



















Daily Living

	Name of App	Platform	Description	Cost
	Alarmed	iOS 8.0 or later. iPhone, iPad, iPod touch	Reminder & timer app that includes pop-up reminder alerts with repeat scheduling, flexible snooze and full customization; pop-up timers with custom messages, countdown/court up time queues; and support for timed and location reminders.	Free
	Amazon Alexa	iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A companion to your Alexa device for setup, remote control, and enhanced features. Alexa is always ready to play your favorite music, provide weather and news updates, answer questions, create lists, and much more.	Free
	Ariadne GPS	iOS 8.1 or later. iPhone, iPad, and iPod touch	This app offers you the possibility to know your position and to get information about the street, the number, and also lets you explore the map of what is around you.	\$ 5.99
	AroundMe	iOS 6.1 or later. iPhone, iPad, and iPod touch	Identifies your position and allows you to choose the nearest bank, gas station, hospital, etc.	Free
	Board on Time	iOS 5.0 or later. iPhone, iPad, and iPod touch.	Quickly find arrival times of the Valley Metro Light Rail Stations. By using the Find Nearest Station feature users are instantly shown what station they are closest to on their phone. Arrival times for the selected station for both directions are shown and automatically updated.	Free
	Breathe 2 Relax	iOS 7.0 or later. iPhone, iPad, and iPod touch.	A portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.	Free
	CareZone	iOS 8.4 or later. iPhone, iPad, and iPod touch.	Take pictures of meds (prescriptions, OTC, and supplements) and the names, dosages, and other details are automatically added for you. (No typing!); Always have a list of medications, dosages, and schedules with you; Receive reminders when it's time to take a med, or refill a prescription and track adherence progress by recording when doses are taken; Print a pre-	Free
	Fahrenheit	iOS 6.0 or later. Compatible with iPhone, iPad and iPod touch. Optimized for iPhone 5.	Weather and temperature on your Home Screen icon, Notification Center and Lock Screen.	Free
	Find My Train	iOS 5.1 or later. Compatible with iPhone, iPad, and iPod touch. Optimized for iPhone 5.	With one tap, find out when the nearest Valley Metro Light Rail train is scheduled to arrive. Complete Valley Metro Light Rail schedule and an interactive Valley Metro Light Rail map.	\$ 0.99
	Flipboard	iOS 8.0 or later. iPhone, iPad, and iPod touch.	Flipboard is a social magazine. It's a place to keep up on all your interests – reading, collecting and sharing stories you care about.	Free
	Google Home	iOS 9.1 or later. iPhone, iPad, and iPod touch.	With the Google Home app, you can set up and control your Chromecast, Google Home and other Assistant speakers.	Free
	Google Maps	iOS 7.0 or later. iPhone, iPad, and iPod touch.	Google Maps makes navigating your world faster and easier. Find the best places in town and the information you need to get there.	Free
	Harmony Control	iOS 6.0 or later. iPhone, iPad, and iPod touch.	Control your home from your iPhone. Dim the lights, close the blinds, crank the volume, and start the movie— with one touch. Combine home entertainment—TVs, stereos, cable/satellite set-top boxes, and game consoles—with home automation—connected lights, locks, blinds, thermostats, sensors, and more. The app works with Harmony Ultimate Home. Harmony Home	Free
	Insteon for Hub	iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	Connects users to their home from any smartphone or tablet to control Insteon light bulbs, wall switches, outlets and thermostats.	Free
	iProcrastinate	iOS	iProcrastinate for iOS is a simple task management application that syncs wirelessly with iProcrastinate on your Mac, or over the internet via iCloud, or Dropbox! No longer available on iTunes.	\$ 1.99
	Med Time	iOS 5.0 or later. Compatible with iPhone, iPad and iPod touch. Optimized for iPhone 5.	Emits an alarm when you need to take a medicine. Med Time generates a schedule and manages days, dosages and pictures.	\$ 1.99
	NFB-Newsline Mobile	iOS 6.0 or later. iPhone, iPad, and iPod touch.	Provides the text of over four hundred newspapers, fifty magazines, emergency weather alerts and seven day forecasts, personalized television listings, and now retail ads.	Free
	Operation Reach Out	iOS 9.0 or later. iPhone, iPad, and iPod touch.	Encourages people to reach out for help when they are having suicidal thoughts. Helps those who are concerned about family members, spouses, or fellow service members who may be suicidal. Provides a personal contact help center. Provides activities to help people who are depressed stay connected to others.	Free

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 Philips Hue	iOS 10.0 or later. iPhone, iPad, iPod touch	Control every Philips Hue product in your home from the palm of your hand or from the Apple Watch. Personal wireless lighting. Requires Philips Hue starter pack and allows accessories to be added. To be used with separately purchased devices (Amazon Echo with Philips Hue Starter Kit & Insteon Starter Kit).	free
 Red Panic Button	iOS 7.0 or later. iPhone, iPad, and iPod touch	When you are in trouble press the Red Panic Button. You just have to set a panic number or mail address and the phone will send a message which contains your address and location, determined using the GPS coordinates.	Free
 Sagely	Android 4.0 and up	Manage and schedule your medications and vitamins.	Free
 Sagely	iOS 7.1 or later. iPhone, iPad, and iPod touch.	Manage and schedule your medications and vitamins.	Free
 Self-help for Anxiety Management	iOS 7.0 or later. iPhone, iPad, and iPod touch.	Offers a range of self-help methods for people who are serious about learning to manage their anxiety.	Free
 Sleep Cycle alarm clock	iOS 8.0 or later. iPhone, iPad, and iPod touch.	An intelligent alarm clock that analyzes your sleep and wakes you in the lightest sleep phase – the natural way to wake up feeling rested and relaxed.	\$ 1.99
 SleepBot	iOS 7.0 or later. iPhone, iPad, and iPod touch.	A sleep cycle tracker and smart alarm. Customize how you want to sleep and wake up gently each morning during your lightest sleep phase. Listen to soothing ambient soundtracks as you fall asleep.	Free
 SmartShaker	iOS 7.1 or later. iPhone, iPad, and iPod touch	This app accompanies a wireless bed shaker that fits under your pillow and uses vibration to wake you up.	Free
 SmartThings Mobile	iOS 8.1 or later. iPhone, iPad, and iPod touch.	Monitor, control, and secure your home from anywhere in the world using the SmartThings Hub device.	Free
 T2 Mood Tracker	iOS 7.0 or later. iPhone, iPad, and iPod touch.	Allows users to monitor their moods on six pre-loaded scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built. Users rate their moods by swiping a small bar to the left or to the right. The ratings are displayed on graphs to help users track their moods over time.	Free
 TCL Alarm	iOS 7.0 or later. iPhone, iPad, and iPod touch	This app works with the TCL Alarm Vibration Alarm hardware. Using Bluetooth 4.0 technology you can create alarm settings (both vibration and/or audible) by personal preference through an interface on your mobile devices.	Free
 tecla	iOS 9.0 or later. iPhone, iPad, and iPod touch.	tecla is the companion app to the tecla-e assistive device, giving individuals with physical disabilities the ability to communicate, control and connect with the world from a mobile device.	Free
 TransitTimes+	iOS 6.1 or later. iPhone, iPad, and iPod touch. Optimized for iPhone 5.	Comprehensive scheduled & real-time public transit information for USA and other countries. Includes directions search, offline schedules, wheelchair accessibility information, and departure/arrival alarms.	\$ 2.99
 We Tap! For Belkin WeMo	iOS 8.0 or later. iPhone, iPad, and iPod touch	This app allows to easily control of your Belkin WeMo switches, via WiFi, from the Apple Watch and the Today View of the Notification Center. This app requires at least one WeMo switch/link in order to work. WiFi is a requirement and you must be on the same WiFi network of the switched. Cellular is not supported.	\$ 1.99