



### Are You Ready?

Apps for Emergency Preparedness

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AMAC, Tools for Life



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- Describe how an app for a mobile device might increase access to assistive technology devices and services, including AT reuse.
- 2. Describe three (3) features that are helpful components in an app during an emergency.
- 3. Name three (3) apps for iOS and/or an Android device that can help contribute to effective emergency planning, preparedness or response.



## AT, AT Reuse and Emergency Preparedness

Why Should We Talk About This?



## **Getting Ready**

The Role of Professionals and Providers



#### When do we discuss?

- Address the consideration of AT and the obligation of the school district to provide AT (including IDEA Parts B and C, as well as Section 504)
- Address personal emergency preparedness and individual responsibilities within transition activities
- Include emergency/disaster scenarios for discussion
- Address personal emergency preparedness during an AT assessment.
- Address personal emergency preparedness during an annual review (including voc. rehab.)



- Does the national association refer to emergency preparedness and the role of the professional in a position paper? Scope of practice? Code of Ethics?
- If there are no references: how can students, professionals, and consumers work to assure considerations of the role of professionals in emergency preparedness and response?



- Audiologists and SLPs have emerging roles in emergency preparedness. They may be responsible for educating the firstresponse teams or emergency-care providers and for assisting with the development of emergency or disaster preparedness plans. Audiologists can educate first-responders and providers about communicating with individuals who are deaf or hard of hearing and about the likelihood of ear trauma, temporary or permanent hearing loss, and tinnitus among victims on the scene of blast-related incidents.
- SLPs can educate first-responders and health care providers about the communication needs of persons who rely on augmentative and alternative communication systems and individuals with intellectual disabilities, dementia, traumatic brain injury, and speech and language impairments.

Nunez, Beamer, Deussing, Paul & Aulbach, 2008 http://www.asha.org/Publications/leader/2008/080617/080617b.htm





#### **American Occupational Therapy Association**

(AOTA Disaster Preparedness Concept Paper, 2005)

- OTs can assist individuals and communities in coping with disaster situations and in returning to optimal occupational performance (Rosenfeld, 1982; 1989)
- In disaster situations the focus of OT is to facilitate engagement in occupation in order to support participation in adaptive disaster recovery and resumption of valued life roles and activities (AOTA, 2002)
- Working together with the client, OTs can plan and implement interventions that enable people to reestablish balance in daily life in activities of daily living, work, leisure, and social participation
- OTs need to be knowledgeable about how national, state, and local governments and private agencies involved in disaster management are organized, and how to gain entry into these systems
- Knowledge of available resources and understanding of local plans for responding is critical if the therapist is to facilitate rapid humanitarian responses.





# AT Reuse Programs May Be Able to Provide Devices

- Know how to find these programs and how to make your client's needs known
- Advocate for the provision of reused equipment as a stop-gap measure, until the individual can get the new equipment they need.
- Return reused equipment to the inventories of the reuse program when no longer needed.
- Your services may be needed to make sure people get the "right" equipment (and can use it safely and appropriately!)





#### **Provide Resources!**

#### **Assistive Technology Act programs in each state/territory**

(http://resnaprojects.org/allcontacts/statewidecontacts.html)

- Device lending (to make a decision, as well as for interim use while funding/replacement is pending)
- Device demonstrations (to make a decision)
- Alternate financing programs (including but not limited to cash loan programs)
- Reutilization programs





#### **Provide Resources!**

#### Refer to Disability Specific Organizations

- National Multiple Sclerosis Society
- Multiple Sclerosis Association of America (MSAA)
- ALS Association
- United Cerebral Palsy
- Statewide Independent Living Centers
- Telecommunications Equipment Distribution Program Association (TEDPA)



Pass It On Center: www.passitoncenter.org

http://www.disability911.com/

http://disabilitypreparedness.gov/

http://www.fema.gov/areyouready/



## **Getting Ready**

**Considerations for Assistive Technology Users** 

















- Have a comprehensive listing of <u>all</u> AT used at home, at school, or at work
- Register products. Maintain current records of the devices and related peripherals: manufacturer /vendor contact information; make; model; serial number; payment source
- Tag devices and peripherals with identifying information
- Take photos!





- Have key operating instructions available (e.g. using a power chair in manual mode)
- Keep current evaluation reports, prescriptions, and product information in a place (off site?) with other key health-related information
- Obtain a "backup" device through a local reuse program and keep it stored in a location other than your primary residence and/or work location

## Considerations for AT Users Get Your Stuff Together!

- Identify things that are vital
- Make all your vital things as "grabbable" as possible.







Factors that make an item or information "grabbable"

- Findability: Able to be found quickly with little or no effort.
- Carryability: Able to be picked up and carried to a new location without effort.
- Usability: Ability to be accessed and used from multiple locations in nearly any situation.
- Resistability: Able to be secured so that it is not broken or harmed even in an earthquake, flood or other disaster.

**Case Scenario for Grabbability** 

- Jerry runs to the bank, after a disaster tribes, to grab copies of his birth certificate, does to his house, flash drive containing vocabulary for speech generating device, and plate out of his safe deposit box.
- The bank is lose
- And under 0 feet of water.

Case Scenario for Grabbability

- Jerry drives right past the bank and fifty ries later, arrives at his planned evacua to location where a box of all his important papers and fish drive with vocabulary as well a all out is family photos is waiting.
- Along with all both ATM card. Fresh clothes.
- Ar a Strbucks card



### **More Resources**

**Emergency Go Bag and Apps** 



- A component of the disaster kit is an emergency "go bag" (aka "go kit").
- Put these items together in a backpack or another easy to carry container in case you must evacuate quickly.
- Prepare one "go bag" for each family member (including furry family members and service animals) and make sure each has an I.D. tag.
- You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.

## Yes...

I do have an emergency go kit for every member of my family, including my furry kids







### **Emergency "Go Bag"**

**Considerations for Individuals with Access & Functional Needs** 

- Consider how a disaster might affect individual needs.
- Plan to make it on your own, at least for a period of time (eg. three days).
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- Build a kit with your unique considerations in mind. What do you need to maintain your health, safety and independence?



## **Emergency Go Bag**

- Flashlight
- Radio battery operated
- Batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Some water and food
- Permanent marker, paper and tape
- Photos of family members and pets for re-identification purposes

- · List of allergies to any drug (especially
- antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Don't forget to make a Go-bag for your pets
- A list of personal contacts, family and friends that you may need to contact in an emergency
- Deck of cards or other small recreation activity





## **Emergency Go Bag**

#### Considerations for Individuals with Access & Functional Needs

- Extra eyeglasses, hearing aids if you have them
- Battery chargers and extra batteries for hearing aids, power wheelchairs or other battery-operated medical or assistive technology devices --- THINK REUSE!
- Copies of medical prescriptions, doctors orders and the style/serial numbers
- Supplies for your service animal
- A laminated personal communication board
- Copy of health insurance and identification cards
- All important information on a flash drive for easy transport in an evacuation --even if you do not use a computer yourself

- A list of local non-profit or communitybased organizations that know you or assist people with access and functional needs similar to yours
- List of emergency point-of –contact phone numbers, including reuse program and statewide AT Act Program
- Handheld magnifier
- Adapted utensils for meals
- Small digital recorder
- If you use a power wheelchair or scooter, have a light weight manual chair available for emergencies. Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.



# Apps For Emergency Preparedness



- ➤ 125 and counting! (iTunes, "dedicated")
- > Free \$19.99
- Accessibility
- Available for iOS, Android and BlackBerry
- Content related to people with disabilities? To AT?



## Apps For Emergency Preparedness



- Native or standalone apps deliver content to a mobile device and do not require internet connectivity to view and use the content.
- ➤ Web Apps link a mobile device user to content that requires internet connectivity to access and use.
- ➤ Mobile Web is a link to a mobile optimized or mobile enhanced Web site, which is a reformatted version of a website that is easier to read on a mobile device.

## Disaster Survival Guide



- > Features:
  - > For Android
  - Adjustable font type, size, and color
  - Basic level of information divided into short chapters
  - > All text
  - Addresses people with disabilities, AT (limited) and medical devices
  - Tendency to jump to advertising for other apps
- >\$ .99

#### **FEMA**

#### Federal Emergency Management Agency



#### > Features:

- For iOS devices, Android, BlackBerry and mobile web
- Section addresses "Are You Prepared?"
- ➤ Instructions for the most likely disasters (e.g. earthquakes, hurricanes, tornadoes, etc.)
- Checklist for a Basic Emergency Supply Kit
- ➤ NOTE: The + button allows you to customize!!!
- Saves emergency meeting locations with friends and family
- Offline support for reference information



# Disaster Preparedness Guide - Family and School Edition

#### > Features:

- > For iOS devices
- This app is an adaptation of the 200-page "Are You Ready?" guide by FEMA.
- Designed with family and school in mind.
- Offline: run completely offline with minimal battery consumption
- > Audio Annotation
- Video Supplement
- Image Addition

#### Get A Game Plan



#### > Features:

- Prepared by Governor's Office of Homeland Security and Emergency Preparedness, Louisiana (many features are LAspecific)
- Comprehensive
- Interactive checklist features
- Connections to social networks for alerting and real time information about local conditions (e.g. road closures), evacuation routes, shelter locations
- Focus on hurricanes and severe weather of all kinds
- AT/DME "special medical needs"



## Ready Georgia



#### > Features

- Prepared by Georgia Emergency Management
   Agency and Georgia Department of Public Health
   (many features are Georgia-specific)
- Available for iPhone and Android
- Comprehensive information: creating/updating Ready profile, checklist for emergency supplies, informational content on threats



Local disaster history, stream gauges, and geolocated maps

## Ready TN



#### > Features

- Prepared by Tennessee Emergency Management Agency (many features are TN-specific)
- Available for iPhone and Android
- Comprehensive information: creating/updating Ready profile, checklist for emergency supplies, informational content on threats
- Local disaster history, stream gauges, and geolocated maps
  - Does not replace calling 911 for emergencies







#### Roadway Incidents

27.4 Miles SW interstate 240 eastbound in shelby county

124.4 Miles E interstate 40 eastbound in hickman county

221.1 Miles £ interstate 40 eastbound in smith count

376.9 Miles & interstate 40 westbound in cocke county

# Disaster Prep

#### > Features

- Ability to import photos and PDF files of medical records, DME, AT, etc.
- Disaster Kit Checklist
- Reminders every 6 months to check/rotate kit supplies
- Insurance and vehicle information
- Personal Medical Record Database with export to email function.
- For iOS



# Disaster Ready

- > Features
  - > Sample emergency plan
  - Pre-formatted cards
  - Share your plan
  - > For iOS





# iMPrepared

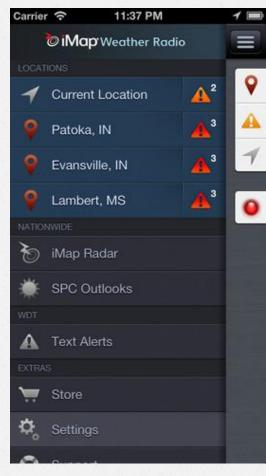
- ▶ iPad App
- ➤ iMPrepared helps plan for disasters with one convenient app that includes a compass, flashlight, disaster RSS feeds, and a S.O.S. signal.



# iMap Weather Radio

- > Features:
  - For iOS only (\$9.99)
  - Receive critical voice and text alerts on threatening weather events.
  - ➤ iPhone, iPod or iPad will "wake up" and also "follow you" with alerts wherever you go.
  - Listen to local weather forecasts while you are on the move. Enjoy the power of a NOAA Weather Radio, with all the convenience and precision of a smart phone.













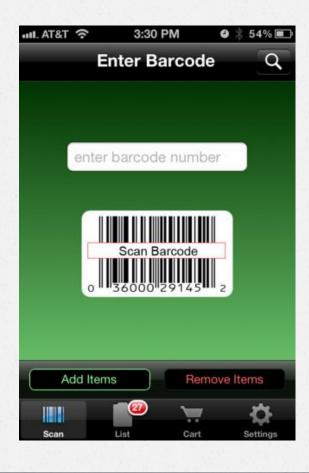
# Prep & Pantry Lite

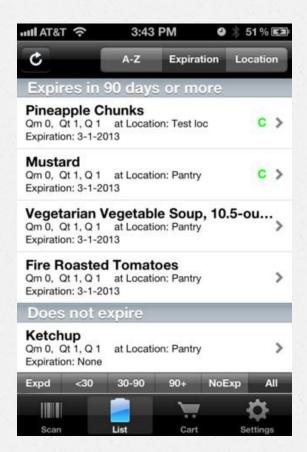
- Features
  - Barcode scanning
  - Manual item barcode entry
  - No-Barcode option for items without a barcode
  - Item photos
  - Sort by name, expiration, or location
  - Email-able shopping list and reports
  - Back-up to computer





# Prep & Pantry 2.0







- > iPhone and Android
- Map locations and shelter details across the US
- Can identify which agency is managing the shelter, its capacity, disaster event, and address







> iPhone and Android





### S.O.S by American Red Cross

> Android





#### Outbreaks Near Me

> Android and iPhone





#### Disaster Alert

> Android and iPhone



# MyMedList

- MyMedList from the National Library of Medicine allows users to electronically manage their medication list(s).
- Medication lists can be e-mailed or printed, can serve as a reminder for taking medications, or be shown as reference information in doctor's offices or hospitals.

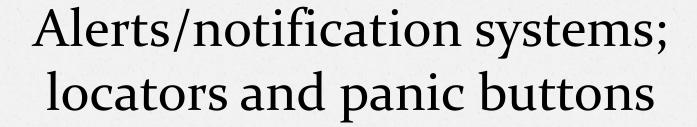












- ReUnite from the National Library of Medicine provides ability to upload missing and found person information for family reunification during and after disasters.
- ➤ It provides structured information to the NLM's People Locator service.













Carrier 🛜	9:47 AM	
Cancel	Report	Save as Draft
	?	4
Given Nan	ne	
Family Na	me	
Event	Tutorial fo	or ReUnite
Status	Mis	sing

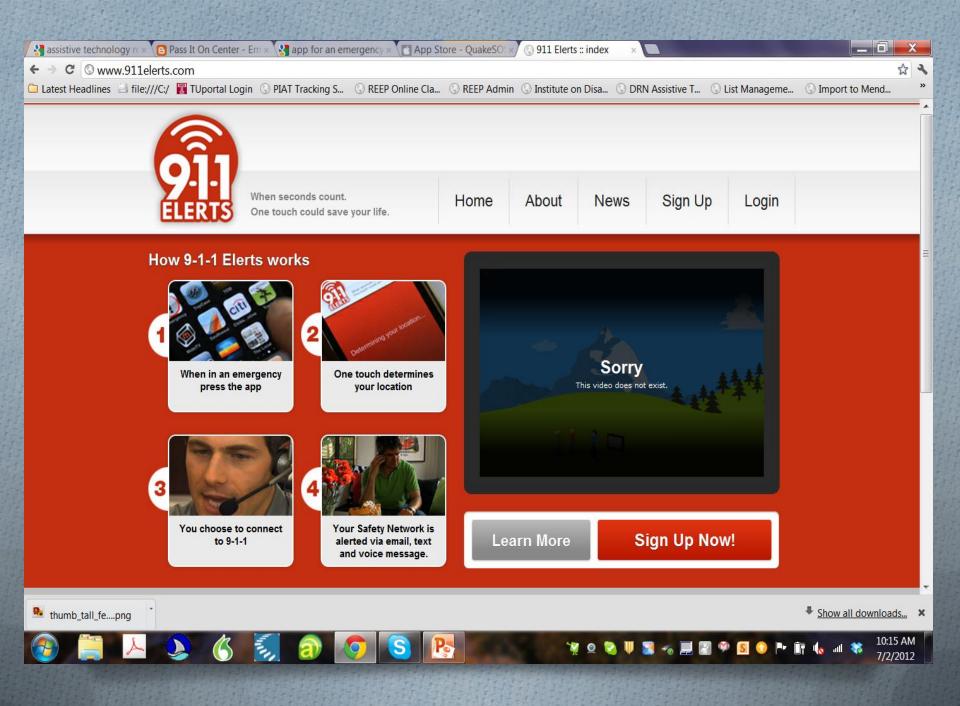


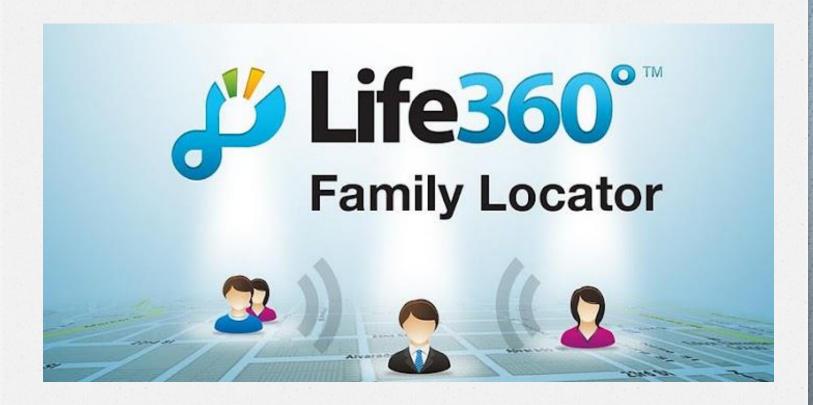


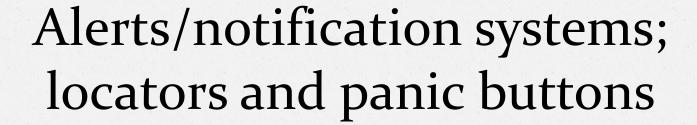
# Alerts/notification systems; locators and panic buttons

- > 9-1-1 Elerts (app is free) connects to 911, sends notifications to one's "personal protection network"
- Works on most mobile phones through AT&T, Sprint, T-Mobile and Verizon Wireless networks with a data plan.
- ➤ With one touch, the mobile phone user has the option of simultaneously connecting to 9-1-1 while instantly notifying, via email, text, and voice message, up to 10 friends and family with the member's full profile and the location of the mobile phone user who initiated the 9-1-1Elert.
- Annual service ranging from \$12 \$18









- Family Locator by Life360 is the most accurate and powerful locator service.Life360 Family Locator lets you know:
  - -Where your family members are located
  - -What safety points and threats are nearby
  - -When anyone is safe or needs help





Important note: The Life360 Family Locator application is always completely free to use! You only need to pay to locate people who do NOT have an Android or iPhone device (\$4.99 a month for up to 5 family members).















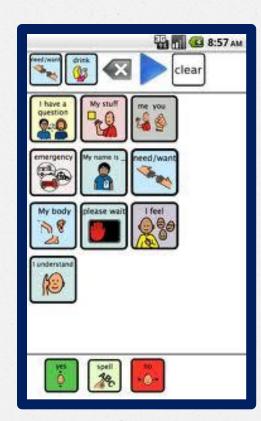
- ➤ App provides keyboard, words, symbols, or signs that could be used for communication in the event the individual doesn't or can't speak (e.g. Locabulary, life card)
- Consider developing a customized "page" for emergency/disaster as part of preparation for people who have complex communication needs who use mobile devices for communication
- May include foreign language translation apps (e.g. free translator)





# EC4All (Emergency Communication for All)

- Android only (available from the Google app store)
- > \$3.00
- > Evidence-based
- http://disabilities.temple.edu/ /aacvocabulary/EMERGENCY. shtml

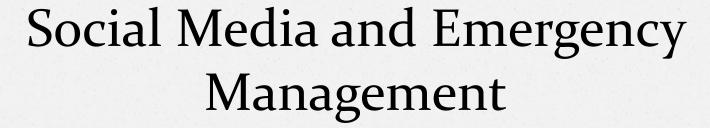


#### Social Media

- ➤ July 19. 2012 Social Media Summit in DC
- ➤ Deaf and Hard of Hearing individuals are very visual—ASL is, after all, a visual language. Therefore, the written word doesn't carry as much weight as the signed word.
- Lesson: Response agencies should include as many pictures and videos as possible to communicate their message.

#### Social Media

- Facebook is the platform of choice of most older deaf individuals
- Younger deaf population utilizes Twitter, especially with hyperlinks
- If your response organization has a social media presence, market it to the deaf community. Don't expect them to magically find your information—actively seek them out and encourage them to follow you.









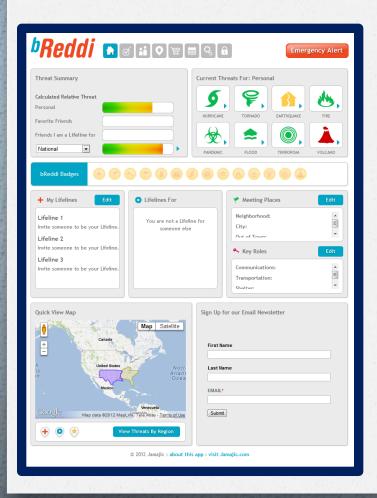








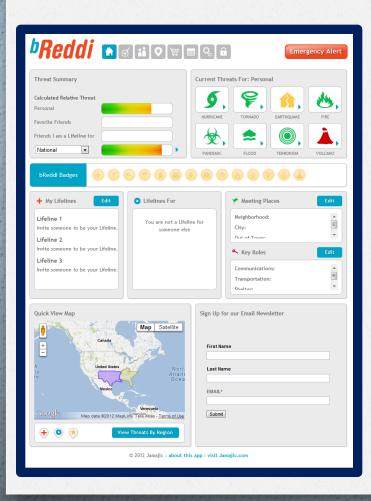
#### bReddi



- http://www.breddi.com
- Helps you and your family prepare for natural disasters and other emergencies
- bReddi uses the emergency alert feature to allow users to alert their Lifelines that they are in distress.

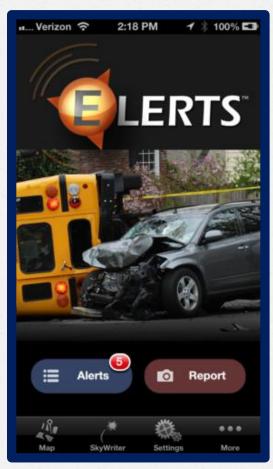


#### bReddi



- http://www.breddi.com
- It is also a central location to manage your preparedness needs and to create a safety net inside and outside of your community.

#### Elert

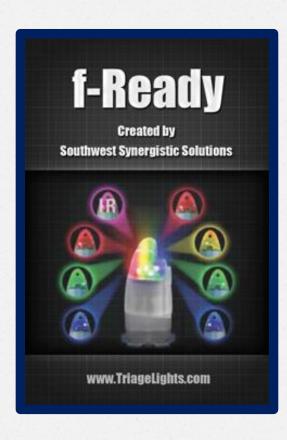




iPhone only

Citizen Reporters





- iPhone only (Android is coming soon!)
- Quick access
- Facebook connect
- Emergency plans
- GPS locator
- Disaster ID



- Label your devices
- Keep your devices charged
- Know where your charger is
- ➤ Have alternative chargers: car; solar-powered
- Special waterproof/floating containers

### Questions





# Thank you for joining us



### Jamie Arasz Prioli, ATP

PA's Initiative on Assistive Technology (PIAT) Institute on Disabilities @ Temple University

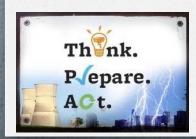
### Jamie.Prioli@temple.edu

215-204-5974 www. disabilities.temple.edu

## Carolyn P. Phillips, ATP

Program Director, Tools for Life and Pass It On Center

Carolyn.Phillips@gatfl.gatech.edu



## **AMAC**

AMAC Accessibility is a social change organization on a mission to create affordable services for governmental, private and non-profits organization working with individuals with disabilities. Services include e-text, braille, captioning, assistive technology, office management software and consulting.



# Accessibility Made Smart

AMAC creates practical solutions that work, with a focus on utility, ease of use, and high quality.

- Accessibility Consulting focuses on organizational accessibility needs with evaluation, technical assistance, customer support, and website accessibility solutions.
- Braille Services produces customized projects from both print materials and electronic text including partial books and chapters or graphics only using cutting-edge technology.
- Captioning Services makes classrooms, meetings, labs and other audio environments fully accessible for deaf or hard-of-hearing.
- **Professional E-Text Producers** provide high-quality e-text in many formats such as PDF, DOC, DAISY, and HTML.
- Certified Assistive Technology team provides on-site and remote assessments, demonstrations, training and technical assistance for education, work, and daily living environments.

For more information, please visit our website at <a href="https://www.amacusg.org">www.amacusg.org</a>

## Tools for Life Mission

We're here to help Georgians with disabilities gain access to and acquisition of assistive technology devices and assistive technology services so they can live, learn, work, and play independently in the communities of their choice.









# Join us for Upcoming Webinars and Visit our Archives!

Wednesday, July 17, 2:00pm to 3:30pm EST

Social Security 911: Understanding Your Rights & Resources

Presenter: Monge & Associates

Wednesday, July 30, 2:00pm to 3:30pm

Up to the Challenge: App and Tablet Showdown

Presenter: Martha Rust, AMAC/TFL

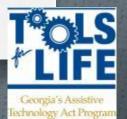
Sign up to be on the TFL mailing list to receive our email announcements! Visit <a href="www.gatfl.org">www.gatfl.org</a> or send an email to Liz - <a href="mailto:liz.persaud@gatfl.gatech.edu">liz.persaud@gatfl.gatech.edu</a>

# TFL AppFinder



## Search by:

- ✓ App Name
- √ Categories
  - Book
  - Education
  - Environmental Adaptations
  - Hearing
  - Cognition, Learning, Developmental
  - Navigation
  - Personal Care and Safety
  - Productivity
  - Communication
  - Therapeutic Aids
  - Vision





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AT Guides



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Dollars & Sense Database

Online Equipment

Exchange

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### CONTACT US

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Advisory Council

Directions/Map

Join our Mailing List

Welcome to Tools for Life

Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

Try AT

Tools for Life and the TFL Network work collaboratively together to accomplish our mission through:

- · AT Demonstration
- AT Evaluations and Assessments
- AT Funding Options & Education
- Access to the TFL AT Lending Libraries
- AT & Durable Medical Equipment Reuse
- AT Training (Individual)
- AT Training (Groups)

### 2013 IDEAS CONFERENCE

2013 Institute Designed for Educating All Students Conference June 3 - 6, 2013 Epworth by the Sea, St Simons Island

- Submit a Proposal
- Conference Website
- Exhibitor Details

#### WEBINARS

APR

Free for All! Resources for Teachers and Students

18

APR 24

Assistive Technology and Adapted Recreation: A Perfect Match

Current Webinar Schedule Webinar Archives

### APP FINDER



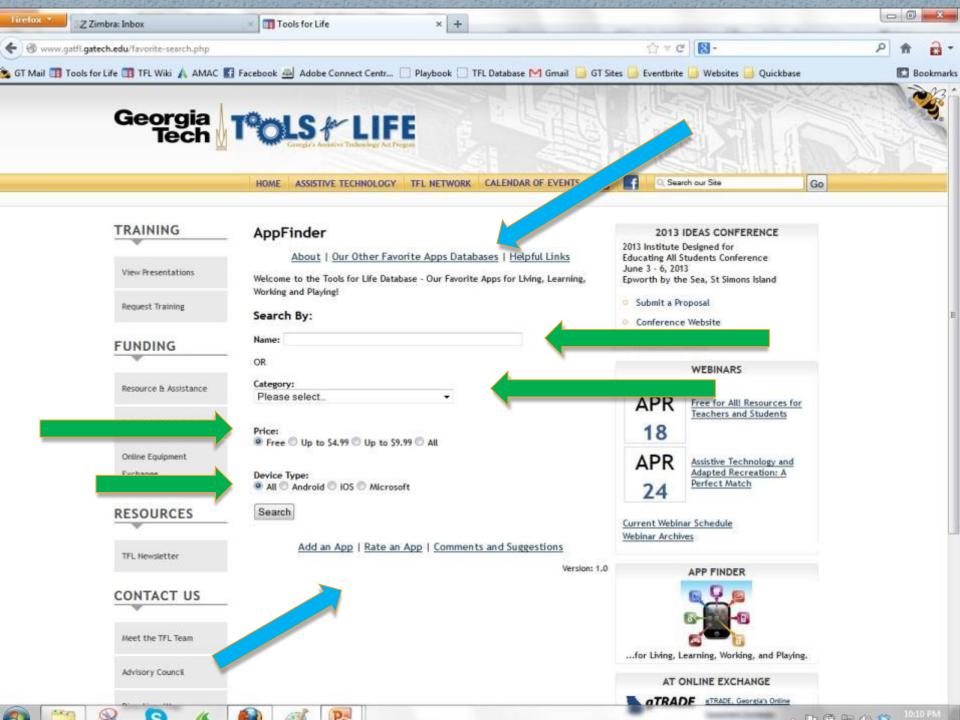
Living, Learning, Working, and Playing

### AT ONLINE EXCHANGE



gTRADE gTRADE, Georgia's Online Equipment Exchange,

encourages members to offer AT and DME for sale or donation to others who may benefit from using technology unneeded by others.





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TEL NETWORK

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### My Favorite Apps

You searched for: Learning, Cognition, and Developmental

Logo

Name

Category

Device Type

tango Video Calls

Tango brings you free, high-quality mobile voice and video calls over 3G and Wi-Fi! Millions of people around the world are using Tango in an exciting new way. It

Learning, Cognition, and iOS Developmental

No Ratings

i-promt

Professional Tele-prompting software for your iPhone or iPod Touch.

Learning. Cognition, and iOS Developmental

No Ratings

app icon



Dragon Dictation is an easy-to-use voice recognition application powered by Dragon

Learning, Cognition, and iOS **Developmental** 



5 stars by 1 users



iBooks includes the iBookstore. where you can download the latest best-selling books or your favorite classics

Learning. Cognition, and iOS Developmental

No Ratings



SayText reads out loud the text in the image. It is intended for the visually impaired users. SayText is a free spin off product from the DocScanner team.

Learning, Cognition, and iOS Developmental

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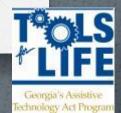


# LET'S EXPLORE OUR FAVORITE APPS!









# **Apps for Daily Living**



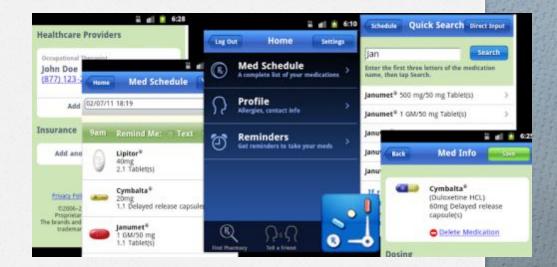




# MyMedSchedule



- Keep track of medication
- Reminders
- Refill Reminders
- Healthcare Provider Profiles
- Insurance Information
- Allergies
- Works across Platforms
- Free
- www.mymedschedule.com







# Tango

- Make video and phone calls across mobile platforms
- Group chats
- Works on tablets & PCs
- http://www.tango.me
- Free











# Bump





- O Use Bump™ to share contact information and photos by simply bumping two phones together.
- Just open Bump, hold your phones, and gently bump your hands together
- Free!



# **Apps for Writing**







## Catch Notes



- Free
- Capture ideas instantly with voice, photo, and text notes
- Use online AND offline on your mobile phone or tablet
- Share checklists to collaborate on to-do lists
- Set reminders









## **AudioNote**





- Records your notes, meetings
- Can take notes by typing, stylus, or drawing
- Time stamps so you can go directly to where you want to hear
- Highlights notes when read back
- \$4.99





## Picture Scheduler



- Create visual tasks with attached audio, video or picture
- Tasks can have alarms
- Alarms can be repeated daily, weekly, monthly or you can select specific weekdays
- Tasks can be organized into categories with a picture
- Can hide task and reveal later







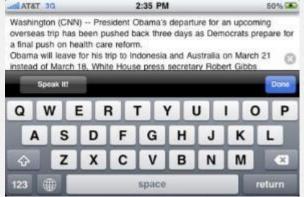
## Speak it!

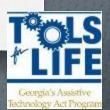


- Copy emails, documents, web pages, PDF files, and more; paste them into Speak it!, and have the text spoken back to you.
- Email text to speech files
- Make announcements over PA system
- Endless phrases and possible uses
- \$1.99











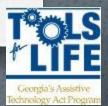


## BrailleTouch

- Prototype app for touchscreen mobile devices
- FREE Open Source app
- 32 words per minute with
   92% accuracy with the
   prototype app for the iPhone
- Use of the six-key configuration so that the keyboard fits on the screen and users keep their fingers in a relatively fixed position while texting
- GA Tech Researchers

- Type with screen facing away
- Braille like typing









## Perfect OCR















# Magnifier Apps

- Over 40 Magnifier and Flashlight
  - Free
  - zooms up to 10x
  - Change btw full screen and magnifying glass screen
- Eye Glasses
  - \$2.99



- $\circ$  Zoom up to 8x
- farsightedness

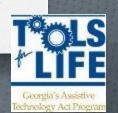
iSeeClearly



- \$1.99
- Zoom up to 10x
- Image freeze
- Say to camera roll
- Magnifier Free



- Free
- Send picture
- Pinch screen out to zoom
- Place markers











iSeeClearly helps you read the small print by using your iPhone's built in camera.

Within iSeeClearly the "Capture" button lets you save the current image to your camera roll. The "Freeze" button suspends the current image for further reading or viewing. Tapping on zoom button will allow you to further zoom

Don't Show me next time





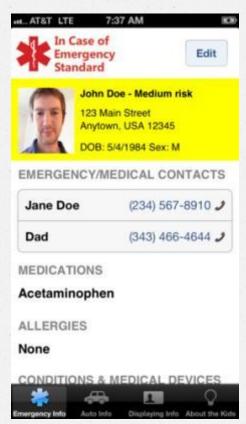


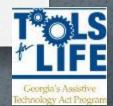


# ICE In Case of Emergency



- Emergency contact list
- Central place for you to record any medications
- List allergies or medical conditions
- Pre-loaded medical information to choose from
- Free
- <u>www.ice-app.net</u>



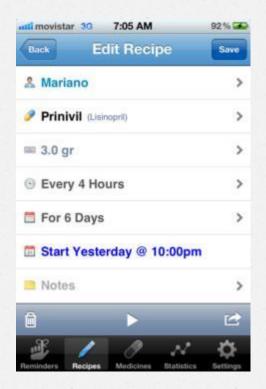




# Medimate



- Medical prescription organizer
  - Both you and family
- Customize your medicine catalog
- Understand your usage







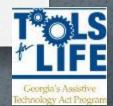


### American Red Cross: Shelter View





- Know when and where shelters have been opened to provide assistance.
- Maps locations and shelter details
- View shelter details
- Capacity of the shelter and current population
- Shelter address and location.
- Shelter information is updated every 30 minutes
- Free





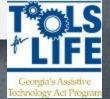
## **Emergency Aid**







- What To Do in a personal threat, disaster or emergency
- Detailed medical profile
- Emergency contacts and health information with photo and customizable notes
- Distress Signal and light
- Illustrated instructions with highlighted "What to do", "Warnings" and "Do Not",
- One-Tap Call to emergency aid services or web sites
- \$1.99



# Apps for Relaxation



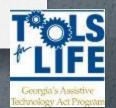


## iZen Garden





- Choose from 100s of objects, plants and creatures to place in your garden
- Rake the sand and share your creations
- Helps you to center your mind, relax your psyche and relieve your stress







## Breathe2Relax



- Portable stress management tool
- Detailed information on the effects of stress on the body
- Instructions and practice exercises to learn the stress management skill called diaphragmatic breathing





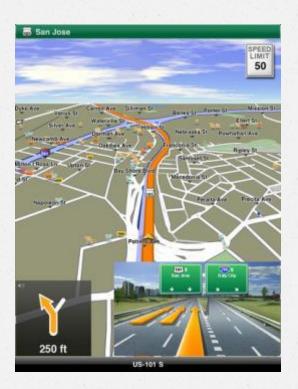




# Navigon North America



- Voice guided directions for driving and walking
- GPS runs in background to save battery life
- Day and night modes
- Text-to-Speech
- Route Planning function
- \$39.00 Apple
- \$59.99 Android





## Talk with Us!

# What are Your Favorite Apps?

