

Helpful Technology Tips/Apps/Services for Neurodivergents

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Inclusion of items on this list does not serve as an endorsement for the resource or the companies that offer them. Information may not be accurate and it is recommended to evaluate each resource for yourself.

You may email info@embracethemuchness.com if you have a suggestion you'd like to add to this Resource List.

Text Read to You

- [Natural Readers](#) - Program and browser plug in that can read websites, pdf documents and more. Can use free voice options or there are paid subscription options
- [Speechify](#) - App & chrome extension that can read webpages, pdf documents, can take photos of papers and upload for it to read.
- [TTSReader](#) - Reads out loud webpages, texts, pdfs. Free, no downloads needed however Webpage contains several ads
- [SpeechNinja](#) - AAC Text to Speech Reader that helps people speak out loud- Free
- [Read & Write for Google](#) - Chrome Extension. Free & premium options Makes documents, web pages, and google drive files more accessibly to meet your learning style. Text to speech with highlighting, text and picture dictionaries, word prediction, create voice notes in google docs
- Most smartphones have built in screen reading settings that can be utilized consult the settings of your device.

Verbal Speech to Text

- Most smart phones have the ability to push a microphone button on a keyboard and it will convert your speech to text.
- Google docs - Control+Shift+S Allows you to be able to talk and Google Docs will convert your speech to text. You will need to speak to add the punctuation.
- On Windows can use Window button + H to dictate
- List of Speech to Text apps for writers
<https://joyofandroid.com/speech-text-apps-writers/>
- Google assistant/Siri/Alexa can all be programmed to add things to lists

Video Adjustments

[Video Speed Controller](#) - Chrome or Firefox extension - Allows you to speed up or slow down any HTML5 video with quick shortcuts. Use the speed indicator to control the video or use shortcut keys on the keyboard.

AAC apps

- [TouchChat](#) - for ipad/iphone Provides ability to communicate turning a board like app into spoken word. Paid
- [Proloquo2Go](#) - Works on Iphone, Ipad, Apple watch Symbol based app that creates text to speech. Paid
- [iCommunicate](#) - Create visual schedules, communication boards, flash cards, choice boards, ability to use real world pictures. Paid

Screen Brightness Adjustments

- Utilize screen settings on your device to invert the colors (dark screen with light letters)
- On iPhone accessibility settings can apply low light filter to dim the screen further.
- [F.Lux](#) - Download as an app or in browser to adjust screen lighting to your environment. Free with donation option
- [Dark Reader](#) - Browser extension or app version for iOS. Open Source. Enables Dark Mode on various websites to improve readability for some folks preference.

Tools to Increase Focus or Reduce Access to Distractions

[Mercury Reader](#) - Chrome Extension that clears away all the clutter from reading articles - Free

[StayFocusd](#) - Chrome Extension to block time wasting websites. Free

[BlockSite](#) - Chrome Extension to block unneeded websites while trying to stay focused. Can set timers and schedules. Free

[Freedom](#) - App & Website Blocker for Mac, Windows, Android, iOS and Chrome. Works across platforms. Free trial then subscription

[Serene](#) - App for MacOS that blocks distractors, asks you set goals and shows visual timers. Free trial and subscription

[Cold Turkey](#) - MacOS or Windows, not on mobile. Set blocks on websites or apps. Free version and one time purchase option

[LeechBlockNG](#) - web browser extension for Chrome/Firefox/Edge. Schedule blocks for certain websites. Free

[RescueTime](#) - Time Management Software for Windows and MacOS that collects data of how you are spending your time. Paid version has option for creating focus sessions where it blocks websites. Has Free Trial and monthly subscription.

[Forest App](#) - Android, IOS, Chrome Helps to stay focused on important things in life. Plant trees and help them grow by staying off your device. Free on Chrome and Android. \$1.99 for Iphone, Paid Pro version available for Android

[Focusmate](#) - Chrome, Android, Safari - Virtual Co-working to boost accountability. 3 free 50 min sessions per week. Unlimited for 55 per month

[Mindful Browsing](#) - A slightly gentler approach to avoid distractions, you can create a list of websites you want to be mindful of and what you'd rather be doing and it will provide a reminder. It will nudge you to get back to work. Free

Focus -iphone or MacOS Pomodoro method You can split work into intervals with breaks. \$4.99 monthly or yearly pricing.

[Ublock Origin](#) - Chrome Extension - Open Source - Blocks intrusive ads on webpages.

Digital Assistants

(Siri, Hey Google, Alexa, Cortana, Etc) Each has different name for the brand/platform

Below are suggestions for some tasks that these assistants may be able to help with to streamline your life. Most allow you to give it voice instructions You will need to verify with your device type if it is capable of doing the specific task listed and how to set it up

- Set timers
- Set reminders
- Create calendar events
- If using a Google Home/Amazon Echo type device you can say "Hey Google, Where's my phone" and it will call it for you, even if muted
- Add items to lists which have been set up to sync (grocery lists, to do lists, ideas)
- Can set routines to complete tasks connected with other smart home devices (turn off lights, adjust temperature, lock doors, etc.)
- Play music
- Ask quick questions with somewhat straightforward answers so you don't have to use your device

- Look up a recipe and have it read the steps to you
- Ask the time
- Check the weather
- Read your calendar for the day to you
- Ask it to remember something for you, “Hey Google, Remember that I put the carseat straps in the top cabinet in the garage.” Then later, you can ask, “Google, what did I ask you to remember.” and it will list it.

Productivity or To Do List Apps

[Stuff - Widget](#) - Add the widget to your homescreen so you see it whenever you go on your phone. Allows sorting of to do tasks in Today, Tomorrow, Do Soon, Do Someday categories or add customs. Tasks not completed today automatically roll over to the next day.

[Habitica](#) - Android & iOS App that gameify's daily habits and tasks to earn rewards.
Free

[Remember the Milk](#) - Web, desktop and mobile - To do List Free or paid versions. Create to do lists- Schedule reminders, sharing ability, break into subtasks, color code tags, can attach files to the task, widgets to easily see what is due, apple watch compatibility

[Google Keep](#) - Android, iOS and web, Add notes, lists, photos or audio. Can set reminders, can share with others, ability to search, color coding. Free Syncs across app and web

[My Tomatoes](#)- Web based pomodoro technique timer.

[Tiimo](#) - Android & Apple, Visual timer, reminders, checklists of tasks, built for neurodivergent people, 1 month free, monthly subscription

[Alarmy](#) - iOS & Android - Alarm Clock App with loud ringtones or customizable (you can say a message to yourself) Can need to solve puzzles for alarm to stop. Free with Premium option available

[Free Timer](#) - Desktop program for windows. Visual timer, can set multiple at once. Can play music files. Free

[Finch](#) - iOS & Android - Free & Paid Versions. Self Care app that allows you to set daily reminders to meet daily self care goals. Create a fun companion animal and watch them grow as you complete your goals.

[2do](#) - iOS & Android - Free & paid versions. To do list app that allows you to create smart lists, tags, get notifications, get notifications when there is a task to complete nearby based on location

[Asana](#) - iOS, Android, web version. 30 day free trial. Task management software built for teams (can be used individually) Create tasks, project management, messaging, file storage, assign items with due dates, create templates for tasks

[Clickup](#) - iOS, Android, Web Version. Free and paid versions. Productivity/Project Management app built for teams. Create tasks, subtasks, make notes on projects and boards. Has included Docs section, can upload files for review, can mark process of projects/tasks, assign to specific users with due dates. Integrates into several other programs like google calendar, has chat feature, time tracking ability to automate.

Sleep

[SleepTown](#) - IOS and Android app that helps you “build houses” by following your sleep schedule.

[Alarmy](#) - iOS & Android - Alarm Clock App with loud ringtones or customizable (you can say a message to yourself) Can need to solve puzzles for alarm to stop. Free with Premium option available

Password Manager -

[Lastpass](#) - App & Browser plug in - Saves all log in and password information. App version has fingerprint authentication for ease of use. Free and paid versions

[1password](#) - Android, iOS, most browsers - Stores all your account information (log in and passwords) securely in one place. Autofill. \$36/year

Email Management

- Gmail has a schedule send feature. Write an email while thinking about it then schedule it to be sent at a later date and time.
- Gmail - Can save templates in your draft folder for easy access. Just copy and paste the text into a new message
- Several settings in each email program that will notify you if there hasn't been a response after X days
- [Boomerang](#) for Gmail- Browser Extension. Can pause inbox. Can schedule emails to send at future dates. Set reminders to follow up if you don't hear back. Free and paid versions.

Helpful Technology Devices

[reMarkable](#) - digital notebook that converts handwritten notes to text, integrates with several apps

Live Scribe [Smartpens](#) - Everything you write is recorded, record audio you can play back and review. Pair with devices to convert handwriting to text.

Navigation

[Waze](#) - iOS & Android App that provides directions to your destination, It asks for your arrival time and will calculate when you need to leave based on the travel time and traffic conditions.

Meal/Grocery Apps

[Mealime](#) - iOS & Android App - Free and Paid Pro version. Allows for creating personalized meal plans by inputting any dietary restrictions/dislikes and serving sizes. Will then share recipes and automatically add ingredients to a grocery list for you. There is also a [browser extension](#) for Chrome that will allow you to click to add recipes from the internet to your Mealime collection.

[Cookbook](#) - iOS & Android app as well as web version. Free option or monthly or lifetime plan. Personal recipe organizer. Save favorite recipes from websites, magazines, recipe books or your own and have accessible all the time. Can import from website, Scan using OCR technology or create your own. Once recipes are saved you can add personalized tags to make searching easy. It works online and offline. It will automatically adjust your measurements when you double or half the recipe. It will convert from Imperial or Metric measurements. Has text to speech feature and will separate steps to show you one at a time on the screen. Built in timers and can cross off ingredients or steps as you complete them. Adjustable text size. Built in meal planner that you can use on calendar will create a custom shopping list from planned meals.

[Anylist](#) - iOS & Android - Free & premium versions. Create & share lists. Lists can be group by category to save time at the store. Add items with Siri. Collect and organize recipes. Meal planning options.