allows for multiple child profiles to be created.

2. *Visual Creator (\$29.99)*

<https://itunes.apple.com/us/app/visual-creator/id539360075?mt=8>

Languages: English

From Visual Creator – "Use the Visual Creator on your iPad, iPod or iPhone to make visual aids such as: Behavioral Charts, Communication Boards, Picture Exchange Cards, Picture Schedules, Photo Flash Cards, Sentence Strips, Shopping Lists, Task Lists, Token Boards, Visuals for Life Skills, Visual Reminders, Worksheets."

3. *Children with Autism: A visual schedule (\$12.99)*

<https://itunes.apple.com/us/app/children-with-autism-a-visual-schedule/id1037037909?mt=8>

Languages: English

Age: For Parents and Kids

From Children with Autism: A visual schedule- Empower your child or yourself to independently keep track of scheduled activities and understand what is the activity you are engaged in in this moment, how long the activity will take, what tasks to complete, how much time is left for the scheduled activity, when to get ready to transition, when the next scheduled activity will happen.

Category: Social Stories

1. *i Create... Social Skills Stories (\$4.99)*

<https://itunes.apple.com/us/app/i-create-social-skills-stories/id513666306?mt=8>

Languages: English

From i Create... Social Skills Stories- "i Create... Social Skills Stories is an application with the ability to totally customize sequential steps of a storyline for individuals that need help building their social skills. The app is designed to make unlimited personalized social skill story books by importing personal photos, adding titles, text and audio to unlimited pages into your own story. All the books can be re-arranged in an order specific to daily routines. In addition, all the pages in the books can be re-arranged or hidden in the setting section to allow for changes to each of the story lines"

2. *Calm Counter Social Story and Anger Management Tool* (\$2.99)

<https://itunes.apple.com/us/app/calm-counter-social-story-anger-management-tool/id470369893?mt=8>

Languages: English

Ages: 4+ made for ages 6-8

About Calm Counter Social Story and Anger Management Tool- Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down. The app opens up to a "I need a break screen" that vocalizes "I need a break" when it is tapped. The screen then transitions to a red screen with an angry face and the number ten. With each tap the screen transitions to a calmer face and color. In this way, the app prompts the user to count backwards from ten followed by a deep breath. The app also includes a simple social story with line drawings about anger. The social story talks about feeling angry and things you can do, like counting to ten, breathing deeply and taking a break, to calm yourself down. The settings screen allows you to choose from male, female or no vocals for counting back from ten and for reading the social story out loud.

3. *Let's be Social* (Free for lite, \$9.99 for Pro)

<https://itunes.apple.com/us/app/lets-be-social-social-skills-development/id1140153485?mt=8>

Languages: English, French

From Let's Be Social- "With 20 premium written lessons developed by ASHA certified SLP's, and the ability to create customized lessons from scratch in minutes using your own pictures and text, Let's be Social is a powerful tool designed to help special needs professionals and parents teach social skills to those that struggle with social communication."

Topic: Emotion Regulation

1. *bCalm* (Free)

<https://itunes.apple.com/us/app/bcalm/id952725289?mt=8>

Languages: English

About bCalm- "b-Calm™ is an intervention and noise control tool designed to help people with sensory challenges and learning disabilities like Autism, ADHD, ADD, ASD and Down syndrome. The b-Calm™ app gives children more control over a noisy environment, allowing them to remain calm and maintain focus.

By using audio tracks with specialized, noise-masking signals blended into live recordings, b-Calm™ technology provides an audio experience that will soothe the user while blocking unwanted sounds

to improve focus. For full effectiveness, b-Calm™ should only be used while wearing earbuds or headphones”

2. *iReact- Emotional Regulation- Anxiety, Autism (\$3.99)*

<https://itunes.apple.com/us/app/i-react-emotional-regulation-anxiety-autism/id842162674?mt=8>

Languages: English, Czech, Dutch, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Simplified Chinese, Spanish, Swedish, Traditional Chinese, Turkish

From iReact- “iReact is designed to help children manage difficult emotions. iReact aims to help children become aware of their emotional states and develop some awareness of how their emotions are felt within their bodies. This tool also offer a range of activities to help children to cope with their emotions with a view to these strategies becoming independent of the app.”

3. *Feelings with Milo (Free)*

<https://itunes.apple.com/us/app/feelings-with-milo/id747457929?mt=8>

Languages: English

Ages: 5 and Under

From Feelings with Milo- “Feelings with Milo is an emotional literacy App that teaches kids about feelings. The app strives to help children understand and, in the context of supportive relationships, learn to manage their emotions. This simple, fun App provides the opportunity for parents and therapists to explore emotions and demonstrate that feelings, however powerful, come and go.

4. *Breathe, Think, Do with Sesame (Free)*

<https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8>

Languages: English and Spanish

Ages: 5 and Under

About Breathe, Think, Do with Sesame- “Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame’s “Breathe, Think, Do” strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!”

Topic: Multiple functions

1. *Birdhouse- for Autism (Free)*

<https://itunes.apple.com/us/app/birdhouse-for-autism/id648397801?mt=8>

Languages: English

Ages: For Parents

About Birdhouse- for Autism- “For thousands of parents around the world, Birdhouse for Autism is among the most valuable resources in their arsenal, keeping them organized and in control for their children. Keep everything about ongoing care in one simple timeline. Organize behavior notes, nutrition, medical and doctor information, therapies, schedules, interventions, and more. Discover patterns and figure out how to improve care. Have this information at your fingertips anytime you need it, and share this information with anyone who needs to see it. Regain some control and sanity and watch how your care and outcomes improve and everyone's life becomes better. WITH BIRDHOUSE, YOU CAN:

- Keep a daily behavioral journal
- Activate reminders to stay in control of your day
- Track new diets (gluten free, casein free, GAPS, etc)
- Share info with your spouse, caregiver, a grandparent, teacher(s) and/or therapist(s)
- Create and share summaries with overviews of important background and health information
- Manage alternative diets and eating habits
- Track your child's sleep cycles
- Identify what causes meltdowns
- Organize medications and supplements
- Record notes from therapy sessions
- Account for poop & dietary infractions
- Stay in control of your child's progress”