

Technology and Gadgets to Support Life Skills and Activities of Daily Living

Technology and household gadgets can sometimes support a person's goals to take a more active role in completing activities of daily living.

Many people use technology and common household gadgets in their everyday lives. For those who need support with learning and maintaining life skills, and managing activities of daily living, these tools can offer help with increasing safety, independence, and enjoyment in these areas, and can help prepare for living on their own or with housemates

Module Related Links and Resources:

From the DSO Housing Toolkit:

- Step 1 DSO Housing Toolkit: <https://bit.ly/dso-housing-toolkit-step1>
- Technology worth considering: https://www.dsontario.ca/Technology-Worth-Considering-Tool_EN-Fillable.pdf
- My housing and support plan: <https://www.dsontario.ca/housing-toolkit/my-housing-and-support-plan>
- My housing and support plan budget: <https://www.dsontario.ca/housing-toolkit/my-housing-and-support-plan>

Apps for your phone or tablet

Budgeting:

- Bills Organizer & Reminder - An app that can help you track and manage your bills: [Bills Organizer & Reminder on the App Store \(apple.com\)](https://apps.apple.com/ca/app/bills-organizer-reminder/id1441111111)
- Flipp – An app that provides access to flyers for your local stores allowing you to compare prices and save money: <https://flipp.com/>

Daily Living:

- MagnusCards – an app that helps you learn and practice home and community living skills: <https://www.magnusmode.com/>

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Home Routines:

- Sweepy – An app where you can create a list of tasks, set a schedule, share the work with your family, and compete for points and rewards: <https://sweepy.com/>
- Thruday – A visual planning app: <https://thruday.com/category/scheduling>
- Tody – A specialized To-Do List for managing and motivating household cleaning routines: <https://todyapp.com/>

Scheduling:

Tiimo - A daily visual planner tailored for neurodiversity.: <https://www.tiimoapp.com/>

Cooking:

Look cook and eat - A one-of-a-kind membership-based website designed for people with intellectual disabilities to help teach cooking: <https://www.lookcookandeat.com/>

Websites and Services to Help You Examine Apps and Other Technology

1. [Bridging Apps](#): A website managed by Easter Seals which allows you to search apps by need, category, price, and skill level
2. [Enabling Technology](#): This website showcases products for people, families, and supporters
3. [Habilhome](#): A directory of applications and technology that can support independence
4. [March of Dimes - Hi, Tech! Program](#): Free virtual program that can help you learn about how to use technology to connect with your community
5. [Tech Toolbox](#): This website is managed by the Arc and allows you to search for assistive technology based on user need. It also includes user ratings and reviews
6. [TELUS Tech for Good Program](#): Free virtual program that provides you with professional assistance so you can independently use or control your mobile phone and/or tablet

DSO Tools Resources

1. Find your area DSO: <https://www.dsontario.ca/find-your-dso>
 2. What is DSO housing navigation: <https://www.dsontario.ca/housing>
 3. Find your local DSO Housing Navigator:
<https://www.dsontario.ca/housing/welcome-to-the-dso-housing-toolkit/dso-housing-navigators-contact-list>
- Events Calendar: <https://www.dsontario.ca/calendar/>

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