

## Booklet 2

# Apps For Smartphones, Tablets & Computers



This booklet is the second of six sections in the Assistive Technology Toolkit, which was created in collaboration with the Department of Occupational Therapy at the University of Manitoba and Jewish Child & Family Service.

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## Disclaimer

This document was developed by students from the University's Rady Faculty of Health Sciences in accordance with their program requirements. The information provided in this document is intended to provide helpful information and is not intended to replace the advice & guidance of a professional health care provider. There are no guarantees of completeness or accuracy with regard to the information contained in this document. All individuals involved in the creation of this document disclaim any liability in connection with the use of this document & the information contained herein. This document is provided without warranty of any kind.

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# Introduction

**Apps** are programs that can be **downloaded** onto **smartphones, tablets, or computers**. If you are considering adding assistive technology to your life, **apps** are a cheaper and easier way!

There are thousands of **apps** available to help with many different areas of life. This is not an extensive list!

## Things to consider:

Some **apps** are free, while others cost money. It is important to do your research to understand if you are downloading:

- a free **app**
- an **app** that has a fee to **download**, or
- an **app** that is free to **download**, but you pay for a service

Most **apps** will need either **Wi-fi** or **Cellular Data**.

- If you plan to use **apps** at home, then you will need **Wi-fi**
- If you plan to use **apps** when out in the community, you will need a device that can use **Cellular Data**



Most people nowadays use **apps**, so help is easy to come by. Friends and family members can help you, as well as stores where you can buy smartphones or tablets.

For in-person assistance:



Apple Store



Bell MTS Store



Best Buy



Rogers Store



★ Note that these places can help with how to **download** and operate **apps**, but will not recommend **apps**

# Definitions

**App:** An app, short for “application,” is designed for use on computers, tablets, or smartphones. Each serves a specific function for gaming, banking, messaging, shopping, web browsing, and more.

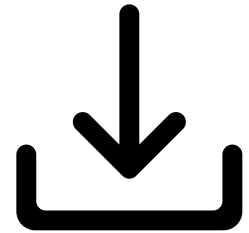


## Cellular Data:

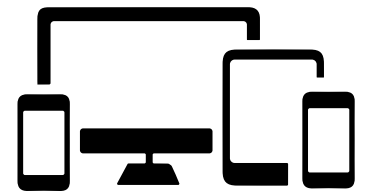
Wireless internet for smartphones or tablets, available in areas covered by your service provider.



**Download:** Transfer information from the internet or between devices to access apps, movies, shows, books, etc., offline once downloaded.



**Smartphone/Tablet/Computer:** Devices for messaging, calling, gaming, document editing, and internet access, usable with Wi-Fi or cellular data.



**Wi-Fi:** Wireless internet for homes and apartments, set up by providers like Bell MTS, or Rogers together with Shaw.



# Apps for Managing Health

Manage your health by **downloading apps** to help with medication reminders, plan healthy meals, schedule medical appointments, and support your physical and mental health!



## Medication Management

- Medication reminders
- Alerts when prescription is running low
- Alerts of missed doses



## Telehealth

- Connect with healthcare professionals online



## Healthy Meals

- Find nutrition labels
- Recipes for dietary needs

# Health



## Mental Health

- Mindfulness & breathing exercises
- Access online therapy programs



## Physical Health

- Exercise programs
- Monitor blood pressure & heart rate

# Apps for Transportation

## Ride Ordering

Some **apps** allow you to order a ride, where your driver will take you to your destination anytime and anywhere.

You can also schedule rides days in advance to guarantee a ride to important appointments and events.

Examples include:

- Uber
- Lyft
- Duffy's Taxi



## Public Transportation

For cheaper options, there are **apps** for public transportation, like the bus!

These **apps** allow you to plan your trips, find bus schedules, and see when buses are running late!

Examples include:

- Winnipeg Transit
- Winnipeg Bus Live
- Transit - Bus & Train Times



For those eligible for TransitPlus, rides can only be arranged by phoning 204-986-5722



## Apps for Shopping & Food delivery

Many **apps** allow you to browse online stores and have items delivered the same day for groceries, home goods, pharmacy, gardening and pet supplies!

Common shopping **apps** include:

- Instacart
- UberEats
- Amazon

Many big-name stores also have **apps**:

- Superstore
- Walmart
- And More!

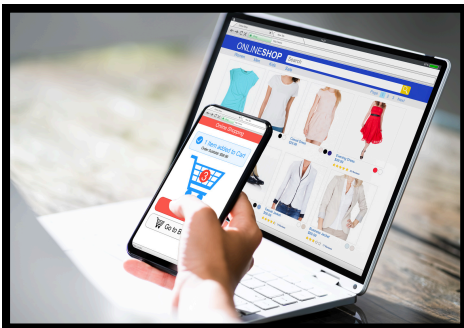
If you do not feel like cooking, you can get your favourite restaurant meals delivered to your door with meal delivery **apps**!

Examples:

- Skip the Dishes
- DoorDash
- Uber Eats

**Quick Tip**  
Using a third-party **app** might cost you more on your groceries.

Call your local grocery store directly to order your groceries to save you money!



1. Browse **apps** and select items you would like to buy



2. Order your items and pay through the **app**



3. Items will be delivered to your home the same day you order

## Apps for Managing Money

Banking **apps** allow you to complete all your banking needs from the comfort of your home, including:

- Check balances
- Monitor transactions
- Pay bills
- Transfer money from one account to the other
- Send money to other people

Check with your local bank about switching to online banking!

Other **apps** help you save money by finding coupons for:



Medications



Groceries



Clothing



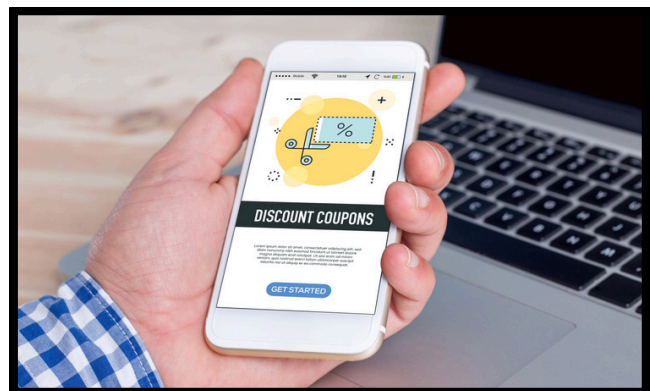
Restaurants



Classes & events

Examples of money-saving **apps** include:

- Groupon
- Flipp
- Reebee
- CleverRx
- And more!





# Apps for Connecting with Others

There are many **apps** designed to help you connect with your friends and loved ones in different ways.

## Video Chatting

Call someone and see them face-to-face.

Examples include:

- FaceTime
- Zoom
- Google Meet
- Microsoft Teams

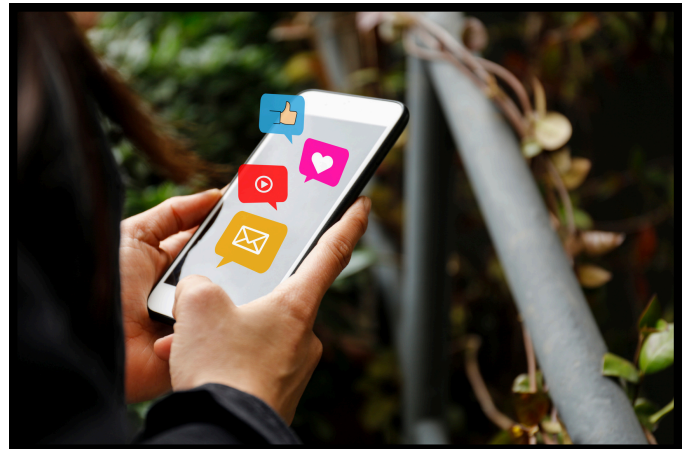


## Social Media

Send messages and share photos with people

Examples include:

- Facebook
- Instagram
- WhatsApp
- Telegram



### Ask Yourself

Have you considered using video calls to connect with family and friends, even if they are far away? It's a great way to stay connected and share special moments!

# Apps for Entertainment

There are thousands of **apps** to choose from for entertainment. The options are endless! Here are only some examples:

## Music



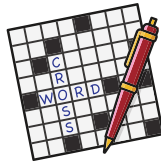
- YouTube
- Old Time Radio 24
- NPR

## TV & Movies



- Netflix
- Hulu
- Max
- Peacock

## Games



- Sudoku
- Crosswords
- Mahjong
- Bridge
- Crib

## Books, Newspapers & Magazines



- Public Library
- Audible
- Kindle
- Local & international newspapers
- Magazine subscriptions

### Quick Tip

Interested in learning more? Check out booklet 6 of this toolkit to discover how you can use assistive technology in your leisure activities!

# Apps for Organization & Memory

These **apps** come installed automatically on most **smartphones**, **tablets** and **computers**:



## Calendar App

- Keep your calendar with you at all times
- Remind you of upcoming appointments & events
- Share your calendar with others



## Clock App

- Set alarms to remind you to take medications
- Set timers for cooking and baking
- Adjusts automatically for daylight saving time



## Notes App

- Write down lists, reminders, and information
- Write down the important passwords
- Keep notes organized



## Map App

- Provides real-time directions for where you want to go
- Make a note of where you parked your car, and it will help you find it
- Share your location with others

## Ask Yourself

Do you find yourself forgetting appointments or grocery items? Consider how **apps** can help you stay organized and remember important tasks.

# Apps for People with Low Vision

Some **apps** have features specific for people with impaired vision. Here are examples of features certain **apps** can offer:



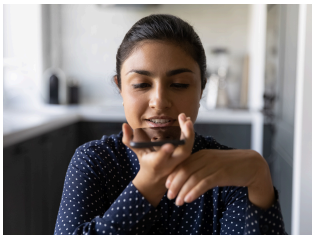
## Flashlight

See in the dark with a portable flashlight



## Magnification

Enlarge text for reading



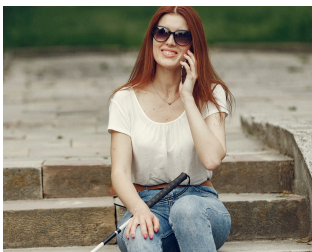
## Text to Voice

Take a photo of a document and the text will be read aloud for you



## Description

Get verbal descriptions of the environment around you



## Connect

Video chat with a person to verbally guide you through what you are doing



The Canadian Institute for the Blind (CNIB) offers free technology programs for those with vision impairments. Call [\(204\) 774-5421](tel:2047745421) to learn more.