

# LIST OF MOBILE APPLE APPS

Prices listed with a plus sign (+) mean in app purchases are available

Prices listed with an asterisk (\*) mean subscriptions are available but not required to use

## Speech Communication

### Picture-based communication



Proloquo2Go \$249.99+	Requires iOS 12.4 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	AAC app that uses symbol and word-based communication. Compatible with switch scanning and can be edited to fit the user's needs.
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TouchChat HD \$149.99+	Requires iOS 12.1 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app that is fully customizable. English and Spanish synthesized voices available. Has the option to share text generated to social media, iMessage or email.
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TD Snap AAC \$49.99+	Requires iOS 11.0 or later. Compatible with iPad.	Formally Snap Core First AAC. An AAC app by Tobii Dynavox ideal for individuals with Autism, Down Syndrome, Cerebral Palsy, and intellectual disabilities.
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LAMP Words for Life \$299.99+	Requires iOS 12.1 or later. Compatible with iPad.	An AAC app by PRC that provides symbol-based communication for those who are not yet literate. The app has a full English vocabulary and uses the PRC Unity language system. Also offers Spanish language vocabulary.
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Alexicom AAC \$0.99	Requires iOS 14.0 or later. Compatible with iPhone, iPad, and iPod touch. <b>Also Available for Android</b>	An AAC app that features page creations within the app and the ability to import photos from the device. Compatible with variety of Bluetooth switches.
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Avaz AAC – Lifetime Edition	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	An easy to use and customizable speech communication app for both children and adults. Can easily move between picture mode and keyboard mode. Can also access a remote therapist using Avaz Live which is built into the app..
\$199.99	<b>Also Available for Android</b>	



Sono Flex	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	AAC app made by Tobii Dynavox that features full customization of the image buttons. Will work with both the iPad and the iPhone.
\$99.99		



Niki Talk	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	A simple AAC app that features up to 31 languages and 70 different voices. Capable of creating boards and uploading images.
FREE	<b>Also Available for Android</b>	



SmallTalk Aphasia Female	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app designed for individuals with aphasia. Features a set of starter icons and mouth position videos for stroke rehabilitation. Uses a female sounding voice.
FREE		



SmallTalk Aphasia Male	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app designed for individuals with aphasia. Features a set of starter icons and mouth position videos for stroke rehabilitation. Uses a male sounding voice.
FREE		



GoTalk Now	Requires iOS 9.0 or later. Compatible with iPad.	An AAC app that has adjustable page layouts, customizable navigation, recorded and text-to-speech capabilities, and an included symbol set.
\$99.99+		



App2Speak	Requires iOS 9.1 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app that includes real life photos with words and easily adjustable page sizes. Can be personalized using your own photos.
\$179.99	<b>Also Available for Android</b>	



2Talk - AAC FREE+	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A free, simple app that is for individuals who are just beginning to use AAC.
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CoughDrop FREE+*	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A simple communication app that includes starter boards and different levels of communication. Can be customized with user provided images or camera photos and recorded speech.
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SoundingBoard FREE+	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	A simple communication app that has built-in boards for quick communications or the ability to create and customize new boards. Users can purchase more boards and see stats on which boards and buttons are used the most.
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### Text-based communication



Proloquo4Text \$119.99	Requires iOS 12.4 or later. Compatible with iPhone, iPad, iPod touch.	A text-based communication app that gives a voice to literate children, teens, and adults who cannot speak. Has over 100 different voices in 18 different languages.
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Voiceltt FREE	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	This app is designed to help individuals whose speech has been affected by disability, disorder, or impairment. The app uses speech recognition technology to learn your speech patterns to assist you in being understood. The app can also assist with controlling your smart home devices.
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Speak - Speech Synthesizer FREE+	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	A text-to-speech app. Allows the user to easily adjust volume, pitch, rate and the option to change language or accent. Internet connection not required.
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Speech Assistant AAC  \$19.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A text only AAC app that is fully customizable. 8 categories are available for this free version. User can show messages full screen, can connect a Bluetooth keyboard, and create shortcut functions to be accessed with the keyboard.
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### Visual Scene Communication



Scene & Heard  \$84.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An AAC app that uses scenes for context-based communication. Can use custom photos, video clips or audio messages.
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Snap Scene  \$49.99	Requires iOS 8.0 or later. Compatible with iPad.	Snap Scene provides scene-based communication and language learning. Users can take a photo and tag it with recordings. The app is designed for children who do not speak, may be slower in learning to talk, may speak but are difficult to understand, and at risk for communication challenges.
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GoVisual Scene Maker  \$49.99+	Requires iOS 13.0 or later Compatible with iPhone, iPad, and iPod touch.	Users can take a picture or video and draw around things they want to talk about. Can provide text-to-speech or voice playback. Can link to GoTalk NOW.
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### Symbols and board makers



Symbol Overlay Maker  FREE	Requires iOS 13.0 or later. Compatible with iPad.	A symbol and picture overlay creator designed for all AbleNet Speech Communication devices. Easy to use, users can create printable overlays with over 7,000 pictures to choose from.
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## Vision



Seeing AI  FREE	Requires iOS 10.0 or later Compatible with iPhone, iPad, and iPod touch.	An app to assist blind or visually impaired individuals with their everyday surroundings. Has different “channels” to read short text, documents, barcodes, identify people and currency, lighting, as well as experimental “channels” to identify scenery, color, and handwriting.
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Sullivan+  FREE	Requires iOS 13.2 or later Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A visual aid app that uses the devices camera to identify items, color, faces, texts, light brightness, or scenes. Fully compatible with VoiceOver.
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TapTapSee  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app that is designed to assist the blind or visually impaired identify everyday objects. User can take a picture or video of object and speak identification back to user.
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Be My Eyes  FREE	Requires iOS 13.6 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app for blind or visually impaired individuals that will connect them with a volunteer to assist them with anything from describing their surroundings or reading labels.
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Aira – Visual Info On Demand  FREE*	Requires iOS 12.0 or later. Compatible with iPhone, and iPod touch.  <i>Also Available for Android</i>	Aira connects individuals who are blind or have low vision with a certified professional who is trained to provide visual information. This service can be used for activities like sorting mail or reading menus or navigating your everyday life. Free for up to 5 minutes per day.
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OneStep Reader  \$99.99	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Formerly known as KNFB Reader. A text-to-speech text reading app. The app will read the captured content through the use of OCR. Can read PDF and JPEG images. Can be read out loud or read in braille.
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<p>visor – magnifier</p> <p>\$17.99</p>	<p>Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>A magnification app that has 3 different magnification levels and 5 different color contrast modes. Can turn on the LED flash on the device to assist with low-light. Supports VoiceOver.</p>
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<p>Glasses</p> <p>FREE+</p>	<p>Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>An app that uses the device’s camera to view with up to 12x magnification.</p>
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<p>Magnifying Glass w/Light Pro</p> <p>\$1.99</p>	<p>Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>An app that works in conjunction with the device’s camera and flash to assist reading in dim lighting and small print.</p>
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<p>Microsoft Soundscape</p> <p>FREE</p>	<p>Requires iOS 14.1 or later and a device with a cellular plan.</p>	<p>An app that uses 3D audio technology with audio cues and labels (such as points of interest, parks, roads and stores) to enhance awareness of the user’s surroundings.</p>
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<p>RightHear</p> <p>FREE</p>	<p>Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. It is recommended to be used on a device with a cellular plan but can be used on WiFi.</p> <p><b>Also Available for Android</b></p>	<p>An app that helps users orient themselves with their surroundings. Outdoor mode can provide current location, direction, what is nearby or around, record a personal point of interest, direction, and navigation.</p>
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<p>NaviLens</p> <p>FREE</p>	<p>Requires iOS 11.3 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>This app uses your devices camera to identify NaviLens labels/codes in the environment. These labels/codes are like QR codes but are usually large with colored blocks. The app will then read aloud information associated with the label. Users can receive blank labels/codes to customize at home, work, or wherever they are needed.</p>
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Voice Calc – Voice Calculator  FREE+	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A calculator app that uses real voice broadcast of numbers and reports results of calculations. Customizable calculator skins.
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Aira Vision Sim  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	An educational app that simulates one of 14 common eye diseases through the device’s camera.
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Braille Badges  FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	Braille themed stickers for iMessage.
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BrailleBuzz  FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that introduces braille and identifying braille letters. It was designed especially for APH’s Chameleon 20™ and Braille Trail Reader LE™ refreshable braille displays. It also works with any connected display.
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Talking Typer  \$4.99	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	An accessible typing and computer keyboard tutorial app. It is self-voicing with lessons on practice, skill drills, keyboard exploring and an entertaining game all fully compatible with VoiceOver.
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## Hearing



Ava: Transcribe voice to text  FREE+*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An instant captioning app that transcribes speech-to-text. Ava can transcribe with 90% accuracy within 1 meter, or the user can invite others in for a group conversation with an invite link. As others join the users’ conversation with Ava, they will appear color coded to help differentiate the speakers.
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Group Transcribe  FREE	Requires iOS 12.0 or later. Compatible with iPhone and iPod touch.	A free multi-device transcription app designed for in-person meetings. The app provides real-time transcription and translation. The user can invite other individuals to join the conversation from their device by providing a code.
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Visual Hearing Aid  FREE+	Requires iOS 11.4 or later. Compatible with iPhone and iPod touch.  <i>Also Available for Android</i>	A simple app for hearing impaired individuals. Uses speech to text to assist in communicating.
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Parent Advocacy: D/HH  FREE	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app designed specifically for parents and caregivers of school-age children who are deaf and hard of hearing. App includes important messages, legal rights, strategies for advocating, resources, and checklists for IEP's, 504, and other meetings.
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Marlee Signs  FREE+	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that will teach the fundamentals of American Sign Language, including the alphabet, basic vocabulary, and common expressions.
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Tunity: Hear any muted TV  FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Tunity allows the user to hear live TV from their phone. Using their camera on their phone to scan the TV, Tunity will bring up a Quick Tune list of stations to sync with. Note: the app only supports live TV and not online content like YouTube or other streaming services.
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CaptionCall Mobile  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch. User must have a recognized hearing disability and provide Professional Certification of hearing loss.  <i>Also Available for Android</i>	An app that allows the user to make and received captioned telephone calls from your iPad. User can adjust font size, save conversations, and have captioned voicemail.
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InnoCaption	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch. User must have a recognized hearing disability and provide Professional Certification of hearing loss. <b>Also Available for Android</b>	An app that allows the user to make and received captioned telephone calls. Users can choose between captioning from live stenographers or automated speech recognition (ASR) software. Can view and email past call transcripts, voicemail with captions, and make 911 calls with captions.
FREE		



ntouch	Requires iOS 12.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch. User must have a recognized hearing disability and provide Professional Certification of hearing loss. <b>Also Available for Android</b>	An app that provides Video Relay Service for mobile sign language communication.
FREE		



P3 Mobile	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. User must have a recognized hearing disability and provide Professional Certification of hearing loss. <b>Also Available for Android</b>	An app that provides Video Relay Service for mobile sign language communication. App also includes text chat and allows users to block unwanted calls.
FREE		



Petralex Hearing Aid	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch. <b>Also Available for Android</b>	An app that adjusts the sound to your specific hearing needs. It has a built-in hearing test and has a 4-week adaptive course for getting used to the hearing aid. Supports Bluetooth and Air Pods.
FREE*		



Skype	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch. <b>Also Available for Android</b>	A video messaging app that allows users to call up to 24 people. Chat feature and voice calls available. Skype to Skype calls are free. Users can turn on auto-captioning for video calls.
FREE+*		



Rogervoice  FREE+*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Rogervoice uses automatic speech recognition and speech synthesis to caption phone calls. All calls made to another Rogervoice user are free.
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## Education Support



Khan Academy  FREE	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Khan Academy is a learning library that is available to all users for free. It has a wide variety of lessons for grades 2nd and up.
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AnimalWatch Vi Suite  FREE	Requires iOS 8.0 or later. Compatible with iPad.	An app designed to assist visual impaired (VI) students improve their middle school math skills.
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CodeQuest  FREE	Requires iOS 11.0 or later. Compatible with iPad.	An app that teaches coding logic to preschool and early elementary students. It integrates fundamental coding concepts such as sequencing and looping into game play. Fully compatible with VoiceOver.
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Pocket Schedule Planner  FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app to help students keep track of classes, assignments, and exams. Can customize by color, icons, save teachers contact information, and set alerts and reminders.
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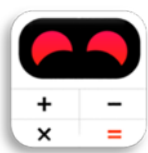


Bitsboard Flashcards & Games  FREE+*	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An interactive learning app where users can create custom flashcard decks.
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## Mathematics



Draw2Measure Protractor	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A protractor app that allows students to measure angles on screen by tracing along the edges with their fingertip or a stylus. This app is accessible for blind and low vision students.
FREE		



Math Robot	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An accessible app that provides fun drills and practice for simple math problems. The app is both self-voicing and compatible with VoiceOver. Also has a low vision mode for extra contrast.
\$4.99		



Practice2Master Fractions	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app for students to practice and become proficient in fraction calculations. It has an unlimited number of problems to practice. Accessible for low vision and blind students using VoiceOver.
FREE		



Slapstack Math	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An action and memory game that uses math flash cards instead of playing cards. It is fully accessible for all users. Can play with 2 to 8 players. Recommended for ages 7 and up.
FREE		



Fractions, by MLC	Requires iOS 12.4 or later. Compatible with iPhone, iPad, and iPod touch.	This app allows users to use bar or circles to represent, compare, and perform operations with fractions. Can use colors to select and highlight parts or pieces of the bar or circle. Has drawing tools annotate work or write equations or descriptions.
FREE		



Geoboard, by MLC	Requires iOS 11.4 or later. Compatible with iPad.	A digital tool that users can stretch bands around the pegs to form line segments or polygons. Users can choose from 8 different color bands, fill shapes, add annotations or equations.
FREE		



Math Clock, by MLC  FREE	Requires iOS 11.4 or later. Compatible with iPad.	An app to help students become fluent working with time. Clocks can be added as analog or digital, with geared or free moving hand, and color or shading. Users can add annotations or equations.
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ModMath  FREE+	Requires iOS 9.0 or later. Compatible with iPad.	An adaptive math program to assist students who struggle with Mathematical notation. Users can write and solve math problems right on the screen using the custom keypad. Can also print, email, or save work to cloud services like Dropbox.
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Microsoft Math Solver  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A math app that provides free step-by-step instructions for solving math problems. Users can scan the problem with the device's camera, write in the app, or import the problems. It can be used for simple arithmetic to advanced algebra and calculus.
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Photomath  FREE+*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Using the devices camera users can take a picture of their math problem and be given step-by-step solutions. The app covers basic math, algebra, geometry, trigonometry, calculus, and statistics.
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## Learning Disabilities and Executive Functioning

### Note Taking apps



Notability  FREE+*	Requires iOS 14.0 or later. Compatible with iPhone, iPad, and iPod touch.	A note taking app that allows you to take handwritten or text notes. You can sketch, import files, text, photos, or web pages. Can search, convert handwritten notes to text, and record audio that automatically syncs with notes.
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Simplenote  FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A simple note taking app to make notes and lists. Notes are searchable and can be tagged for quick reference.
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Notebook FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A note taking app that allows the user to take notes, add images, create checklists, audio notes, or sketches. Notes can be organized into individual notebooks, grouped together, and tagged. Can set reminders and share notes.
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Google Keep FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A productivity and note keeping tool that holds notes, lists, links, pictures, and drawings that can set reminders, labels, and is searchable.
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Microsoft OneNote FREE*	Requires iOS 14.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A note taking app that allows the user to create different notebooks, sections, and pages to keep notes, pictures, or drawings. Can add tags, create checklists, and search notes. Includes Immersive Reader to allow for text-to-speech.
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Noted FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.	A noted taking app that combines audio recording and note taking. The notes are time stamped and text can be customized or highlighted. Users can also add a # to mark important notes, add pictures, drawings, or search notes.
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Notetalker EDU FREE	Requires iOS 9.0 or later. Compatible with iPhone and iPod touch.  <i>Also Available for Android</i>	An audio recording app that allows you to bookmark recordings as well as take pictures to assist the user in note taking.
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Livescribe+ FREE	Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app that is designed to be used with the Livescribe 3 and Aegir series smartpens which allows the user to sync what is written.
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## Apps for Literacy



Microsoft Lens: PDF Scanner	Requires iOS 14.0 or later. Compatible with iPhone, iPad, and iPod touch.	A scanning app that can save and organize digital copies of printed documents, business cards, posters, or blackboards. Users can search and edit documents. Immersive Reader provides text-to-speech and can manipulate the text to add more spacing, color, or translate within the app.
FREE	<b>Also Available for Android</b>	



Speechify	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	A text-to-speech app that allows you to upload documents, import website links, or copy text into the app. Can translate text into 50+ languages.
FREE+*	<b>Also Available for Android</b>	



Prizmo Go > Grab Text & Share	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	A photo-based scanner app that can scan and recognize text documents. Provides Text-To-Speech and fully compatible with VoiceOver. Premium version enables text export, translation, and handwriting recognition.
FREE+*		



Text to Speech – by Natural Voices Speak TTS	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that allows you to type in or copy and paste text and listen with a human quality text-to-speech.
FREE+*		



Capti Voice	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.	A literacy and reading support app that provides text-to-speech for documents, books, etc. Customizable text color and font. Compatible with VoiceOver.
FREE+*		



Voice Dream Writer	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	App that features text-to-speech proofreading to reduce mistakes. Can also read words and sentences while typed for voice dictation. Feature's ability to export to Microsoft Word.
\$9.99		



Voice Dream Reader \$19.99+	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that allows users to read with their ears. Feature's text-to-speech that is compatible with a wide range of formats like PDF, Bookshare, and audiobooks.
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Voice Pack \$5.99	Requires iOS 8.2 or later. Compatible with iPhone, iPad, and iPod touch.	An app that works with both the Voice Dream Reader and Writer, which allows the user to download two new voices for use with the apps.
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Dolphin EasyReader FREE+	Requires iOS 12.1 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An accessible reading app for people with dyslexia, low vision, or blindness. Can download from book and newspaper libraries or copy and paste text from anywhere to be aloud.
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BeeLine Reader \$4.99+	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that displays text using guiding color gradients. Helpful for people with dyslexia, ADD, or vision impairments. Now providing Text-to-Speech.
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Endless Reader FREE+	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that teaches with sight words using games and puzzles. Starts with 6 words for free with in-app purchases available for more words.
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Libby, by OverDrive FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that links up with your local libraries to check out eBooks and audiobooks. Can adjust reading settings of eBooks including changing font, theme, and text size.
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MDA Avaz Reader for Dyslexia FREE*	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app with multiple features to assist reading, including OCR to translate Text-To-Speech. Enables finger reading, allows for plain-text view, line-by-line reading, hints to encourage reading, and a build tool.
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Avaz FreeSpeech FREE*	Requires iOS 9.1 or later. Compatible with iPhone, iPad, and iPod touch.	An app that uses picture tiles to help anyone with a language impairment to learn and develop grammar skills. Simply drag the picture tiles on the screen to arrange the sentences. FreeSpeech uses visual guides to assist the user in creating a grammatically correct sentence.
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Grammarly Keyboard FREE*	Requires iOS 12.2 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that assists users in checking spelling, grammar, punctuation, and vocabulary. Keyboard integrates smoothly with all apps and provides explanations for corrections to help you understand the mistakes.
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Helperbird for Safari FREE*	Requires iOS 15.0 or later. Compatible with iPhone, iPad, and iPod touch.	Helperbird is an accessibility extension for Safari web browser on iPads. It provides features like specialized fonts, Immersive Reader, Text-to-Speech, reader mode, and so much more.
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### Audio Recording & Transcribing apps



Just Press Record \$4.99	Requires iOS 14.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	An audio recording app that allows you to record, playback, transcribe recordings, share audio/text, and organize content, reader mode, color blindness controls, and many others.
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Otter: Transcribe Voice Notes FREE*	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An app that can record and transcribe audio in real time. It automatically applies punctuation, capitalization, and highlights key points. Has the ability to search, highlighted playback, and 600 free minutes a month of recording.
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Temi – Recorder and Transcriber FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	An audio transcribing app that uses built-in speech recognition engine. The app provides real-time live voice-to-text as you record. Transcripts are searchable.
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## Time Tracking apps



MultiTimer: Multiple Timers  FREE+	Requires iOS 12.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A versatile and easy to use timer app. With over 10 different types of timers to choose from, you can customize the color, name, sounds, and icons. With the free version you can create 1 board with up to 12 timers.
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Time Timer  FREE	Requires iOS 10.3 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <i>Also Available for Android</i>	A visual timer app. It features a colored disk that disappears as time goes by. Users can customize the length of the timer, the alert tones, and the color of the disk.
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Focus To-Do: Focus Timer&Tasks  FREE+*	Requires iOS 9.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <i>Also Available for Android</i>	A timer and task management app that combines the Pomodoro Technique and To Do Lists. The app allows user to set tasks, recurring tasks, subtasks, reminders, and task priorities. User can also customize pomodoro timer/break lengths and tones for alerts.
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Toggl Track – Hours & Time Log  FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A productivity app designed to help users track where they are spending their time. Can integrate tasks with calendar, use Siri to add or update tasks, and customize entries with project labels and tags. Can produce summary reports.
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aTimeLogger - Personal Tracker  \$4.99	Requires iOS 10.3 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <i>Also Available for Android</i>	A simple, easy to use time tracking app. Can customize with themes, colors, and icons. Ability to set goals and view reports with diagrams and graphs. Can use with widget or Siri shortcuts.
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## Task apps



Remember the Milk  FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A smart to-do app that allows you to set tasks and get reminded via email, text, IM, Twitter, or mobile notification. Ability to search tasks and notes. Integrates with Gmail, Google Calendar, Twitter, Evernote and more.
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Trello  FREE*	Requires iOS 14.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An organization and project management app that uses simple and customizable boards, lists, and cards to get things done. Can turn on notifications and assign or collaborate on boards or lists.
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## Daily Living

### Automation



IFTTT  FREE*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An automation app that works with over 600 apps. Uses “recipes” to control, alert, back up, and even post to social media without you needing to do so manually.
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Amazon Alexa  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Useful for managing Alexa-enabled devices, managing music and book, editing shopping and to-do lists, setting alarms, getting information from the internet, and setting routines to assist with your day.
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### Medication Tracking



Mango Health  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A habit tracking app to help simplify and reward the user’s daily routine. Can set reminders for medications, healthy habits, and your mood. Gives points for keeping up with daily habits. Can also set up a caregiver profile to monitor medications and reminders.
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Pill Reminder – All in One  FREE+	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A customizable medication and appointment reminder app – all in one place. Can add medications from the FDA Drug Database for easy entry, view medications and appointments in the calendar view, and set reminders in a variety of ways needed for the user.
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Round Health  FREE	Requires iOS 8.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A medication tracking app that sets a “reminder window” instead of a set time to accommodate busy schedules or distractions.
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Medisafe Medication Management	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A medication tracking app that provides an easy-to-read schedule of medications and when to take them. Can set alarms, reminders for refills, keep a diary of symptoms, appointments, and doctors all within the app.
FREE*	<b>Also Available for Android</b>	



Max - Pill Reminder	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.	A simple medication reminder app. Set notification up by daily, specific days, day intervals or based on menstrual cycle. Sends push notification reminders. If there is no response to the push notification the user will be notified by a reminder phone call.
FREE	<b>Also Available for Android</b>	

### Habit Tracking



Habit-Bull: Daily Goal Planner	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app to help the user keep track of day-to-day habits and routines. Habits are fully customizable, easy to track, and provides inspiring quotes to help stay motivated.
FREE*	<b>Also Available for Android</b>	



Habitica: Gamified Taskmanager	Requires iOS 13.6 or later. Compatible with iPhone, iPad, and iPod touch.	A habit tracking and To Do app that uses gaming features for users to stay motivated and organized. User creates an avatar that can level up and unlock features such as armor or pets by completing tasks and working on healthy habits.
FREE+*	<b>Also Available for Android</b>	

### Symptom and Behavioral Tracking



Autism Tracker Lite	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	A tracking application to assist parents/caregivers keep track of health, behaviors, nutrition, and mood for their child with autism. The app has a built-in calendar and report system to view and keep track of patterns. The lite version provides full functionality for up to 12 entries so users can trial before purchasing the Pro version.
FREE+	<b>Also Available for Android</b>	



Bearable – Mood & Symptoms  FREE*	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A tracking tool that allows the user to track symptoms, mood, sleep, exercise, diet, and medication. Colorful, customizable, and easy to use interface. Dark mode available.
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### Calendar apps



Google Calendar  FREE	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A calendar application that can add events as well as To-dos and Goals. Can sync with other calendars including iCloud and Google Classroom.
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PocketLife Calendar  FREE+*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	A calendar app that allows you to share your calendar, sync with Google, iCal, and Yahoo, and create events and reminders.
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24me Smart Personal Assistant  FREE*	Requires iOS 10.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.	Your calendar, to-do list, tasks, and notes all in one place. The app syncs with all your calendars and provides smart alerts based on your location. Users can use their voice to add tasks, notes, or meetings.
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Cozi Family Organizer  FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <b>Also Available for Android</b>	A shared calendar and list app that allows you to keep track of every family member's schedule. Also has a recipe box to keep and organize all your recipes.
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### Visual Scheduling apps



Choiceworks  \$14.99*	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	A visual scheduling application that users can customize their daily routines. The app also offers tools for understanding and controlling feelings. Custom pictures and videos can be uploaded in the app.
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<p>Choiceworks Calendar</p> <p>\$9.99</p>	<p>Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>A visual scheduling application that users can customize their daily, weekly, or monthly routines. Users can create multiple personalized calendars for multiple users.</p>
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<p>Kids ToDo List</p> <p>FREE</p>	<p>Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>A free, simple visual scheduler. Users can easily create task lists by simply arranging the picture cards. All picture cards support voice sounds.</p>
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<p>CanPlan</p> <p>FREE</p>	<p>Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>A scheduling application designed to build confidence and promote independence. Reminders/notifications can be set. Tasks can be broken down into a sequence of easy-to-follow steps, illustrated by photos and reinforces with text and audio instructions.</p>
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<p>Visual Schedule &amp; Social Story</p> <p>FREE+</p>	<p>Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>This app provides visual support for completing tasks and appropriate behaviors at home, school, or in the community. Users can create new schedules using templates or your own pictures within the app.</p>
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<p>First Then Visual Schedule</p> <p>\$9.99</p>	<p>Requires iOS 3.2 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>A scheduling application designed for caregivers to provide positive behavior support. Fully customizable, can save and share schedules, and create PDF for printing.</p>
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Assist with Focus, Sensory, or Sleep



<p>Forest – Your Focus Motivation</p> <p>\$3.99+</p>	<p>Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>Forest is a “gamified timer” to help with procrastination and focus. Users plant a seed in the app when you put down the device to focus. As users stay focused, the seed will grow into a tree. If unable to keep focus, the tree will wither.</p>
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Stand Up! The Work Break Timer	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	A personal well-being app to help increase focus. Designed to remind the user to stand up and take breaks. Timers can be set in intervals or for certain days of the week and location can be set to only remind you at a certain location.
FREE+		



White Noise Lite	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that offers a range of sounds to help the user keep focus, relax, or fall asleep. Has over 40 looped sounds to choose from, can mix different sounds to create your own customized soundscape, and can set alarms or timers.
FREE	<b>Also Available for Android</b>	



A Soft Murmur	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that offers a range of sounds to help the user keep focus, relax, or fall asleep. Has over 40 looped sounds to choose from, can mix different sounds to create your own customized soundscape, and can set alarms or timers.
FREE+	<b>Also Available for Android</b>	



Dreampad Sleep	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that offers a range of sounds to help the user keep focus, relax, or fall asleep. Has over 40 looped sounds to choose from, can mix different sounds to create your own customized soundscape, and can set alarms or timers.
FREE*	<b>Also Available for Android</b>	



Sensory Electra	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	A simple, stimulating app for all ages. Responds to taps and up to 3 finger movements.
FREE	<b>Also Available for Android</b>	



Sensory Magma	Requires iOS 10.3 or later. Compatible with iPhone, iPad, and iPod touch.	A simple, stimulating app for all ages. Responds to taps and up to 3 finger movements.
FREE		



<p>Fluid Simulation</p> <p>FREE+*</p>	<p>Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><i>Also Available for Android</i></p>	<p>The app is designed to simulate gas, water, and liquids. The user can touch the screen and see a flourish of colors and ripples emerge across the screen. Users can also customize the color palette and how the screen responds to your touch.</p>
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## Apps for Budgeting and Money Skills



<p>HomeBudget Lite (w/sync)</p> <p>FREE+</p>	<p>Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><i>Also Available for Android</i></p>	<p>An expense app tracker designed to help keep track of expenses, income, bills, due dates, and account balances. Income and expenses must be entered in manually. Can sync across devices to work together on a family budget.</p>
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<p>Goodbudget Budget Planner</p> <p>FREE*</p>	<p>Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><i>Also Available for Android</i></p>	<p>A personal finance app that utilizes the “envelope method” budgeting a set amount of money each month/year. Income and expenses are entered manually. 10 regular envelopes and 10 annual envelopes available for free version.</p>
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<p>Life Budget – Personal Finance &amp; Money Management</p> <p>FREE+</p>	<p>Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><i>Also Available for Android</i></p>	<p>A simple expense tracking app to assist with money management. Users must enter expenses and income in manually.</p>
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<p>Mint: Personal Finance &amp; Money</p> <p>FREE+</p>	<p>Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><i>Also Available for Android</i></p>	<p>A money management app that brings together balances, budgets, credit health, and financial goals. Users can sync their accounts with the app to see their net worth and spending trends.</p>
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<p>Counting Bills &amp; Coins</p> <p>FREE</p>	<p>Requires iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>This app helps the user practice identifying and solving math problems with money. Users can count money, make change, and match amounts shown.</p>
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Money Pieces, by MLC	Requires iOS 12.3 or later. Compatible with iPad.	A simple app to help users visualize and understand money. Virtual currency can be replicated or broken down into smaller currency. Annotations and equations can be written on screen and shared.
FREE		



Money Up! – Build Life Skills	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.	An accessible app to assist in teaching and reinforcing real life money situations. The app includes games to identify notes and coins, how much to pay, how much money they have, and calculating cost.
\$15.99		



Chores & Allowance Bot	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	An easy way to keep track of your family’s allowances, chores, and savings goals. Can create daily, weekly, or monthly allowances for each child.
FREE*	<a href="#">Also Available for Android</a>	



S'moresUp – Best Chores App	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	A simple household and money management app. Parents can keep track of chores, allowance, and schedules.
FREE*	<a href="#">Also Available for Android</a>	

## Mental Health and Emotional Wellness

### Brain Exercise



Brain Yoga Brain Training Game	Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	An app that aims to train your brain in a relaxing way. Has 11 puzzle game, no timers, and no high scores.
FREE+	<a href="#">Also Available for Android</a>	



Lumosity	Requires iOS 11.2 or later. Compatible with iPhone, iPad, and iPod touch.	A brain training app with over 40 mind games to improve cognitive and academic abilities. The app offers workout modes, detailed training insights, and mindfulness training.
FREE*	<a href="#">Also Available for Android</a>	





Brain HQ FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A brain training app with exercises focused on cognitive improvement, real-world improvements, and physical brain changes.
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Elevate FREE*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A brain training app designed to improve focus, speaking abilities, processing skills, memory, math skill and more. The app includes over 35 games, workout calendar, and personalized daily puzzles.
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### Mental Health Tools



PTSD Coach FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	This app provides education on PTSD, self-assessments, tools to help manage PTSD, and information regarding professional care.
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Breathe2Relax FREE	Requires iOS 9.0 or later. Compatible with iPhone, iPad, iPod touch and Apple Watch.  <i>Also Available for Android</i>	A stress management app that provides detailed information on the effects of stress as well as instructions and practice breathing exercises to help reduce stress.
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Virtual Hope Box FREE	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app designed to help with coping, relaxation, distraction, and positive thinking. User can save documents they personally find supportive.
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MindShift CBT FREE	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	MindShift is a free, scientifically based anxiety tool. The app uses Cognitive Behavioral Therapy (CBT) to help the user learn to relax, be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety.
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Moodfit  FREE*	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Described as “fitness for your mental health”. Users can use the app to set personal goals, track mood, medications, create new habits, use breathing exercises, and much more. Users can export information to share with a healthcare professional.
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### Journaling



Alan Mind (Jour) Daily Journal  FREE*	Requires iOS 12.1 or later. Compatible with iPhone, iPad, and iPod touch.	Jour is journaling app that provides interactive guides tailored to improve confidence, gratitude, focus, and address feelings of loneliness or anxiety. All journal entries are encrypted, and users can track their progress over time.
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stoic.  FREE*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <i>Also Available for Android</i>	Mental Health tool and tracking app to help you be happier and have better control over your emotions. Tools include journaling with or without prompts, meditation, breathing exercises, motivational quotes, exercises to help with negative thoughts, and goal setting.
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Daylio  FREE+*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	Daylio is a self-care bullet journal with a mood diary and happiness tracker. Users can customize colors and emoji. Statistics are available to find patterns and share with friends or healthcare professionals.
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### Meditation Apps



Smiling Mind  FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A mindfulness, meditation app from Australia. Meditation programs available for children, youth, adults, the classroom, the workplace, and for sleep. Can set reminders and follow progress.
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Calm  FREE*	Requires iOS 13.0 or later. Compatible with iPhone, iPad, iPod touch, and Apple Watch.  <i>Also Available for Android</i>	A mindfulness, meditation app from Australia. Meditation programs available for children, youth, adults, the classroom, the workplace, and for sleep. Can set reminders and follow progress.
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## Apps for Children and Adolescents



<p>Breathe, Think, Do with Sesame</p> <p>FREE</p>	<p>Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>A mindfulness, meditation app for kids to help them discover and develop skills for sleep, being calm, learning to breathe, and resolve conflict. Can create up to 5 profiles for different children and 15 free mindful activities for every situation.</p>
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<p>My Life My Voice Mood Journal</p> <p>FREE</p>	<p>Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>A simple mood journal that uses emoticons to assist in identifying and tracking thoughts, feelings, and mood.</p>
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<p>Mindful Powers</p> <p>FREE</p>	<p>Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>A simple mood journal that uses emoticons to assist in identifying and tracking thoughts, feelings, and mood.</p>
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<p>Social Story Creator &amp; Library</p> <p>FREE+</p>	<p>Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.</p>	<p>This app allows users to create, print, and share social stories, visual schedules, and memories. Stories can be created with pictures, recordings, or text and can be used and created offline.</p>
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<p>Khan Academy Kids</p> <p>FREE</p>	<p>Requires iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>An app to help teach reading, writing, language, math, social-emotional development, problem solving skills, and motor development. Parents/teachers can set up multiple children's profiles. For individuals up to the 2nd grade learning level.</p>
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<p>GoNoodle – Kids Videos</p> <p>FREE</p>	<p>Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p><b>Also Available for Android</b></p>	<p>Designed for active screen time, GoNoodle has over 300+ dance videos, yoga exercises, and mindfulness activities for kids. New videos are uploaded every week. The menu is easy to browse and play.</p>
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Flip-Over FACES FREE	Requires iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A fun and versatile app where a child can explore facial expressions. While any student can benefit from this app, it is designed for students with low-vision and a cognitive level of age 5 or older.
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Jade Autism FREE*	Requires iOS 12.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app designed for children and teenagers with autism, developmental delay, or learning difficulties. The app provides activities for problem solving, using strategic thoughts, and decision making.
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## Brain Injury

### Brain Injury



CDC HEADS UP Concussion and Helmet Safety FREE	Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app that teaches the user how to spot a possible concussion and what to do if someone has a concussion or serious brain injury. The application also features a 3D helmet fit and teaches about proper helmet safety.
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Let Me Check My Notes FREE*	Requires iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	A note taking app specifically designed for individuals with brain injury. Easy to add notes, categorize and color code. Can add attachments to notes, search for specific notes, and can sync with iPhone calendar. Integrates with My Bionic Brain Program.
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### For Aphasia



Language Therapy 4 in 1 \$74.99	Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	A 4 in 1 app designed to be used for individuals with aphasia. Feature's comprehension, reading, naming, and writing.
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Dexterity – Fine Motor Skills \$5.99+	Requires iOS 12.2 or later. Compatible with iPhone, iPad, and iPod touch.  <i>Also Available for Android</i>	An app that uses unique hand and finger activities to build strength, control, and dexterity. Does automatic tracking and reporting that can be emailed directly from the app. Can be used with both children and adults.
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