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WELCOME!

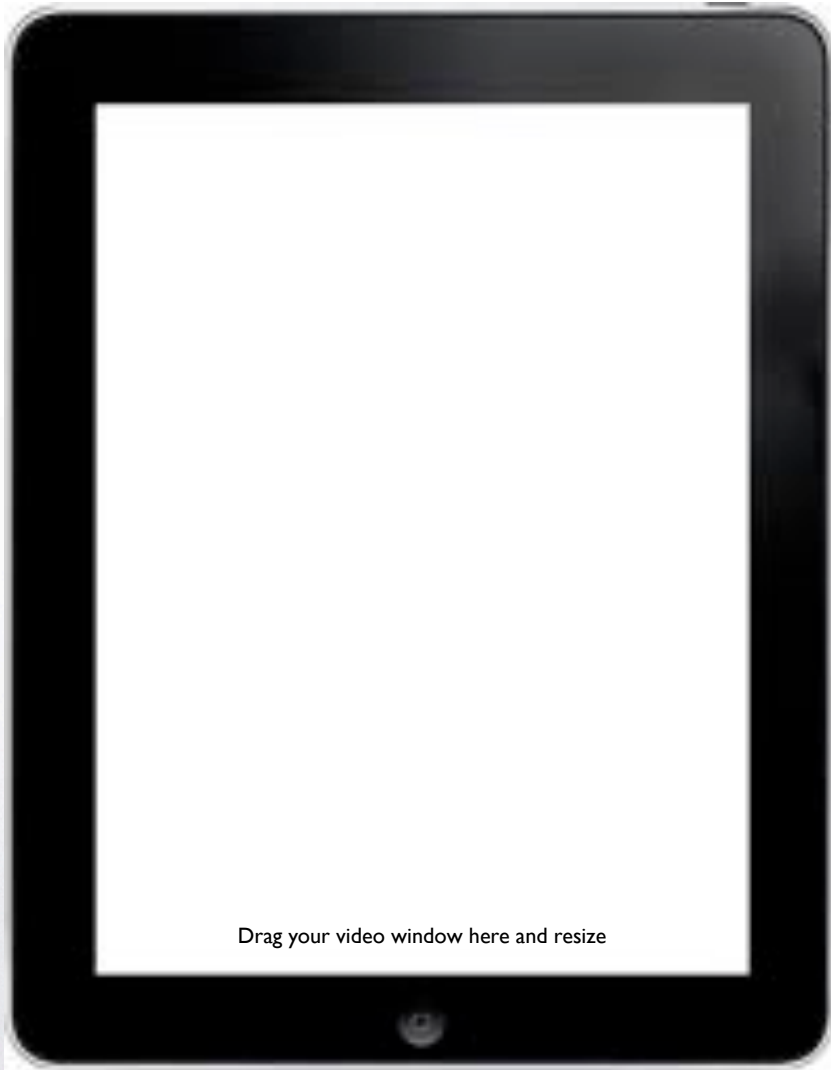
Apps in Action for Sensory Regulation

Barbara Welsford, M.Ed., ATP,
ATS, LDATS, ADE
Assistive Technology Specialist

Lindsay Welsford, BSc., B.Ed,
M.Ed.

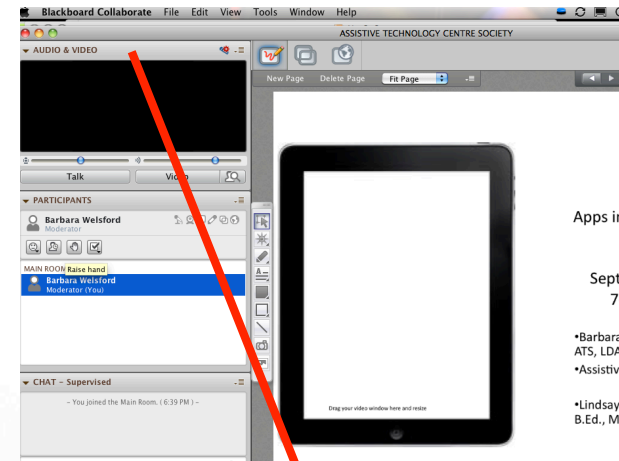


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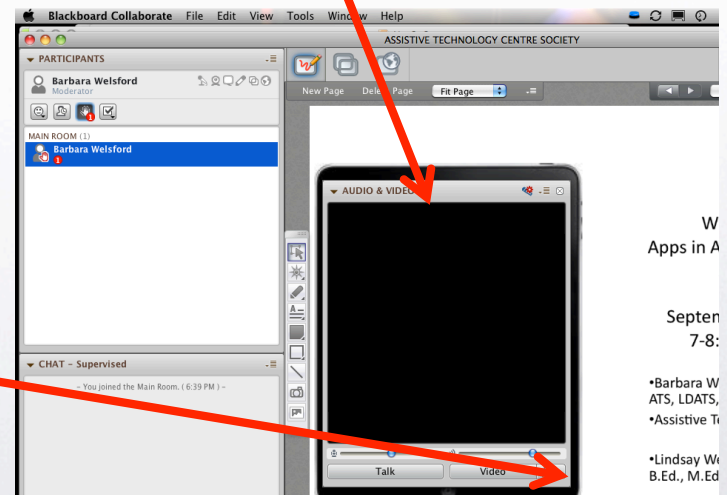
1

Hold down your mouse on the Audio and Video window toolbar and drag the window down to the iPad on the whiteboard



2

Click on the bottom right hand corner of the video window and drag down to the right to enlarge your view





Assistive Technology Centre Society



ASSISTIVE TECHNOLOGY CENTRE
Technology solutions for people with disabilities



Assistive Technology
Centre Society
Registered Canadian
Charity

Providing Assistive
Technology Services and
Supports to individuals
with disabilities since 1993

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Thanks to a grant from



AUTISM SPEAKSTM
CANADA 

It's time to listen.
Il faut écouter.

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Presenter

**Barbara Welsford, M.Ed., ATP,
ATS, LDATS, ADE**

Assistive Technology Specialist

Barbara Welsford, M.Ed., ATP, ATS, LDATS, ADE
Apple Distinguished Educator 2011
Proloquo2go Certified Trainer
Assistive Technology Specialist

In the field of AT for over 25 years
Assistive Technology Specialist SSRSB
Co-founder and Chair of the ATCS

Works with students from K-12 and Early Intervention Program
1 year prior to entering school. All abilities. All AT.
Designs and teaches Graduate courses in Assistive Technology
for Acadia University and St.Fx University
Currently also working on Ph.D. with University of South
Australia

Certified by the ATCS 1000



Distinguished Educators



Presenter

Lindsay Welsford, B.Sc., B.A., B.Ed., M.Ed.

Program Support Teacher/ Learning Centre
Teacher Forest Heights Community School
Currently works with highest needs students in a
Learning Centre environment, including numerous
students with severe autism
grades 10-12

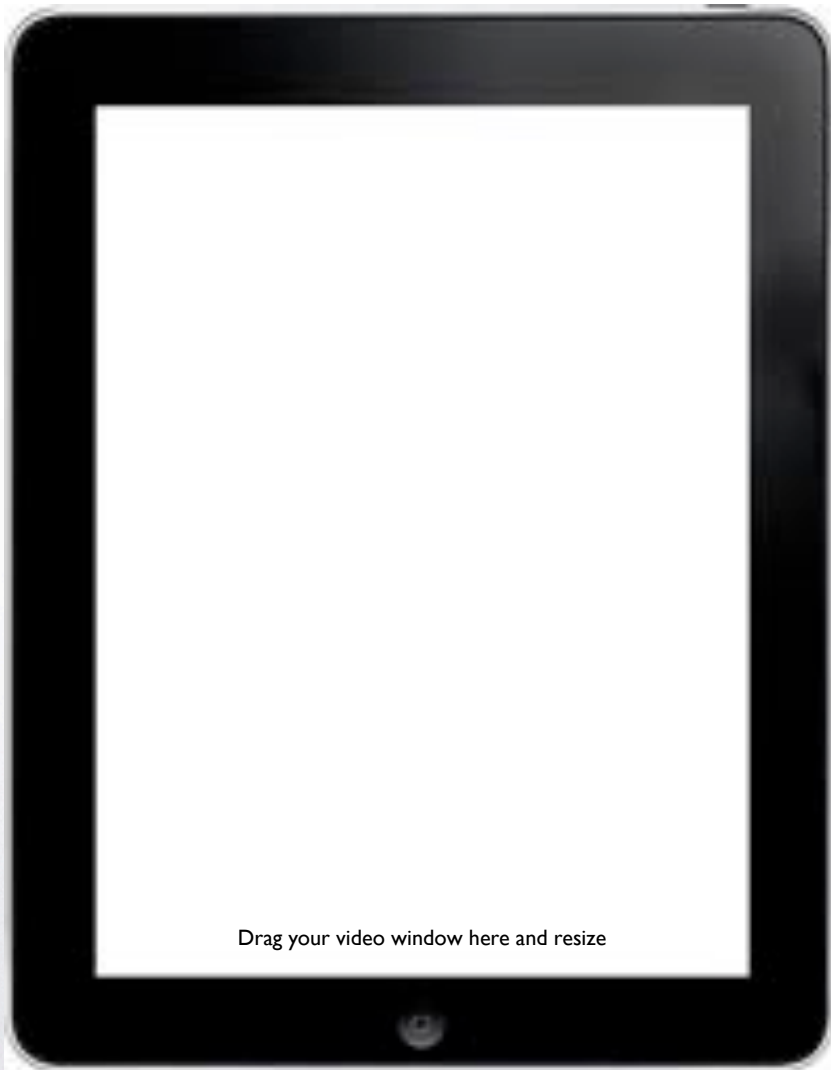
Previous employment with the University of New
Brunswick as the Assistive Technology Mentor

Has also worked in a recreation capacity with the
Queen Alexandra Centre for Children's Health,
Victoria, BC (ages 6-19)



Making the App Match What to consider...

- Task (what does the user need to do)
- Primary User
 - Interests, motivators, barriers
 - Physical access skills
 - Cognitive abilities
 - Literacy Levels
 - Visual and Auditory considerations
 - Communicative capabilities
- Environment (where will the primary user be utilizing the iPad)
- Technology features and effects of Time



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Sensory Regulation

Auditory

Relax Melodies Premium

Visual

Fluid 2

Pocket Pond

Bubble Popper

Tactile

Pirate Scribblebeard's Treasure

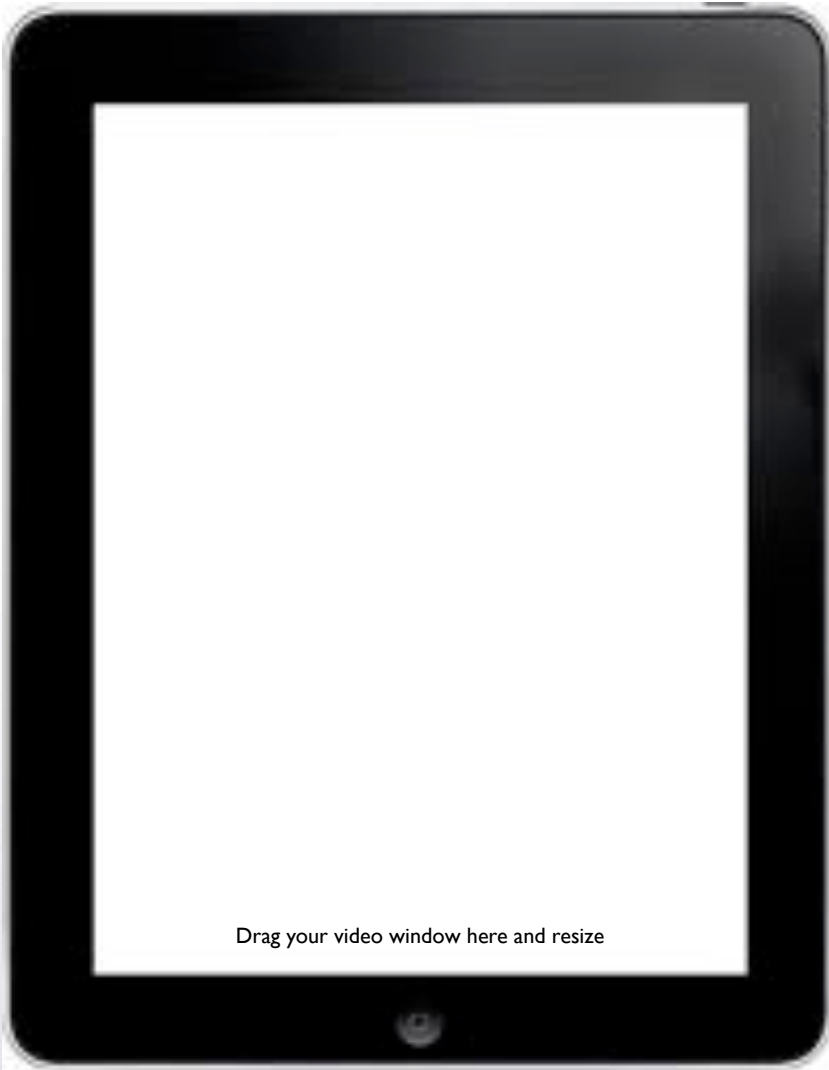


Sensory Regulation

- Recognition of emotional states (sad, tired, calm, frustrated, happy, anxious, angry, etc.) and regulating those states.
- Tools are used to help the child maintain or return to a calm, alert state. They are then engage in learning activities.

Suggestions for Implementation

- Proactive or reactive use
- Scheduled into the student's day
- Limited with a timer, with a preferred activity scheduled directly afterward
- Matched appropriately according to the student's sensory requirements
- Consideration the environment



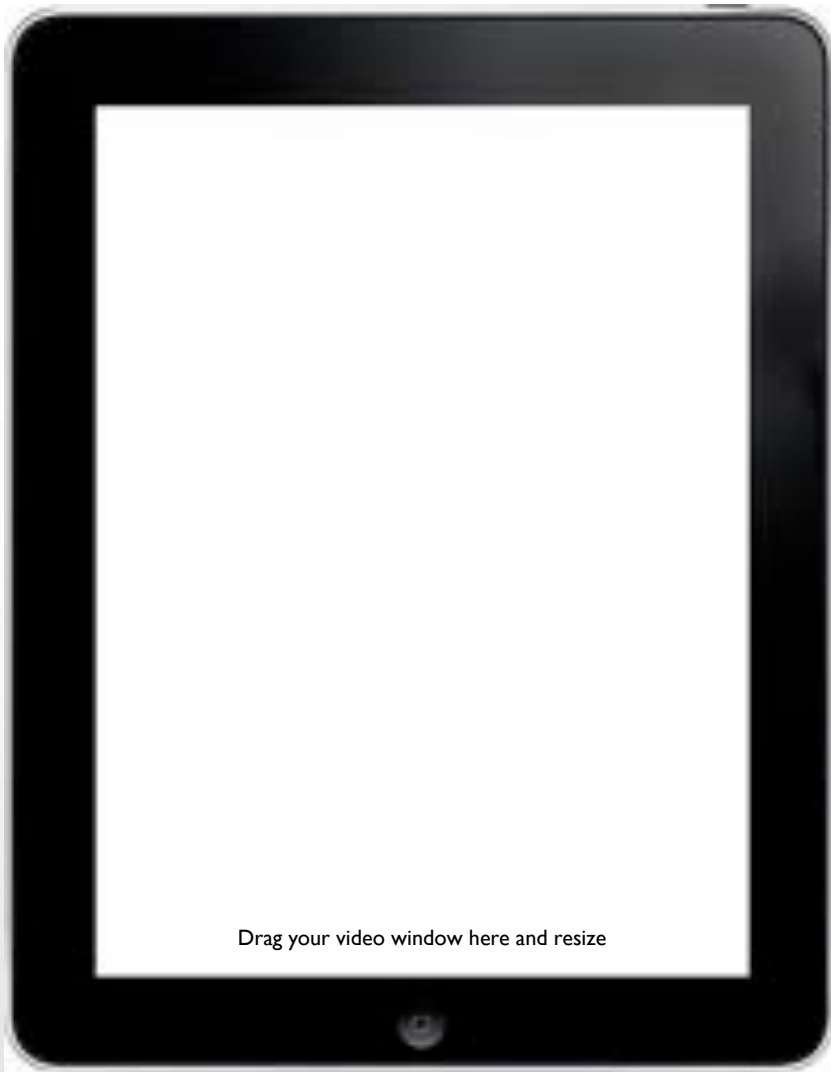
Relax Melodies Premium

\$3.99



- 82 High quality ambient sounds including 6 binaural beats frequencies for brainwave entrainment.
- Mix your favourite sounds together with different volumes to create your own personal melodies
- Save, name and replay your favorites easily
- Picture cues attached to each ambient sound

Relax Melodies Premium



MUSIC APPS

Pocket Guitar

\$0.99

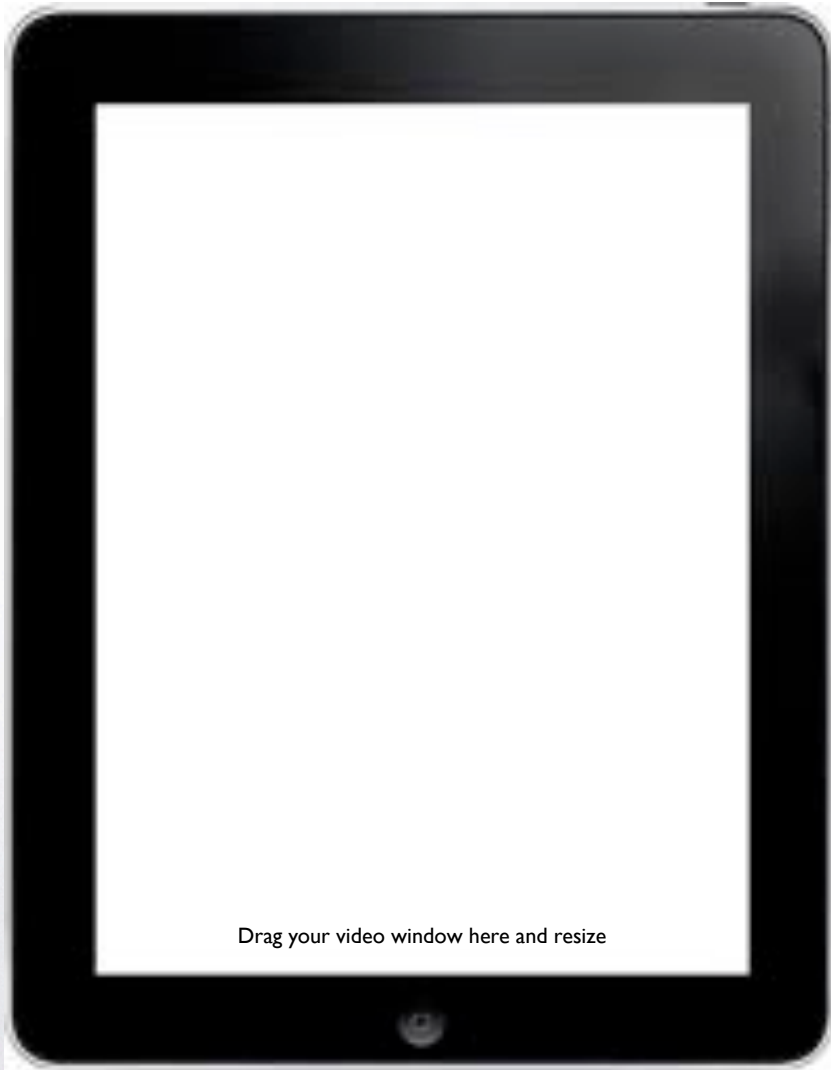
- Transforms your iPod Touch into a guitar

Bloom

\$3.99

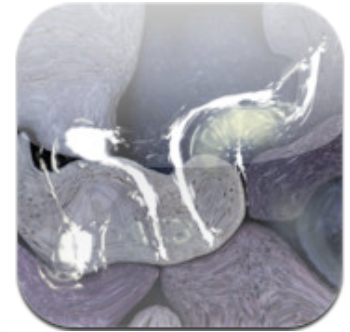
- Allows anyone to create patterns and melodies by simply tapping the screen
- 12 different mood settings
- Random mood shuffle
- Adjustable delay
- Shake to clear
- Evolve when idle





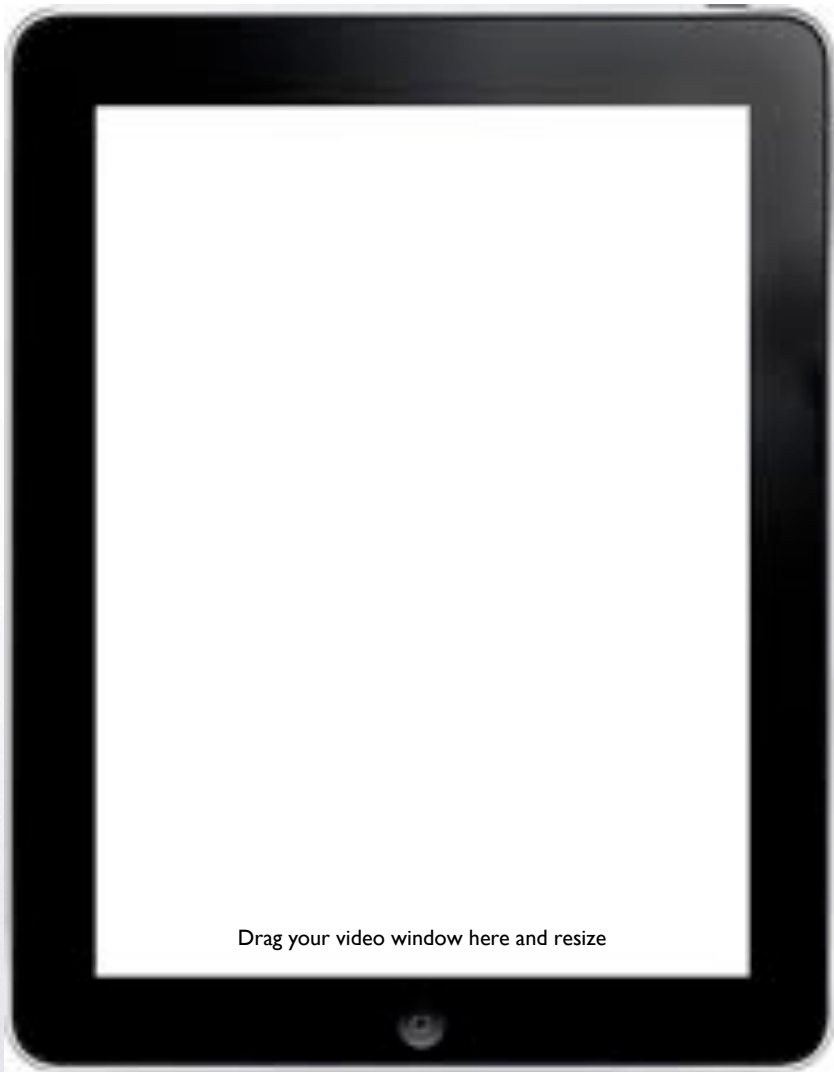
Fluid 2

\$ 0.99



- Turns the surface of your device into an interactive liquid
- Set the viscosity of the water
- Change the color of the water to your liking
- Import a background of your choice from your photo library
- 5 finger touch opens settings page
- Music optional

Fluid 2



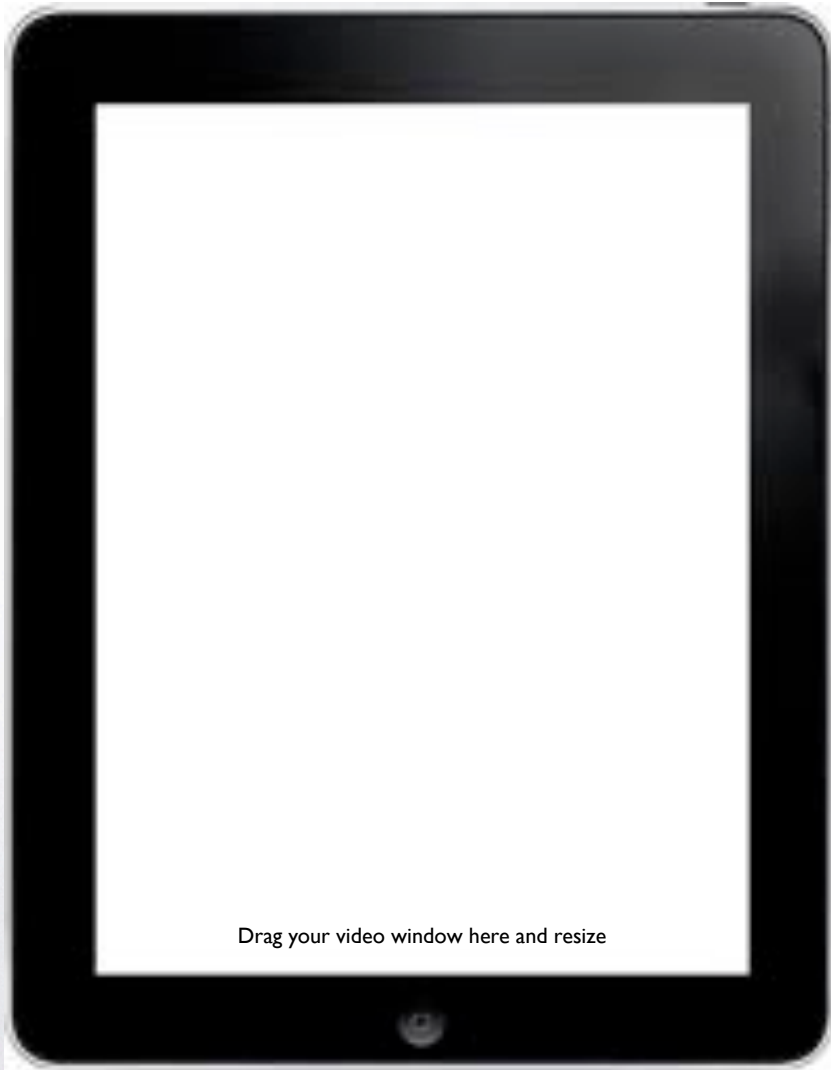
Pocket Pond

Free



- Interactive water
- Feed the fish, create thunderstorms, customize lily pads
- Touch the plus at the top left hand corner of the screen and add more lily pads, dragonflies, food, and other fish to your pond
- In addition to sensory regulation utilize this app to enhance discussion, ecosystem knowledge, verbal expression
- Able to buy more creature packs to add to your pond

Pocket Pond



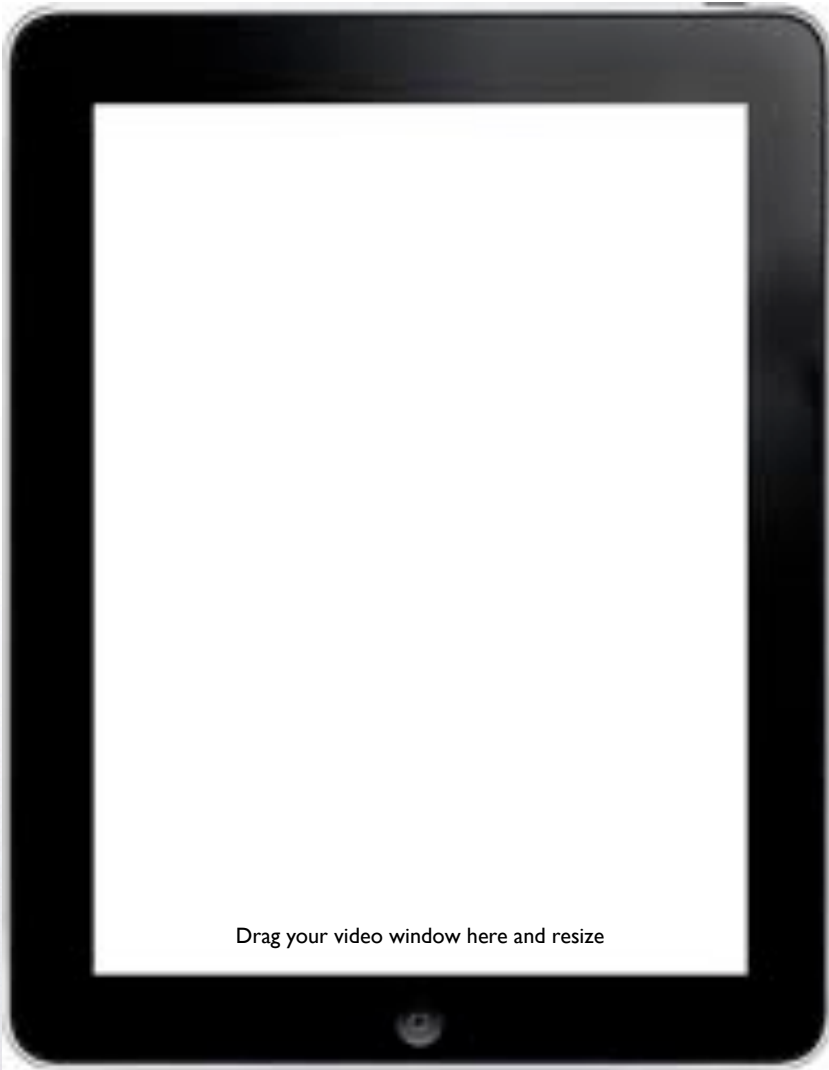
Bubble Popper

Free



- You are given one minute to pop as many bubbles as you can or you can pop for as long as you like
- Customize the bubble size and colour
- Volume adjustable

Bubble Popper



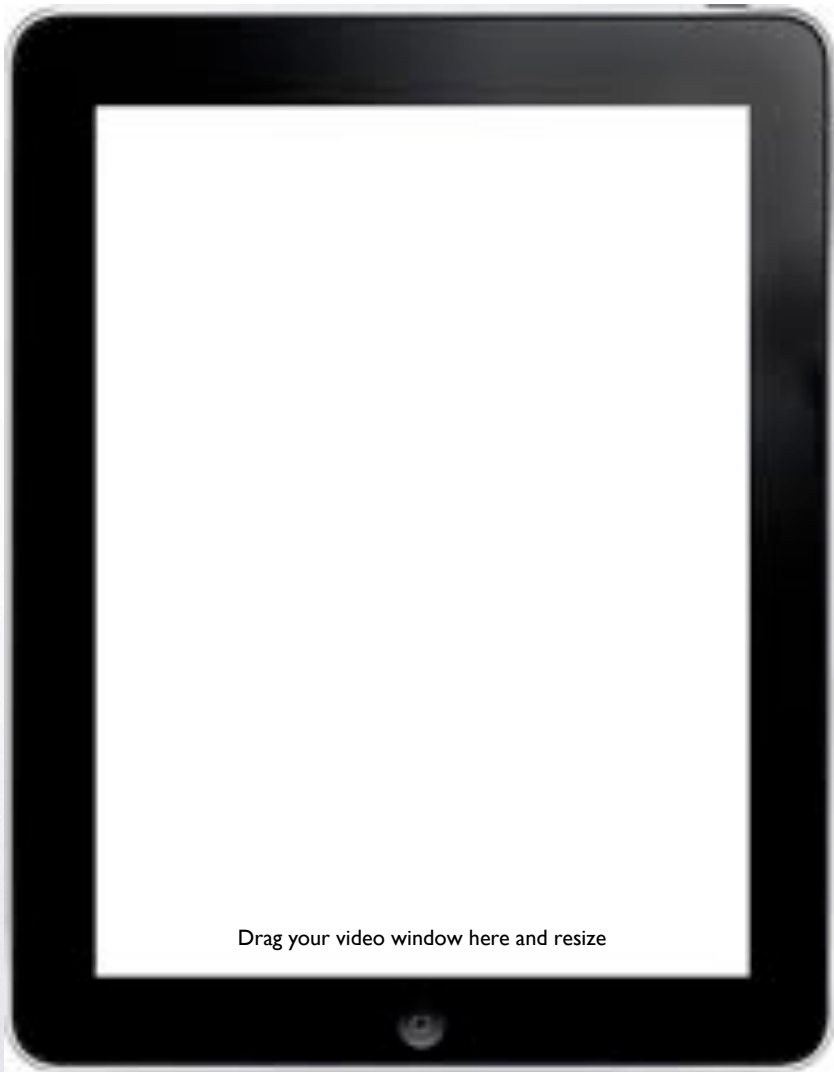
Pirate Scribblebeard's Treasure

\$2.99



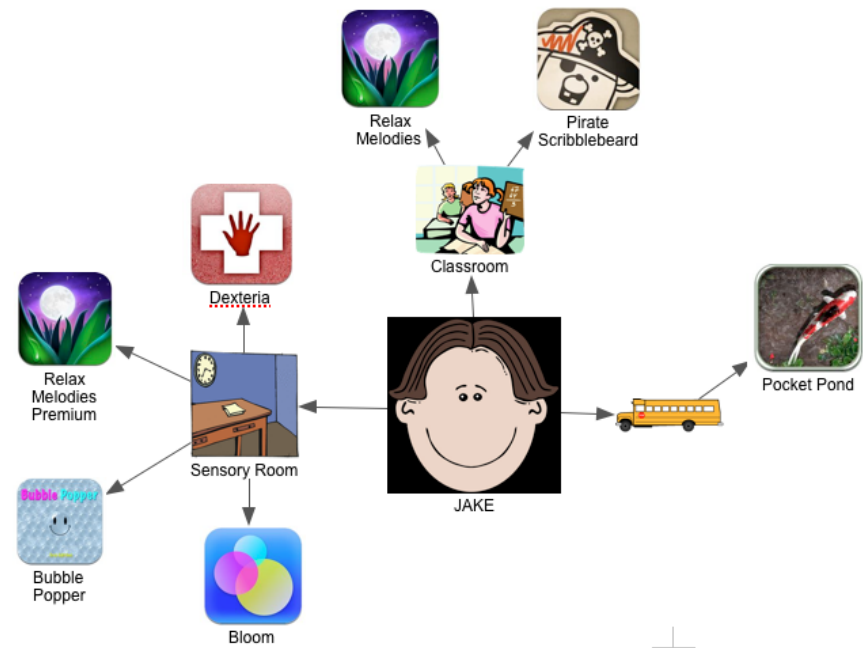
- Pirate Theme
- Simple, easy to use drawing and erasing tools
- Provides structure and cues for drawing
- Provides auditory feedback when drawing
- Animates drawings on each page
- Save to photo library or email pages

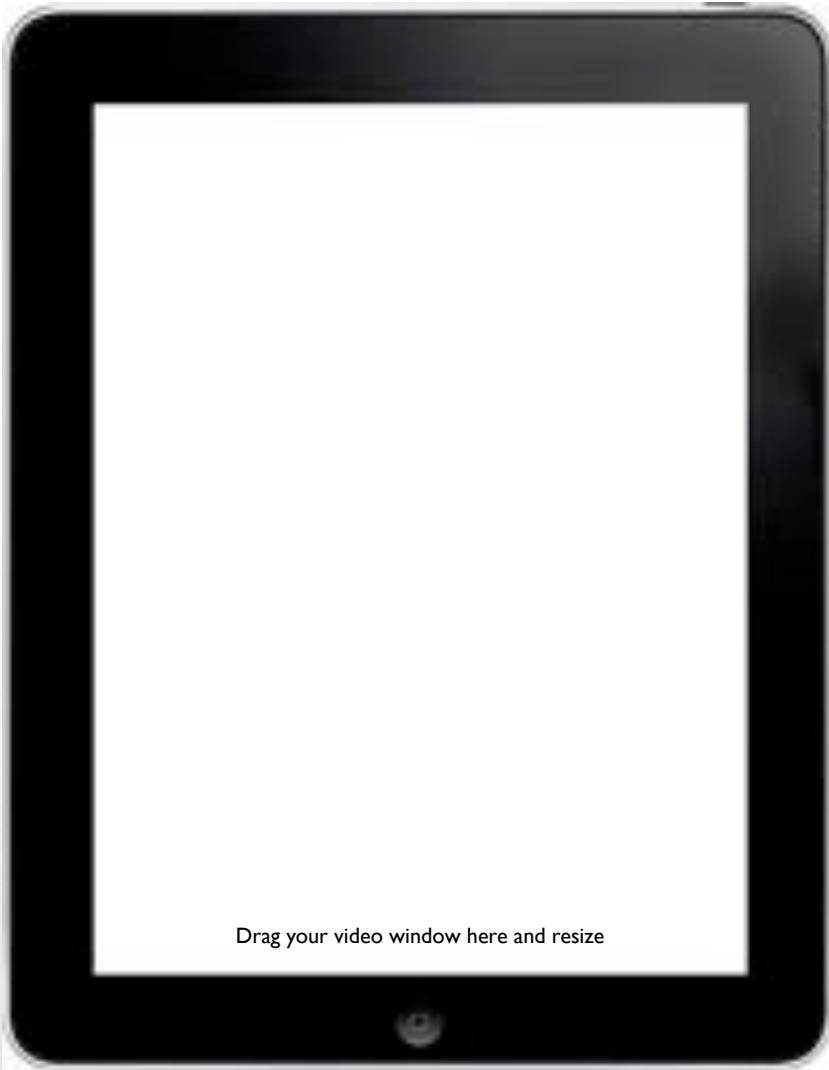
Pirate Scribblebeard's Treasure



CASE STUDY

Jake





CASE STUDY

Jake

Jake is a middle school student. He loves to draw, build lego, play the piano and walk with his sister around the block.

In school Jake frequently seeks quiet time in the sensory room, as he finds the hustle and bustle of his large school overwhelming. Jake will take his iPod Touch with him to the sensory room and listen to his favorite sounds using **Relax Melodies Premium HD**. He listens, relaxes and keeps his hands busy using **Bubble Popper**. Sometimes he uses **Dexteria** to exercise his fingers for piano. Since this is a quiet space, Jake likes to compose music using **Bloom**.

When he is feeling overwhelmed in class, Jake puts on his headphones and listens to **Relax Melodies Premium** while he does his work. He chooses the sounds, based on his mood at the time. Sometimes he uses the Concentration binaural beat. Usually, this calms him, but if he is very upset, Jake has made a deal with his teacher that he can set his timer and draw for 5 minutes to further calm himself. In social studies his teacher is talking about history and especially pirates, so Jake chooses to draw using **Pirate Scribblebeard's Treasure**. He will email his teacher a picture when he is finished.

On the way home, Jake likes to sit at the front of the bus. It seems quieter here; no one yells at the front of the bus. He pulls out his iPod Touch and feeds the fish in **PocketPond**, while listening to the calming music. His friend, Jason, who sits with him, helps and sometimes chases the fish away and that's okay.



Evaluation Survey

<https://www.surveymonkey.com/s/L8LYDGY>

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