



**DYSPRAXIA
FOUNDATION**

Incorporating Developmental
Co-ordination Disorder (DCD)



**A guide to mobile phone apps
currently being used and
recommended by people in the
Dyspraxia community...**

RECOMMENDED APPS

TO HELP MANAGE THE CHALLENGES OF

DYSPRAXIA

www.dyspraxiafoundation.org.uk

Registered charity Number: 1058352



DYSPRAXIA FOUNDATION

Incorporating Developmental
Co-ordination Disorder (DCD)



CONTENTS



Navigation - page 1



Organisation - page 2



Mental health and anxiety - page 3



Voice to text and dictation - page 4

(The apps contained within this document are ones currently being used by members of the Dyspraxia community to help manage and overcome the challenges they face. We encourage you to carry out your own research into any app before downloading. Some names have been changed.)

NAVIGATION

Travelling and navigation can provide unique challenges to some members of the Dyspraxia community. People with dyspraxia can sometimes struggle with their sense of direction whilst others may have motor co-ordination issues meaning they do not drive making getting places an issue.

Luckily, there are a host of apps out there which can help overcome the challenges. These are just some of the one of the apps members of the community are using and would recommend.



RECOMMENDED APPS FOR GETTING PLACES



GOOGLE MAPS - FREE

The web giant's widely used navigation app includes cars journeys, public transport and walking.

Available on iPhone and Android devices
Click here to visit website for download

“

I use Google Maps on an almost daily basis as I travel a lot in my job and am often visiting places for the first time. I use it to plan train journeys and also when I'm out and about walking. The real-time updates like train delays are really useful. I'd be lost without it most days!

- Pete aged 33

”



TRAINLINE - FREE

This app allows you to plan you train journeys and purchase your train tickets.

Available on iPhone and Android devices
Click here to visit website for download

“

I The Trainline app is great and I'd definitely recommend buying tickets as early as possible as prices do fluctuate. I rely on public transport and this app makes buying train tickets and planning journeys dead easy."

- Anonymous aged 40

”



UK BUS CHECKER- FREE

Live bus alerts, smart journey planning and detailed route maps

Available on iPhone and Android devices
Click here to visit website for download

“

Love this app! I have had to take the bus to job interviews in the past and always used to struggle planning bus journeys as I always fear I'll miss my stop. This app contains routes and direction so I know what bus stop comes before my stop!

Tom - 19

”



CITY MAPPER - FREE

Helps your navigate around major cities across the world with transport maps, departures and disruption alerts. UK cities covered: London, Manchester, Birmingham currently.

Available on iPhone and Android devices
Click here to visit website for download

“

I love City Mapper as it's easy to use and it works for all modes of transport so I can use it for bus and train times. It also shows nearby bus stops and stations which is great.

Stephen - Aged 35

”

HANDY TIP - LEAVE EARLIER THAN YOU REALLY NEED TO IN CASE YOU RUN INTO ISSUES. YOU COULD SET AN ALARM ON YOUR PHONE TO GO OFF BEFORE YOU NEED TO LEAVE AS A REMINDER.

ORGANISATION

Organisational and planning issues and short-term memory can provide those who struggle in these areas a daily challenge to feel in control of their lives and get the things they want to do done.

Here are a range of apps that members of our community are using and think they could help others too.



RECOMMENDED APPS FOR HELPING TO BE ORGANISED



EVERNOTE- FREE

An app that allows you to input typed notes, scanned handwritten notes, add to-do lists, photos, images and even audio

Available on iPhone and Android devices

Click here to visit website for download

“

Evernote has been so helpful. I use it when I go shopping, use it for shopping lists, I add photos of foods I need to buy more of so I know I'm buying the right brand or version of a household item or food. I love how you can save your lists and really helps me organise and stay on track and remember where I'm at.

”

-Jo aged 42



HABITICA - FREE

An app where you can make a game of staying organised. Create daily goals and to-do lists and win range of rewards for staying on track.

Available on iPhone and Android devices

Click here to visit website for download

“

Habitica is a 'gamefied' to do list. If you like gaining achievements and progressing through levels like you would in a computer game, this might be for you. It is great for my executive function and puts some fun into mundane tasks I would otherwise forget.

”

- Flik aged 27



BRAIN IN HAND

(SUBSCRIPTION SERVICE)

A premium subscription service for remembering activities and reducing anxiety.

Available on iPhone and Android devices

Click here for subscription costs

“

This is easy to use and really customisable and got access to it through my university disability support centre and helps me remember university assignment deadlines and to return library books on time.

”

-George aged 19



COZI FAMILY ORGANISER -

(IN APP PURCHASES)

To do lists, reminders, shopping lists and calendars all sharable between family members.

Available on iPhone and Android devices

Click here to visit website for download

“

Extremely helpful way to manage time with a calendar and reminders. Also good for shopping list etc and you can share with family members. The calendar will also send your schedule for the next week to your email.

”

-Anonymous aged 22

MENTAL HEALTH AND ANXIETY

Anxiety and depression are increasingly common and according to the latest statistics there are some 6 million people in the UK with either anxiety or depression. As people with dyspraxia experience the world differently, it is certainly not uncommon to struggle in these areas.

Here are some of the apps that our community have tried and would recommend and have helped them get through difficult periods and experiences.



RECOMMENDED APPS FOR MENTAL HEALTH



CLEAR FEAR - FREE

This app is aimed at younger adults to help manage their anxiety, uses cognitive behaviour therapy as a basis to help manage anxious thoughts and emotions.

Available on iPhone and Android devices

Click here to visit website for download

“

I sometimes get anxious and was prone to worrying and it was overtaking my life. Clear Fear has helped me get a handle on my emotions and make sense of how I feel. I would definitely recommend speaking to my GP though as a starting point.

Daisy aged 19

”



ALOE BUD - FREE

An app where you can set reminders for yourself to work on self-care.

Available on iPhone and Android devices

Click here to visit website for download

“

I use this because I often forget to do things and the reminders I set in the app helps me with all sorts from drinking enough water, getting things prepared the night before and taking breaks from work so things don't get too much.

- Anonymous aged 52

”



HEADSPACE

(IN APP PURCHASES)

An app based on mindfulness, full of guided meditations and animations to help make sense of anxiety..

Available on iPhone and Android devices

Click here to visit website to download

“

I was introduced to Headspace by my Cognitive Behavioural therapist. and found the animations really clever, simple and really helped me view the situations I face in a more constructive way. I found it great as someone who didn't know anything about anxiety before I was diagnosed.

- Emily aged 36

”



CALM -

(IN APP PURCHASES - £49.99 AFTER FREE TRIAL)

An app based on mindfulness, with guided meditations to help you unwind,, includes topics like self-esteem, managing stress and happiness

Available on iPhone and Android devices

Click here to visit website for download

“

I couldn't recommend highly enough. I find commuting to work quite stressful and I rely on public transport. I use CALM to escape the noise and chaos of rush hour around me. The meditations allow me to escape from it all and regain a sense of perspective when I'm overwhelmed.

-Ray aged 30

”

WHILST HIGHLY USEFUL, THESE APPS SHOULD NEVER REPLACE FACE TO FACE CONTACT WITH A MEDICAL PROFESSIONAL. IF YOU ARE STRUGGLING PLEASE RING YOUR GP SURGERY AS IN SOME CASES YOU MAY NOT NEED A DOCTOR TO REFER TO YOU FOR SUPPORT AND MAY BE ABLE TO REFER YOURSELF.

VOICE TO TEXT AND DICTATION

Dyspraxia can impact fine motor co-ordination resulting in some cases with difficulty around handwriting and using a keyboard. Fortunately through advancement in technology, there are now an array of apps that people with Dyspraxia can use to get their words onto a screen.

Here are some of the apps that some of our community are using and having success with.



RECOMMENDED APPS FOR CONVERTING VOICE TO TEXT



DRAGON PRO

Dragon Pro is the app from Dragon, the respected dictation software used widely in workplaces.

Available on iPhone and Android devices
Click here to visit website for download

“ Dragon Pro has made my life so much easier as I can't type or write for long before my wrists and fingers ache. I also use the desktop version at work and it's software that I trust and saves me so much time as I'm quite slow when it comes to typing and writing by hand.

Chris aged 34

”



NOTABILITY - £11.99

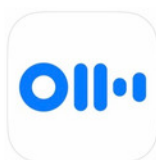
An app designed for use in the classroom or in the office. It has been designed to be simple to use and users can record voice notes.

Available on iPhone and Android devices
Click here to visit website for download

“ I use this for all my lecture notes and to record my thoughts when I have new ideas and captures what I'm saying. It really helps when I have sudden bursts of creativity..

Louisa - 21

”



OTTER VOICE MEETING NOTES (IN APP PURCHASES)

Otter is an app that can record meeting notes so you do not have to write anything down.

Available on iPhone and Android devices
Click here to visit website for download

“ Otter records and takes notes and you get 600 minutes a month for free. It is really useful because I find typing difficult and my handwriting is slow and hard to read back so this really helps get my ideas written down.

- Jack aged 39

”

