





Apps & online resources for stroke patients





APPs LIST

- Balance and Mobility
- Cognition
- Vision
- Arm recovery
- Mood
- Medication, Health and Support
- Speech and Language Therapy






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APP	DESCRIPTION	COST
BALANCE AND EXERCISE		
<p>Clock Yourself</p>  <p>Clock Yourself - Clock Yourself</p>	<p>Designed by an Australian physiotherapist, this app helps you “think faster on your feet.” The app introduces progressively complex activities to help you react more quickly with your body. This can be especially helpful for stroke patients who lack balance and coordination and therefore are at a heightened risk of falling.</p>	<p>2.99</p>
<p>Sitfit exercise app</p>  <p>SitFit Exercise on the App Store (apple.com)</p>	<p>Seated exercise programme with 3 levels of difficulty Gentle overall exercise, fitness and stretching</p> <p>Videos to follow along</p>	<p>Free</p>
<p>Rehabit</p>  <p>Rehabit: brain recovery habits on the App Store (apple.com)</p> <p>Rehabit: brain recovery habits - Apps on Google Play</p>	<p>This is an app that aims to help you create wellness habits. It provides a habit tracker, habit suggestions, a journal, active learning resources and home exercise videos.</p>	<p>In-app purchases £0.89 – £85.99</p>
Cognition		
<p>Lumosity</p>  <p>Lumosity: Brain Training on the App Store (apple.com)</p>	<p>Cognitive games to challenge memory, speed, logic, problem solving, maths & language</p>	<p>Limited access for free. Upgrade to Pro for a fee (wider choice of games) £59.99 per year</p>





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Lumosity: Brain Training - Apps on Google Play		
<p>Happy Neuron</p>  <p>HappyNeuron</p>	<p>Computer programme brain training method to stimulate the 5 main cognitive functions: memory, attention, language, executive functions, and visual spatial skills.</p> <p>2 programmes: 'wellness' and 'performance', depending on level of challenge desired. Personalised based on cognitive profiling.</p>	<p>Free for 7 day trial then monthly subscription</p>
<p>Constant Therapy</p>  <p>Constant Therapy: Brain Rehab on the App Store (apple.com)</p> <p>Constant Therapy: Brain Rehab - Apps on Google Play</p>	<p>Speech therapy app for people recovering from stroke, traumatic brain injury, or who have aphasia, dementia and other speech-language disorders. The app can improve speech, language, cognition, memory, reading, attention and comprehension skills with 65 categories of tasks, over 60,000 stimuli, and 10 difficulty levels.</p>	<p>Free for 14 days then subscription £26.49 per month</p> <p>Free version for clinicians</p>
<p>Peak</p>  <p>Peak - Brain Training on the App Store (apple.com)</p> <p>Peak – Brain Games & Training - Apps on Google Play</p>	<p>Free brain games and puzzles to challenge memory, attention, maths, problem solving, mental agility, language, coordination, creativity and emotion control.</p>	<p>Limited version free. Upgrade to Pro for a fee.</p>
<p>Matrix Game 3</p>  <p>Matrix Game 3 on the App Store (apple.com)</p>	<p>Helps develop visual perception skills such as visual discrimination. It also helps develop attention and concentration, spatial orientation, principles of classification and categorization and executive functions such as planning and perseverance.</p>	<p>Free</p>






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<p>Wordsearch</p> 	<p>Wordsearches to work on cognitive and visual skills</p>	<p>Free</p>
<p>Sudoku</p>  <p>Sudoku: Number Match Game - Apps on Google Play</p> <p>*Sudoku on the App Store (apple.com)</p>	<p>Learn and improve Sudoku skills; good for cognition & vision.</p>	<p>Free</p>
<p>Elevate</p>  <p>Elevate - Brain Training Games - Apps on Google Play</p> <p>Elevate - Brain Training Games on the App Store (apple.com)</p>	<p>Helps to improve cognitive function through educational games. Includes games that work on memory, comprehension, and processing skills. The app allows you to progress the difficulty level as your skills improve to continue challenging your brain. As a result, you can continue to improve your skills and sharpen your cognitive abilities.</p>	<p>Free for limited content. Upgrade to Pro for a fee.</p> <p>16.49 per year.</p>
VISION		
<p>AbilityNet</p>  <p>Vision-impairment-and-Computing-Easy-Read-Accessible.pdf</p>	<p>They are a company that supports disabled people to use technology.</p> <p>The link goes to a fact sheet where there is a list of various apps that you may find useful.</p>	
<p>Visual Attention Therapy</p> 	<p>Helps people with visuospatial neglect improve scanning abilities using traditional cancellation exercises.</p>	<p>Lite version free. Full version £7.99</p>





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<p>Visual Attention Therapy on the App Store (apple.com)</p> <p>Visual Attention Therapy - Apps on Google Play</p>		
<p>Attention Test</p> 	<p>Available on Google Play; provides classic test of visual attention. Choose between 4 levels of complexity.</p>	<p>Free</p>
<p>What's the difference? Spot it!</p>  <p>What's the Difference? Spot It on the App Store (apple.com)</p>	<p>Helps to improve attention and visual scanning. The app challenges you to identify small differences between otherwise-identical pictures.</p>	<p>Free</p>
<p>ARM</p>		
<p>Dexterity</p>  <p>Dexterity - Fine Motor Skills on the App Store (apple.com)</p>	<p>Designed to rehabilitate finger and hand movement. It provides exercises for patients to follow in their own homes and at their own speed. 3 main games work on pincer grip and finger movement.</p>	<p>£7.99</p>
<p>Hand therapy</p>  <p>Hand Therapy on the App Store (apple.com)</p> <p>Hand Therapy - Apps on Google Play</p>	<p>Enables therapist to indicate which exercises they recommend to their patients and how often to do them. Helps patients' comprehension and motivation to do their exercises. The app has a reminder function, allowing the therapist or patient to set a reminder to do the exercise at a prescribed interval throughout the day.</p>	<p>Free</p>


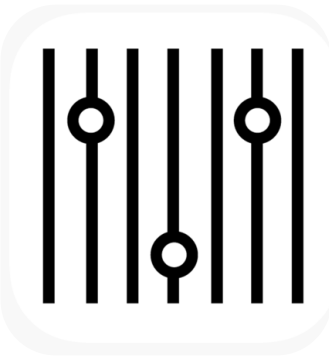
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<p>Orienteate</p>  <p>Orienteate - Apps on Google Play</p> <p>Orienteate - Pain Management on the App Store (apple.com)</p>	<p>Provides images of hands and feet in different positions and postures, on nine levels, totalling over one thousand five hundred images. Helps to retrain the brain to see and recognize the missing hemisphere and aid the remapping of the brain.</p>	<p>Free</p>
MOOD		
<p>Virtual Hope Box</p>  <p>Virtual Hope Box on the App Store (apple.com)</p> <p>Virtual Hope Box - Apps on Google Play</p>	<p>A smartphone application designed for use by patients as an accessory to treatment. The VHB contains simple tools to help patients with coping, distraction, positive thinking and relaxation (including guided imagery, controlled breathing and muscle relaxation). VHB content can be personalised on the patient's own smartphone according to the patient's specific needs.</p>	<p>Free</p>
<p>Headspace</p>  <p>Headspace: Sleep & Meditation on the App Store (apple.com)</p> <p>Headspace: Meditation & Sleep - Apps on Google Play</p>	<p>Guided meditation and mindfulness exercises & techniques</p>	<p>7-14 days free trial with limited content then monthly subscription</p>
<p>Breathe2Relax</p>  <p>Breathe2Relax on the App Store (apple.com)</p> <p>Breathe2Relax - Apps on Google Play</p>	<p>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.</p>	<p>Free</p>
<p>Calm</p> 	<p>Relaxation, meditation and mindfulness exercises to reduce stress & anxiety and improve sleep.</p>	<p>Free trial then subscription</p>




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<p>Calm: Sleep & Meditation on the App Store (apple.com)</p> <p>Calm - Sleep, Meditate, Relax - Apps on Google Play</p>		
<p>Simple Habit </p> <p>Simple Habit: Meditation - Apps on Google Play</p> <p>Simple Habit Sleep, Meditation on the App Store (apple.com)</p>	<p>An app for meditation, mindfulness and stress relief. Meditations last from 5 to 20 minutes and you can specify what situation or mood you're in. Good for people new to meditation.</p>	<p>Free for basic version. Subscription cost for premium membership.</p>
MEDICATION, HEALTH & SUPPORT		
<p>Medisafe </p> <p>Medisafe Pill Reminder on the App Store (apple.com)</p> <p>Medisafe Pill & Med Reminder - Apps on Google Play</p>	<p>Provides medication reminders & health tracking information: can add alerts for carers/ family if medication is not taken and gives reminders for re-ordering medication. Allows addition of health related measurements such as blood pressure & weight.</p>	<p>Free</p>
<p>My Therapy </p> <p>MyTherapy Pill Reminder on the App Store (apple.com)</p>	<p>A similar app for medication reminders and health monitoring.</p>	<p>Free</p>
<p>My Stroke Guide</p> <p></p>	<p>A site created and maintained by the Stroke Association to provide information and advice on stroke recovery, life after stroke and how to live well after a stroke. You can also get community support by joining the online forum, and keep up to date by subscribing to pages relevant to you, the My Stroke Guide Blog and YouTube channel.</p> <p>The My Stroke Guide forum is an online community for stroke survivors, carers and health professionals. The forum operates on Discourse, an open-source forum based</p>	<p>Free</p>



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	platform. It allows users to keep track of new and unread posts and notifications.	
SPEECH AND LANGUAGE		
<p>Tactus Language Therapy</p>  <p>Tactus Therapy: Speech Therapy Apps for Adults with Aphasia after Stroke</p>	<p>A speech therapy apps that give stroke survivors the intensive practice they need to get better.</p> <p>These are the same professional tools that medical speech-language pathologists are using to provide effective rehabilitation in hospitals and clinics around the world.</p> <p>Tactus language therapy 4-in-1 Language Therapy 4-in-1 Speech App for Aphasia & Stroke iOS Android (tactustherapy.com)</p> <p>Tactus apraxia Apraxia Therapy App with VAST Video for Speech after Stroke iOS Android (tactustherapy.com)</p> <p>Tactus Alpha topics AAC – comm charts/boards AlphaTopics AAC App: ABC Letter Board, Whiteboard & Topics for Speech (tactustherapy.com)</p>	<p>£69.99</p> <p>£24.99</p> <p>£4.99</p>
<p>Bla Bla Bla</p>  <p>Bla Bla Bla on the App Store (apple.com)</p>	<p>Bla Bla Bla is a sound reactive application for iPhone and iPad. This app derives from an exercise called “Parametric Mask”.</p> <p>The exercise was part of a one-day workshop held in December 2010 at the design department of IUAV, in Venice, and in February 2011 at the ISIA of Urbino. The aim of the workshop, called “Procedures of Basic Design”, is to go beyond the classic exercises about shape and perception that characterize the Basic Design course.</p> <p>These new exercises introduce the use of a programming language as a problem-solving tool, but the workshop itself is not focused on programming: the language is a tool, a way to use numbers, math and logic to show objectively how to solve a design</p>	<p>Free</p>

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	<p>problem. The course was aimed to first year students with no coding experience. The language used in workshop activities was Processing. The porting for iOs was written in Open Frameworks.</p>	
<p>Lingraphica TalkPath Therapy</p>  <p>Lingraphica TalkPath Therapy on the App Store (apple.com)</p>	<p>‘TalkPath™ Therapy is Lingraphica’s easy-to-use, integrated language and cognitive solution accessible online from a Web browser or online or offline on an iPad. With TalkPath Therapy, users can practice language and cognitive skills for free with more than 13,500 scientifically designed tasks in eight areas: news, speaking, reading, writing, listening, memory, reasoning, and daily living.’</p>	Free
<p>SmallTalkConversationalPhrases</p>  <p>SmallTalkConversationalPhrases on the App Store (apple.com)</p>	<p>‘SmallTalk Conversational Phrases provides a library of pictures you can tap that speak out loud. This includes common words and phrases like greetings, responses, requests, and statements on well-being. It’s perfect for conversing with friends, relatives, and others.</p> <p>You can easily rearrange the order of the icons or remove others to make it simpler to focus on your most important messages. Then, reset the app to return to original settings.’</p>	Free
<p>Small Talk Daily Activities</p>  <p>https://apps.apple.com/us/app/small-talk-daily-activities/id403060140?platform=ipad</p>	<p>‘SmallTalk Daily Activities provides a library of pictures you can tap that speak out loud. This includes common words and phrases around communication, eating, dressing, grooming, living at home, leisure, and more.</p> <p>You can easily rearrange the order of the icons or remove others to make it simpler to focus on your most important messages. Then, reset the app to return to original settings.’</p>	Free

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<p>I Have Aphasia</p>  <p>The "I have Aphasia" App on the App Store (apple.com)</p>	<p>‘The "I have Aphasia" app is designed to be used on your iPhone, iPod or iPad so you can inform people you meet about aphasia. It opens a short, animated film explaining Aphasia, which was produced by Tayside Healthcare Arts Trust with the Tap and Talk Aphasia iPad Group at the University of Dundee. The video is one and a half minutes long, short enough to show it and set the scene before a conversation. You have the choice of a male or a female voice to speak the movie text, you can stop the movie at any time, and you can share it using the controls within the app. All stop motion animations in the movie were created by the Tap and Talk Aphasia iPad Group during animation workshops. We hope this app will help you when you introduce yourself to people who don't know you and know little or nothing about aphasia. Please send us feedback and ideas using the feedback function of the app.’</p>	<p>Free</p>
<p>Speech Sounds on Cue</p>  <p>Speech Sounds on Cue (Aus Eng) on the App Store (apple.com)</p>	<p>‘This application shows how to produce speech sounds and words and encourages speech, even in people with severe speech difficulties. This easy to use iPad application contains over 500 videos, sound clips and colour photos designed to help adults and children to produce the consonant speech sounds in isolation, in words and in sentences. Now includes recording, playback, rhyming words and randomisation.</p> <p>This software is especially helpful to those who need to hear and see a sound made, for example, patients with motor speech difficulty due to speech apraxia (verbal or oral apraxia affecting speech).’</p>	<p>£12.99</p>