

Examples of Smartphone Capabilities in Support of Meaningful Programs

Self-management

- Scheduling (e.g., Apple® calendar, Google Calendar™, Outlook®)
- Visual schedule apps
- Alarms and reminders (setting and responding to)
- To-do lists/checklists (creating and utilizing)
- Checking the weather and preparing/dressing for it

Safety

- Reporting location when asked (e.g., via text, "send my location" features)
- Responding to automated alerts
- Storing personal/safety info and providing when asked

Leisure

- Games
- Videos
- Social media
- Podcasts
- Audiobooks
- E-books
- Music
- Digital art
- Video editing

Communication/Socialization

- Sending texts
- Phone/video calls
 - Emails
 - Speech-generating device
 - Google Translate™
 - Voice memos
 - Photo-sharing apps (e.g., Snapchat®)
- Discriminating unknown callers/texts
- Find My® to locate/track friends and family
- Social media (e.g., Instagram®, Facebook®, TikTok®)
- Dating apps

Money

- Money management/budgeting apps
- Apple Pay®/Google Pay™
- Online banking/credit card apps
- Send/receive money (e.g., Venmo®, Zelle®, Cash App®)

Personal Information/Utilities

- Digital/medical ID in case of emergency
- Tracking mail and deliveries

Finding Information

- Google™ search
- Asking digital assistant (e.g., Siri®, Alexa®)
- Calculators
- Looking up phone numbers and calling by tapping
- News and local area alerts

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Navigating Locations

- Apple Maps®, Google Maps™
- Dropping pins to record and/or share location
- Public transportation apps
- Rideshare apps (e.g., Uber®, Lyft®)
- "Bug in ear" (using Bluetooth® headphones to receive vocal prompts across community locations by a practitioner or parent)

Multimedia

- Taking photos and videos for own record/memories
- Reviewing personal photo albums
- Use of photos and videos for social media
- Photo editing and video editing as leisure
- Music mixing

Health Management

- Medical record apps
- Exercise and activity monitors (e.g., sleep, steps)
- Menstrual cycle tracking
- Medication reminders
- Pharmacy apps for medication refill
- Mindfulness/meditation
- Workout routines (e.g., running, yoga, physical training, group class apps)
- Vital signs checking (e.g., heart rate, blood pressure)
- Symptom tracking/monitoring
- Integration with wearable devices (e.g., Apple Watch®, Fitbit™)

Errands and Housekeeping

- Online purchases
- Ordering food (e.g., DoorDash®, Uber Eats®)
- Ordering meal kits (e.g., Home Chef®)
- Meal reservation apps (e.g., OpenTable®, Resy®)
- Management of other smart devices: lights, TV, air conditioners, home camera footage
- Making and using shopping lists

Additional skills to be taught in the context of smartphone use include a class of behaviors surrounding care and responsibility for personal belongings, such as:

- Charging your smartphone
- Keeping your smartphone with you
- Keeping your smartphone safe
- Smartphone locator app (e.g., Find My®) to locate a lost device
- Problem-solving when/if smartphone breaks or is not functioning properly

Note: All suggestions are our own, based on personal experiences; we received no endorsement from any company/application for its inclusion here. Also, apps change all the time so there is a good chance that some of these are already outdated by the time you're reading this. You will need to do your own research to determine what works for you/the learner.

Our point remains. Smartphones are an almost necessary piece of technology today.