

# Technology Supports For Student Veterans

## REST PROJECT

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## READING

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Voice Dream Reader	Text-to-speech app that reads text on device out-loud (iOS)	\$9.99	iTunes store
Good Reader	App for reading and annotating documents (iOS)	\$4.99	iTunes store
EZ PDF reader	App for reading and annotating documents (iOS & Android)	\$3.99	iTunes or GooglePlay store
Claro PDF	App for text to speech & annotations	\$3.99	iTunes
Audible	App for audio books	Free	iTunes or GooglePlay store
ASSISTIVE TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
WYNN	Advanced computer software with studying tools, text-to-speech, highlighting, annotation, etc.	~\$199 to \$595 Free on campus	<a href="http://www2.freedomscientific.com/lsg/products/WYNN7-Student-Special.asp">http://www2.freedomscientific.com/lsg/products/WYNN7-Student-Special.asp</a>
Kurzweil 3000	Advanced computer software with studying tools, text-to-speech, highlighting, annotation, etc.	~\$1395 Free on campus	<a href="https://www.kurzweiled.com/store.php">https://www.kurzweiled.com/store.php</a>
Read & Write Gold	Advanced computer software with studying tools, text-to-speech, highlighting, annotation, etc.	~\$645 Free on campus	<a href="http://www.texthelp.com/North-America">http://www.texthelp.com/North-America</a>
Rapid Reader	Software that visually displays one word of reading passages	Free	<a href="http://www.rapidreader.com/">http://www.rapidreader.com/</a>
Built in text-to-speech	Software on OS systems that reads text on computer out-loud	Free	* See atrc.colostate.edu for quick-start guide

## WRITING

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
MindJet	Mind-mapping software and apps or brainstorming and outlining ideas (iOS & Android)	Apps = Free Software = \$349	iTunes or GooglePlay store or <a href="http://www.mindjet.com/mindmanager/buy/">http://www.mindjet.com/mindmanager/buy/</a>
Inspiration Maps	Mind-mapping app for brainstorming and outlining ideas (iOS)	Free	iTunes
Dragon Dictation	Voice recognition software app (iOS)	Free	iTunes
Ginger keyboard & page	Spelling and grammar checker app (iOS & Android)	Free	iTunes store or GooglePlay store
ASSISTIVE TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
WYNN, Kurzweil 3000, & Read&Write Gold	Advanced computer software with writing tools such as mind mapping and spelling/grammar	See above "Reading" table	See above "Reading" table
Dragon Naturally Speaking	Advanced voice recognition software	\$100-\$600	<a href="http://www.nuance.com/for-individuals/by-product/dragon-for-pc/index.htm">http://www.nuance.com/for-individuals/by-product/dragon-for-pc/index.htm</a>
Ginger Premium	Advanced and interactive spell checker	\$9.00/month subscription	<a href="http://www.gingersoftware.com/">http://www.gingersoftware.com/</a>
Inspiration software	Mind-mapping software for brainstorming and outlining ideas	\$39.95	<a href="http://store.inspiration.com/SearchResults.asp?Cat=56">http://store.inspiration.com/SearchResults.asp?Cat=56</a>

## NOTE TAKING

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Notebook Layout View	Document programs organized specifically for note-taking sections, voice recording options, etc.	Free (Mac version of Word)	Mac version of Word
Livescribe Pens	Pen that syncs recorded audio precisely with written notes and uploads to digital formats	\$100-\$200	<a href="http://www.livescribe.com/en-us/">http://www.livescribe.com/en-us/</a>
Digital Recorders	Hardware that records teacher's lectures	varies	Best Buy, Amazon

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
One Note	Software that allows creation of digital notebooks for notes and lecture recordings	Free	Microsoft Office Suite
Evernote	Cloud storage for creation/organization of notes, files, etc. (windows, mac, iOS & Android)	Free (lite) \$5/month (paid)	iTunes, GooglePlay or <a href="https://evernote.com/">https://evernote.com/</a>
Notability	App for taking typed notes or “handwritten” notes with stylus (iOS)	\$5.99	iTunes store
Voice Recorder HD	App for recording notes (iOS & Android)	\$1.99 – iOS Free - Android	iTunes store & GooglePlay store
Smart Voice Recorder	Built-in app for recording notes (Android)	Free	GooglePlay store

## STUDYING

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Quizlet	Study materials with flash cards, memory games, and more (iOS & Android)	Free	iTunes, GooglePlay store
StudyBlue	Flashcard making software and app (windows, mac, iOS & Android)	Free (lite) Fee varies (paid)	iTunes, GooglePlay or <a href="https://www.studyblue.com/">https://www.studyblue.com/</a>
Encore Study Platform	App that customizes portable quizzes (Android)	Free	GooglePlay store
ASSISTIVE TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
WYNN, Kurzweil 3000 and Read&Write Gold	Advanced computer software with writing tools such as mind mapping and spelling/grammar	See above “Reading” table	See above “Reading” table

## EXECUTIVE FUNCTIONING (planning, attending, & organizing)

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Daily Deed	App for keeping track of daily tasks (iOS)	\$0.99	iTunes store
Todoist	App for keeping track of daily tasks (iOS & Android)	Free	iTunes, GooglePlay store

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Colornote	App – easy to use notepad that creates reminders, to do lists, organization notes & checklists by color (Android)	Free	GooglePlay
Google Keep	Add notes, lists, photos, audio and organize with labels, colors, and reminders (iOS & Android)	Free	iTunes, GooglePlay store
Evernote	Complex cloud storage that allows creation and organization of notes, pictures, files, etc.(iOS & Android)	Free (lite) \$5/month (premium)	iTunes, GooglePlay or <a href="https://evernote.com/">https://evernote.com/</a>
Mint.com	Website to manage personal finances	Free	mint.com
Namerick	App that helps you memorize names (iOS)	\$0.99	iTunes store
Sortly	App that helps you organize physical things (iOS)	Free	iTunes store
Dashlane	App that helps manage passwords (iOS & Android)	Free	iTunes, GooglePlay store
Audio Memos	App that creates digital recordings of important information ( iOS & Android)	Free	iTunes, GooglePlay store
ASSISTIVE TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Pocket Endeavor Suite	Comprehensive suite of apps designed specifically to address executive functioning for people with TBI	\$1300	Ablelinktech.com

## TEST TAKING

SOLUTIONS	RESOURCES
Quiet Room	See Resources for Disabled Students to receive appropriate testing accommodations and ATRC to determine and receive appropriate AT supports for alternative testing.
Extended Time	
AT Supports	<a href="http://rds.colostate.edu/">Website for Resources for Disabled Students (http://rds.colostate.edu/)</a>
Noise Cancellation headphones	<a href="http://atrc.colostate.edu/">Website for the Assistive Technology Resource Center (http://atrc.colostate.edu/)</a>

## FITNESS/HEALTH & SLEEP/REST

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Strava	App and website for tracking biking and running distances and routes (iOS & Android)	Free (lite)	iTunes, GooglePlay or <a href="http://www.strava.com/">http://www.strava.com/</a>
My Fitness Pal	App that counts calories (iOS & Android)	Free	iTunes, GooglePlay
FitBit	App that syncs with wearable wrist-band to track fitness and sleep levels (iOS and Android)	App = Free Wristband ~ \$100	iTunes, GooglePlay or <a href="http://www.fitbit.com/">http://www.fitbit.com/</a>
Relax Melodies	App that provides background noises to promote sleep (Android & iOS)	Free	iTunes, GooglePlay store
Relax and Sleep	App with background noise and a timer to fade out sounds or set an alarm (Android)	Free	GooglePlay Store
Deep Relax	App with background noises to promote sleep, including an alarm, timer and sleep timer feature (iOS)	Free	iTunes
Sleep Cycle Alarm Clock	App that tracks sleep movement and times alarm to go off at optimal time in sleep pattern (iOS & Android)	\$0.99	iTunes, GooglePlay store

## STRESS & ANXIETY MANAGEMENT

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
DeStressify PRO	Learn skills for dealing with thoughts, emotions and beliefs that induce stress or anxiety (iOS)	\$5.99 or free version	iTunes
T2 Mood Tracker	App that allows you to track moods throughout the day (iOS & Android)	Free	iTunes or GooglePlay store
Breathe2Relax	App that guides relaxation breathing to reduce stress (iOS & Android)	Free	iTunes or GooglePlay store
Relax Melodies	App with soothing background music options (iOS & Android)	Free	iTunes or GooglePlay store
PTSD Coach	App in which you can track stress levels and receive recommendations for managing stress (iOS & Android)	Free	iTunes or GooglePlay store

MAINSTREAM TECHNOLOGY	DESCRIPTION	~ PRICE	SOURCE
Simply Being	App with guided meditation and relaxation techniques (iOS & Android)	Free	iTunes or GooglePlay store
Super Better	App with game format to encourage positive life activities (iOS)	\$4.99	iTunes
Tactical Breather	Very simple app that leads you through a breathing exercise (iOS)	Free	iTunes
Relax with Andrew Johnson	App that provides guided meditation, relaxation and mindfulness (Android & iOS)	Free	iTunes & GooglePlay Store
Breathe Well	App with a guided beginner, intermediate or advanced breathing session (Android & iOS)	Free	iTunes & GooglePlay Store
Simply Being	App with 5 guided meditation/mindfulness sessions ranging from 5-30 minutes (iOS)	Free	iTunes
Stop Breathe & Think	The App suggests a few guided meditation sessions from a list of 15 ranging from 3-20 minutes based on your mood (Android & iOS)	Free	iTunes & GooglePlay Store
5 Minute Relaxation	App with 2 simple 5 minute guided meditation/mindfulness practice (Android & iOS)	Free	iTunes & GooglePlay Store
Free Meditation – Take a Break	App with a 7 minute work break meditation and a 13 minute stress relief meditation (iOS & Android)	Free	iTunes & GooglePlay Store
Qi Gong Meditation and Relaxation	App that provides audio, Info, Articles, and Videos for mindfulness, meditation, and stress management (Android)	Free	GooglePlay Store
Calm	App with guided & unguided meditation, 7 day mindfulness meditation & body scans (iOS)	Free	iTunes
Live Happy	App with daily recommendations based on positive psychology theory (iOS)	Free	iTunes

#### APPS DEVELOPED FOR VETERANS:

- [Website for the Veterans Affairs App Store \(https://mobilehealth.va.gov/appstore\)](https://mobilehealth.va.gov/appstore) - list from the VA
- [Website for Brain Military Apps \(www.brainlinemilitary.org/content/2011/07/top-6-military-tbi-apps.html\)](http://www.brainlinemilitary.org/content/2011/07/top-6-military-tbi-apps.html) - general list of apps
- [Website for Apple iTunes Concussion app \(itunes.apple.com/us/app/concussion-coach/id713590872?ls=1&mt=8\)](https://itunes.apple.com/us/app/concussion-coach/id713590872?ls=1&mt=8) – iTunes list