

# Smart Phone Applications

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## for people with brain injury

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### **The Project**

The project *Implementing and evaluating Smart Phone Applications technology across the NSW Brain Injury Rehabilitation Program (BIRP)* aims to:

Provide web-based resources for clinicians

Evaluate the efficacy of Smart Phone Apps for people with brain injury.

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### **This document:**

D1\_i-Phone\_tips\_&\_how-to's\_for\_clinicians\_V1\_09Aug11.pdf

Is a resource which provides detailed, step by step written instructions for frequently utilized features and Apps. It includes visuals for clinicians to learn and teach different tools. Clinicians could use this tool if they are unfamiliar with Smartphone technology and require a easy to follow explanation for functional features commonly used by people with and without acquired brain injury.

It is available from: [www.TBISTaffTraining.info](http://www.TBISTaffTraining.info)

### **More Project information and further documents:**

[www.TBISTaffTraining.info](http://www.TBISTaffTraining.info)

# I-PHONE training program

## Clinicians

### Important Buttons

- a. Volume
- b. Home
- c. Loud/Silent profile



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## **Management of contact list**

### **a. Add contact information**

- i. From the main menu use the touch screen go to and click on 'contacts' icon using the touch screen
- ii. Touch the '+' on the top right hand of the screen
- iii. Touch each of the following using the keyboard to enter information for each line then press 'save';
  1. First and last name
  2. Phone number
  3. Email or street address
- iv. Touch 'done' once all the information is entered (top right hand of screen)

### **b. Edit contact information**

- i. From the main menu use the touch screen go to and click on 'contacts' icon using the touch screen
- ii. Select (using touch screen) a contact you want to edit
- iii. Select 'edit' at the top right hand of your screen
- iv. Use the touch screen to select what is to be edited
- v. Touch 'done' once all the information has been corrected (top right hand of screen)

### **c. Search contacts**

- i. From the main menu use the touch screen go to and click on 'contacts' icon using the touch screen
- ii. Use the touch screen to select the 'search' function at the top of your contact list
- iii. Use the keypad to enter the name or number you are searching for
- iv. Use the touch screen to access the details of the contact that you are searching for

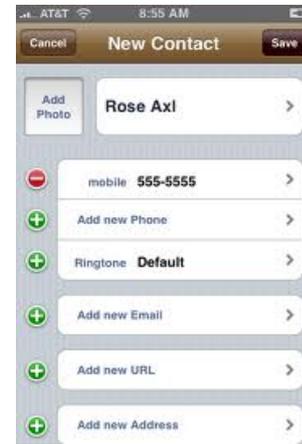
## **2. Making a phone call**

Option 1:

- a. From the main menu use the touch screen to select the 'contacts' icon
- b. Use the touch screen or search function to select a contact
- c. Touch the 'mobile' icon to commence the call

Option 2:

- a. At the bottom of your menu select the 'phone' icon
- b. Select 'favourites' then '+' to add favourite contacts
  - i. Use the touch screen to select the contact to commence the call
- c. Select 'recents' to review recent missed and made calls
  - i. Use the touch screen to select the contact to commence the call
- d. Select 'keypad' to enter digits to make a call



### 3. Searching the app store

- a. From the main menu use the touch screen go to and click on the 'app store' icon using the touch screen
- b. Use the touch screen to select the 'search' function at the top of your screen
- c. Use the keypad to enter the topic, function or interest area that you are searching for. Click 'search' (bottom half of your screen)
- d. Scroll down through the application lists, access more information on each by touching the icon
- e. Each application will have a different price (some are free!) once you have made your selection touch the price or 'free' icon at the top right hand section of your screen. You will need an account with 'i-tunes' to do this.
- f. Enter your password and wait for the application to load.
- g. You will be able to access the application as part of the main menu



#### 4. Using the Calculator

- a. From the main menu use the touch screen to select the 'calculator' icon
- b. Use the touch screen to use the numeral keypad to make your calculations



#### 5. Adding a note

- a. From the main menu use the touch screen to select the 'notes' icon
- b. To add a note, touch the '+' icon on the top right of your screen
- c. Use the key pad to add in your text
- d. Select 'done' to save your note
- e. You can review your notes by using your touch screen
- f. You can email or delete each note using the icons at the bottom of your screen



#### 6. Adding an event on the calendar

- a. From the main menu use the touch screen to select the 'calendar' icon
- b. Select what sort of calendar you would like (all, birthdays, calendar, work etc)

- c. Select your preference to view the calendar by day or month (located at the bottom of your screen)
- d. Negotiate between days or months using the right and left arrows
- e. To add an event select the '+' icon at the top right hand corner of your screen
  - i. Use the touch screen and keyboard to enter information corresponding to the written prompts then press 'done';
    - 1. Event title and location
    - 2. Start and end date and time
    - 3. Enter 'repeat' preference
    - 4. Enter preference for when the alert will occur
  - ii. Touch 'done' once all the information is entered (top right hand of screen)
- f. An event on your calendar will be indicated by a dot underneath the date. Details of which can be accessed and edited by touching the date



## 7. Taking a photograph

- a. From the main menu use the touch screen to select the 'camera' icon
- b. Take a picture by touching the screen
- c. Alternate between camera and video camera option using your touch screen icons at the bottom right corner
- d. Review your photos from the main menu 'photo' icon



## 8. Writing and responding to a text message

- a. From the main menu use the touch screen to select the 'messages' icon
- b. To create a new message select the icon at the top right section of your screen
- c. Use your key pad to enter the name or names you want to send a message to (in the "To" row)
- d. Use the second row to type your message using the keypad. You can alternate between letters, numbers and symbols using the '.?123' and 'ABC' icon at the bottom left corner of your screen.
- e. You can add a photo by touching the camera icon to the left of the message text
- f. Select 'send'



## 9. Setting an alarm

- a. From the main menu use the touch screen to select the 'clock'
- b. Select 'alarm' from the bottom part of the screen
- c. Use your touch screen to select '+' to add an alarm
  - iii. Use the dial to enter your time and preference for am/pm
  - iv. Use the touch screen to indicate repeat, sound, label and snooze details
  - v. Click 'save' when complete
- d. You can edit saved alarms by selecting 'edit' on the top left hand corner of the screen

- vi. Select the alarm from your list you wish to edit
- vii. Select the detail you wish to change
- viii. Select 'save' when the details are correct



## 10. Re-setting the clock and Other Clock Features

- a. From the main menu use the touch screen to select the 'clock' icon
- b. Select 'world clock' from the bottom part of the screen
  - i. Select the '+' icon on the top right of your screen and use the keypad to select the city you wish to add
  - ii. You can add a number of cities throughout the world
  - iii. The 'edit' option can change times and days as required



## 11. Getting directions using the maps application

- a. From the main menu use the touch screen to select the 'maps' icon
- b. Search a location
  - i. Select 'search'
  - ii. Use your keypad to enter the address
  - iii. Select search
  - iv. Move two fingers closer together to zoom and further apart to expand view (place your thumb and index finger on the screen, keep your thumb in place and drag your index finger towards (zoom) or away (expand) the image)
- c. Get directions to and from a location
  - i. Select 'directions'
  - ii. Select 'start' and use keypad to enter origin
  - iii. Select 'end' and use keypad to enter destination
  - iv. Select 'route'
  - v. A visual map with purple route will give a map of your route
  - vi. Select the 'start' icon at the top right of your screen to get step by step instructions relating to the route you need to take
  - vii. You can edit your route at any time using the 'edit' icon



## 12. Setting a 'to do' list

- Use the 'app store' to add a 'to do list' application
- From the main menu use the touch screen to select the 'to do list' application
- Use the '+' icon to add your notes, following the prompts specific to your specific application
- Options often include use of a calendar and alarm system



## 13. Searching for a recipe using 'all recipes'

- Use the 'app store' to load 'Allrecipes' (free)
- From the main menu use the touch screen to select the Allreipes icon
- Use the 'spinner' to select your 'dish type', 'ingredients' and 'ready in' preferences then select 'view matches'
- Use your finger to swipe to the left and right to view options
- Select 'view recipe/review' icon for more information
- Select 'add to favourites' to keep track of favourite recipes to cook again!



## 14. Using Safari (the internet)

- a. From the main menu use the touch screen to select the safari icon
- b. Use the touch pad to activate the key pad, typing the web site into the address bar at the top of the screen
- c. '+' option allows you to add a home screen, bookmark a site or send a web address via email
- d. Move two fingers closer together to zoom and further apart to expand view (place your thumb and index finger on the screen, keep your thumb in place and drag your index finger towards (zoom) or away (expand) the image



## 15. Important Buttons

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