

ASSISTIVE TECHNOLOGY RESOURCES

FOR EXECUTIVE FUNCTIONING IN EMPLOYMENT

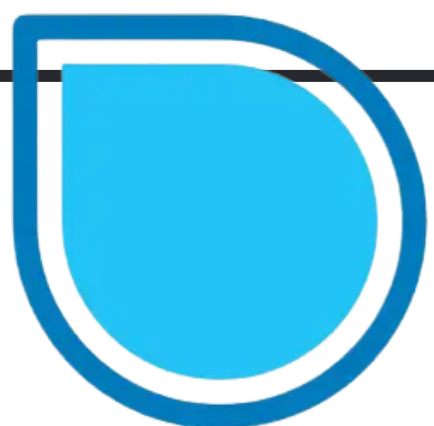
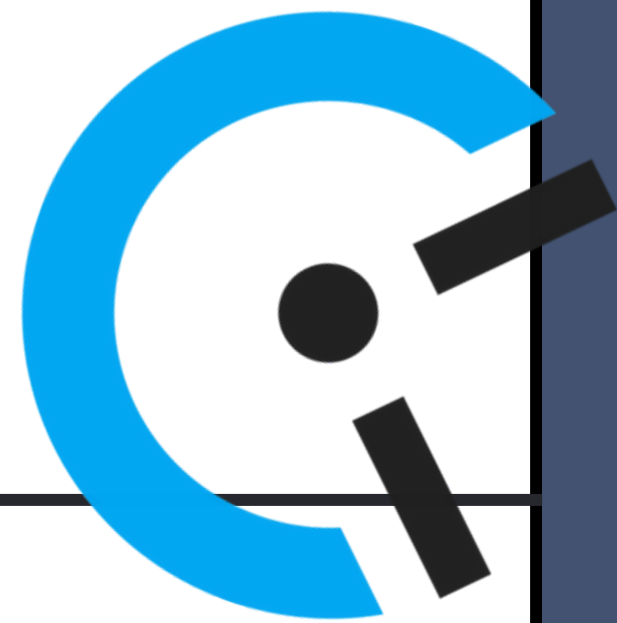
Planning & Task Management Apps



- **Microsoft To Do** – Task lists, reminders, prioritization
- **Google Keep** – Notes, checklists, color-coded labels
- **Trello** – Kanban boards for task sequencing
- **Notion** – Project management, checklists, templates
- **Tiimo** – Visual schedules and reminders for time management

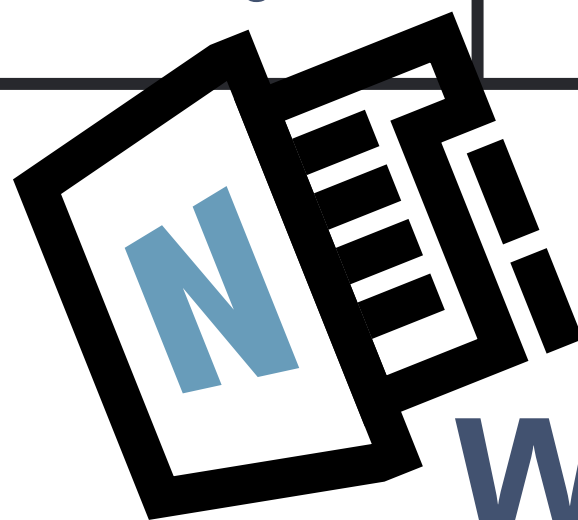
Time Management & Task Initiation Tools

- **Timer** – Visual timer to track time
- **Alarms** – Customizable reminders and notifications
- **Focus Booster** – Pomodoro timer app for task intervals
- **Clockify** – Time tracking and productivity logging



Working Memory

- **Speechify** – Text to speech
- **Voice Dream Reader** – Audio instructions
- **SimpleMind** – Mind mapping for thoughts and steps
- **EverNote** – Note taking



Organization & Workspace Tools

- **Todoist** – Project organization
- **Asana** – Project collaboration
- **OneNote** – Digital notebook



Cognitive Flexibility



- **Lumosity** – Brain training games
- **Peak** – Cognitive skill exercises
- **CogniFit** – Cognitive training apps

Self-Regulation Tools

- **Calming Strategies**
- **Headspace** – Stress reduction exercises
- **Daylio** – Mood and habit tracking app
- **Moodfit** – Tracks mood, stress, and self-care routines



Assistive Technology & Communication

- **Proloquo2Go** – AAC communication app
- **TouchChat HD** – Symbol-based communication app
- **Avaz** – Speech generating communication app