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## The Path to Independence: *Mobile Apps to Support Transition-Age Youth*



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# The Path to Independence: *Mobile Apps to Support Transition-Age Youth*

Many free and low-cost mobile apps are available to support transition-age youth with disabilities as they embark on their journey towards post-secondary education, job training, employment, and independent living. With so many options, it can be difficult to know where to begin. This list includes apps that have been reviewed by parents and professionals and found to be useful and well-designed. Within each section, apps are listed in alphabetical order, not by priority. These apps were available as listed at the time of publication; however, many apps and mobile devices are updated or replaced frequently and often change in price. New apps are produced on a regular basis.

## **What is a mobile device?**

A mobile device is a small portable device, such as a smartphone or a tablet computer, that typically has access to the internet. These devices run on a mobile operating system (OS), either iOS by Apple or Android by Google.

## **What is a mobile app?**

A mobile app is a software application that runs on a mobile device. Some apps are preinstalled on a device and allow the user to access email, browse the web, or use maps. Other apps must be downloaded from an app store.

## **Purchasing and cost**

Prices are current at the date of publication, but may change at any time. Many apps listed as free can be used at no cost, but may have ads. There are often options to upgrade to a paid version that is ad-free. In some cases, the free version has limited features. Paid upgraded versions may offer additional content and features. To download an app, go to the Apple/iTunes App Store or the Android/Google Play Store from an internet browser, such as Safari or Chrome, or search for the app by name in the appropriate app store. If you are using an electronic version of this document, the website links are live and the app store links are embedded within the [iOS](#) or [Android](#) that follows the app name. The website URL links provided are typically for the app developer's website to provide additional background information about the app and its uses.

## **Trial before purchasing**

Apps marked with two asterisks (\*\*) are available to trial from PACER's Simon Technology Center library. You can try apps on a borrowed device or have apps sent to your own. Borrowing apps does require a library membership from PACER's Simon Technology Center. For information on PACER's lending library and to view the online catalog, go to [STClendinglibrary.myturn.com/library](http://STClendinglibrary.myturn.com/library).

## **Tips on troubleshooting and support**

Apps vary in complexity. Some are fairly straightforward, while others will require additional time to learn. To find help in learning how to use an app, look to see if the app has a "Help" section or a "Tutorial." You may also find video tutorials on YouTube. Your local public library may have staff that are able to help you to use an app. The assistive technology specialists at PACER can answer questions about how to use a mobile app. Contact PACER's Simon Technology Center to learn more at (952) 838-9000 or email at [PACER@PACER.org](mailto:PACER@PACER.org).

# APP CATEGORIES

## 1) Exploring College and Career Pathways

Apps in this category offer a range of tools to help users learn about personal strengths and interests, and explore future career options. Additionally, these apps may help with the college search and financial aid process.



### Self-assessment and Career Exploration

**Be – Career Discovery** | [iOS](#) | Free

- Review images for careers of interest, then learn facts like salary and education
- [rrcarch.com/splashpagebe](http://rrcarch.com/splashpagebe)

**Good & Co** | [iOS](#) & [Android](#) | Free

- Take quizzes to discover personal strengths and learn about your working style
- [good.co](http://good.co)

**PathSource** | [iOS](#) & [Android](#) | Free

- Career exploration and planning tools for choosing a career, assessing money needs, picking a school, creating a resume, and finding a job
- [pathsource.com/start](http://pathsource.com/start)

**Thinking Talents Quiz: Find Your Career Strengths** | [iOS](#) | Free

- Discover personal strengths and find roles in which you will succeed
- [pages.levo.com/thinking-talents-d](http://pages.levo.com/thinking-talents-d)

### College Search

**College Interactive** | [iOS](#) & [Android](#) | Free

- Navigate college search, selection, and the application process
- [collegeinteractive.com/](http://collegeinteractive.com/)

**CollegeGo 1.3: The College Board** | [iOS](#) & [Android](#) | Free

- Explore colleges, search for scholarships, and learn about majors and careers
- [lp.collegeboard.org/free-collegego-mobile-app](http://lp.collegeboard.org/free-collegego-mobile-app)

**CollegeHunch** | [iOS](#) | Free

- Visually streamlined way to search for and read about colleges and universities
- [collegehunch.com](http://collegehunch.com)

**Schoold – College Search & Advice** | [iOS](#) & [Android](#) | Free

- Use college search and planning tools, find scholarships, and explore careers
- [schoold.co](http://schoold.co)



## Financial Aid for College

**DREAMer’s Roadmap** | [iOS](#) & [Android](#) | Free

- Features scholarships and tips to help undocumented students go to college
- [dreamersroadmap.com](http://dreamersroadmap.com)

**Scholly** | [iOS](#) & [Android](#) | Free, \$2.99

- Matches students with scholarships and offers essay writing tips and samples
- [myscholly.com/#scholly](http://myscholly.com/#scholly)

**Scholarships.com** | [iOS](#) | Free

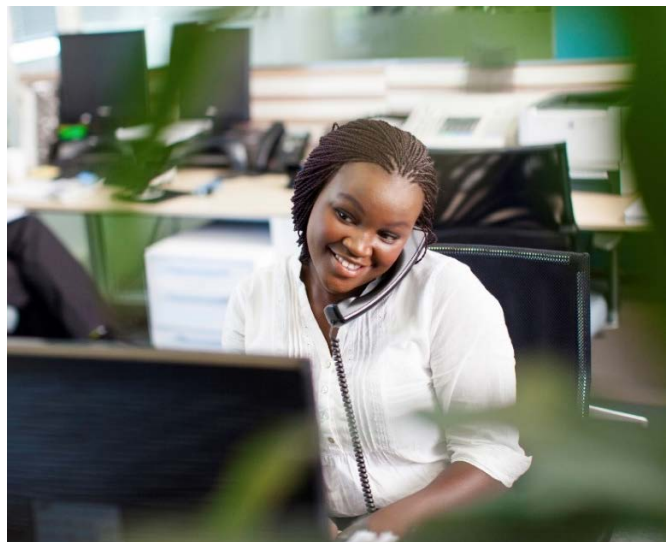
- Scholarship search with detailed filter options
- [scholarships.com/](http://scholarships.com/)

**YesU: Financial Aid Done Right** | [iOS](#) & [Android](#) | Free

- Guide and tools for navigating the college financial aid process
- [yesuapp.com](http://yesuapp.com)

## 2) Finding and Getting a Job

There are many general job search apps with a variety of helpful features. Many of these have associated job search websites, including Indeed, LinkedIn Job Search, Jobs by CareerBuilder, ZipRecruiter, and Glassdoor. The following list of job search apps include unique features that may be of interest to transition-age youth. There are also apps that support the job search process by helping to create a resume or prepare for interviews. Apps for finding volunteer opportunities are included. Volunteering can help individuals gain useful job skills and make connections that may lead to paid employment.



### Job Search Apps with Unique Features

**CareerOneStop Mobile** | [iOS](#) & [Android](#) | Free

- Interactive tools including American Job Center Finder, Job Finder, Salary Finder, Training Finder, and Unemployment Benefits Finder
- [careeronestop.org/Toolkit/mobile/mobile-apps.aspx](http://careeronestop.org/Toolkit/mobile/mobile-apps.aspx)

**Hirewire – Job Search** | [iOS](#) & [Android](#) | Free

- Easy-to-navigate app with service industry jobs and a button to contact employers
- [hirewire.com](http://hirewire.com)

**LinkedIn Students** | [iOS](#) | Free

- Helps college students prepare for a career with job search skills and interview tips
- [students.linkedin.com](http://students.linkedin.com)

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**Snagajob** | [iOS](#) & [Android](#) | Free

- Specializes in hourly employment in entry level jobs in the local area
- [snagajob.com](http://snagajob.com)

## Creating a Resume

**iResumes – Pro Resume Builder and Designer** | [iOS](#) & [Android](#) | Free

- Create, manage, and send out resumes and letters directly from the app

**Quick Resume – Resumes Builder and Designer** | [iOS](#) | Free

- Helps to create an organized resume to send out or print from iPhone or iPad
- [thelinklinks.com/apps\\_11\\_quick%20resume.html](http://thelinklinks.com/apps_11_quick%20resume.html)

**Resume Designer – Free CV Builder & Pro Templates** | [iOS](#) | Free

- Enter information, choose a template, and create a resume PDF and cover letter
- [appadvice.com/app/resume-designer-free-cv-builder/1047522998](http://appadvice.com/app/resume-designer-free-cv-builder/1047522998)

**Visibl** | [iOS](#) | Free

- Create a video resume with a 60-second video to send to potential employers

## Interviewing

**Job Interview App – Careerbuilder Search Indeed** | [iOS](#) | \$.99

- Video tutorials, checklists, interview questions, and sample video answers
- Able to video-record your answer for practice
- [appsonite.com/news8.html](http://appsonite.com/news8.html)

**Job Interview Questions and Answers (Q&A)** | [iOS](#) & [Android](#) | Free, \$.99

- Sample questions and answers, interview tips, and tools for making notes and goal
- [careerconfidential.com/members/job-interview-questions-answers-video-series/#](http://careerconfidential.com/members/job-interview-questions-answers-video-series/#)

**101 HR Interview Questions** | [Android](#) | Free

- Lists most common interview questions with tips and examples of how to answer
- [faq.programmerworld.net/apps/android/101-HR-Interview-Questions-and-Answers.html](http://faq.programmerworld.net/apps/android/101-HR-Interview-Questions-and-Answers.html)

## Volunteering

**DoSomething: Take Action on the News** | [iOS](#) | Free

- Read about current events and find ways to take action in your local area
- [dosomething.org/us](http://dosomething.org/us)

**Volunteer Connection (Red Cross)** | [iOS](#) & [Android](#) | Free

- Volunteers with Red Cross can update profile, find shifts, and view groups
- [redcrossyouth.org/2014/08/24/volunteer-connection-mobile-app](http://redcrossyouth.org/2014/08/24/volunteer-connection-mobile-app)

### 3) Vocational Support

These apps can support on-the-job success by modeling and reinforcing job tasks and skills. See also some of the apps listed under “Executive Function,” such as timers and schedules, which can be useful for creating a sequenced task list for on-the-job projects. Similarly, some apps under “Independent Living Skills” may be useful for step-by-step instructions of tasks.



#### **CanWork** | [iOS](#) & [Android](#) | Free

- Helps people with cognitive challenges keep track of work shifts and contacts
- Breaks work tasks into easy-to-follow sequence of steps with optional photos
- [canassist.ca/EN/main/programs/technologies-and-devices/employment/canwork-app.html](http://canassist.ca/EN/main/programs/technologies-and-devices/employment/canwork-app.html)

#### **iModeling** | [iOS](#) | \$14.99

- Video modeling app can be used to demonstrate detailed job tasks
- [imsocial.org.au/Content/Apps](http://imsocial.org.au/Content/Apps)

#### **MasterTask** | [iOS](#) | Free

- Coach creates visual task instructions for worker with videos for each step of task

#### **QuickCues – On The Job module** | [iOS](#) | \$4.99

- Social script cues for office conversation, handling conflict, and interacting on a team
- [fraser.org/Resources/Products/QuickCues/QuickCues-Script-Lists](http://fraser.org/Resources/Products/QuickCues/QuickCues-Script-Lists)

### 4) Independent Living Skills

This section covers apps that can support a wide range of skills needed to live independently as an adult. These apps offer support for living on one’s own, including topics such as completing household tasks, caring for oneself, making decisions, managing one’s health, getting around, managing money, and interacting with others.



#### Daily Living and Tasks

##### **CanPlan – Task Manager** | [iOS](#) | Free

- Create tasks in simple steps with photo and video instructions
- Offers support for people with cognitive challenges
- [canassist.ca/EN/main/programs/technologies-and-devices/at-home/canplan.html](http://canassist.ca/EN/main/programs/technologies-and-devices/at-home/canplan.html)



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**Life Skills by Westcare** | [iOS](#) & [Android](#) | Free

- Developed by the Salvation Army to support independent living
- Tools cover budget management, cooking, cleaning, and other household tasks

**MagnusCards** | [iOS](#) & [Android](#) | Free

- Digital cards that teach life skills such as riding the bus, grocery shopping, and cleaning
- Can help people with autism or intellectual disabilities to gain independence
- [magnusmode.com](http://magnusmode.com)

**Reminders and Alarms – Siri** | Built-in iOS feature | Free

- Use Siri to easily create time-based reminders or alarms
- [apple.com/ios/siri](http://apple.com/ios/siri)

**SmartSteps Mobile** | [iOS](#) & [Android](#) | Free

- Guides you through decision making for common situations, with read-aloud buttons and stored emergency contacts
- [smartsteps4me.com](http://smartsteps4me.com)

**Unstuck** | [iOS](#) & web-based | Free

- Digital coach that helps you to assess a problem when you're feeling stuck
- Walks you through steps with questions, advice, tips and tools for problem solving
- [unstuck.com](http://unstuck.com)

## Cooking

**Grocery IQ** | [iOS](#) & [Android](#) | Free

- Create grocery shopping list in a simple, visual format with photos
- [groceryiq.com](http://groceryiq.com)

**i Get... Cooking** | [iOS](#) | \$4.99

- Cooking vocabulary and instructions with photo support and customizable options
- [igetitapps.com/app/i-get-cooking](http://igetitapps.com/app/i-get-cooking)

**The Photo Cookbook – Quick & Easy** | [iOS](#) | \$3.99

- Straightforward cooking instructions with photos of each step
- [thephotocookbook.com](http://thephotocookbook.com)

## Transportation and Finding Your Way

**Google Maps** | [iOS](#) & [Android](#) | Free

- Navigating options include car, bus, walking, rideshare (Uber or Lyft), or bike
- Can give audio directions and update route if you miss a turn
- [google.com/maps/about](http://google.com/maps/about)

**iMove** (EveryWare Technologies) | [iOS](#) | Free

- Gives address where you are and nearby points of interest, and allows you to make location-based audio notes
- Designed for those with vision impairments and works with VoiceOver on iPhone
- [everywaretechnologies.com/apps/imove](http://everywaretechnologies.com/apps/imove)

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**Lyft** | [iOS](#) & [Android](#) | Free

- Ride-sharing program app with filter to select for wheelchair access mode
- [lyft.com/signup](https://lyft.com/signup)

**Uber** | [iOS](#) & [Android](#) | Free

- Ride-sharing program that is developing features to support riders with disabilities
- [accessibility.uber.com](https://accessibility.uber.com)

**Maps.Me – Offline Map** | [iOS](#) & [Android](#) | Free

- Download detailed map for any area to use offline (without Wi-Fi) while you travel
- Can help you to navigate an area when driving, walking, or biking
- [maps.me/en/home](https://maps.me/en/home)

**Transit** | [iOS](#) & [Android](#) | Free

- Plan trip and get guided prompts from robot voice for the Twin Cities area of Minnesota
- Can compare all options such as Uber, bike share, car share, and public transit
- [transitapp.com/region/minneapolis-saint-paul](https://transitapp.com/region/minneapolis-saint-paul)

## Money Management

**DollarBird – Smart Personal Finance Calendar** | [iOS](#) & [Android](#) | Free

- Organizes budget based on calendar; does not require any bank account information
- [dollarbirdapp.com](https://dollarbirdapp.com)

**Penny – Track Your Money** | [iOS](#) & [Android](#) | Free

- Money app featuring friendly messages from Penny with reminders of upcoming bills
- Automatically sorts your expenses into four simple categories
- [pennyapp.io](https://pennyapp.io)

**Practical Money Skills Calculators** | [iOS](#) & web-based | Free

- Calculators in many categories, such as auto, careers, education, loans, saving, and taxes
- [practicalmoneyskills.com/apps](https://practicalmoneyskills.com/apps)

## Social Skills and Communication

**QuickCues – Communication** | [iOS](#) | \$4.99

- Social script app with cues to help handle various communication settings
- [fraser.org/Resources/Products/QuickCues/QuickCues-Script-Lists](https://fraser.org/Resources/Products/QuickCues/QuickCues-Script-Lists)

**Social Skills Pro** | [iOS](#) & [Android](#) | \$2.99

- Learn about conversation, body language, active listening, and personalities
- [socialskillspro.com](https://socialskillspro.com)

## Sleep

**Sleep Cycle Alarm Clock** | [iOS](#) & [Android](#) | Free

- Smart alarm analyzes your sleep and wakes you in the lightest sleep phase so you wake more easily, feeling well rested
- [sleepcycle.com](https://sleepcycle.com)

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**White Noise** | [iOS](#) & [Android](#) | Free, \$.99

- Offers range of nature sounds with accompanying image to help you relax and sleep
- [tmssoft.com/white-noise](https://tmssoft.com/white-noise)

## Health and Wellness

**Breathing Zone: Guided Breathing for Mindfulness** | [iOS](#) & [Android](#) | \$3.99

- Walks you through breathing exercises with soothing music to help you relax
- [breathing.zone](https://breathing.zone)

**Emrify** | [iOS](#) & [Android](#) | Free

- Personal health record to keep track of health data across platforms
- [emrify.com](https://emrify.com)

**Healthspek** | [iOS](#) | Free

- Personal health record to track your conditions, medications, labs, and allergies
- [healthspek.com](https://healthspek.com)

**Pacifica – Anxiety, Stress, & Depression Relief** | [iOS](#) & [Android](#) | Free

- Tools to help you relax and track changes in mood, sleep, exercise, and medication
- [thinkpacifica.com](https://thinkpacifica.com)

**Symptify – Symptoms Simplified** | [iOS](#) & [Android](#) | Free

- Self-assessment tool for basic health symptoms to help learn about common conditions
- [symptify.com](https://symptify.com)

## Managing Medication

**CareZone** | [iOS](#) & [Android](#) | Free

- Manage prescriptions, get medication reminders, and keep health notes
- [carezone.com/home](https://carezone.com/home)

**Mango Health** | [iOS](#) & [Android](#) | Free

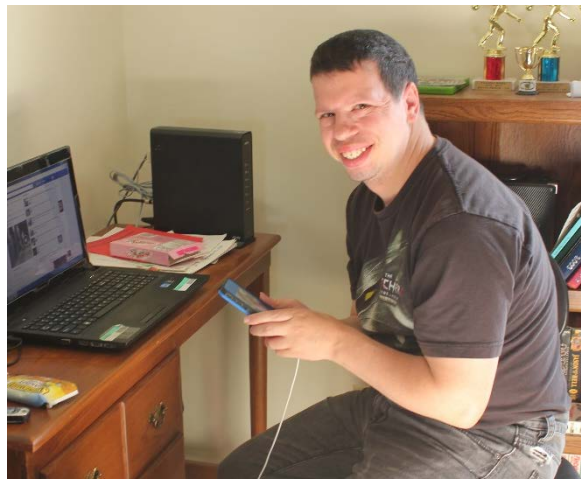
- Medication reminders, record of pills taken, and tracking healthy habits
- [mangohealth.com](https://mangohealth.com)

**Medisafe** | [iOS](#) & [Android](#) | Free

- Visual pillbox format with medication time alerts and refill reminders
- [medisafe.com/technology](https://medisafe.com/technology)

## 5) Executive Function

Executive function refers to a set of skills that have to do with managing oneself and one's resources in order to achieve a goal. They are skills that allow people to plan, organize, and complete tasks. These apps that support executive function skills include to-do lists, schedules, and other tools to stay organized and manage one's responsibilities. They can be helpful for many areas of adult life, including school, employment, and living independently.



### To-Do Lists

**Any.do** | [iOS](#) & [Android](#) | Free

- Easy-to-use, flexible app with to-do list and calendar that syncs across devices
- [any.do](#)

**Google Keep** | [iOS](#) & [Android](#) | Free

- Post-it note type layout with syncing notepad that connects to Google Drive
- [keep.google.com](#)
- [noteboardapp.com](#)

**Toodledo** | [iOS](#) & [Android](#) | Free, \$2.99

- Task list with priority level, due date, space for notes, and customizable settings
- [toodledo.com](#)

**Wunderlist** | [iOS](#) & [Android](#) | Free

- To organize shopping or to-do lists synced across devices, with reminders
- [wunderlist.com](#)

### Timers

**30/30** | [iOS](#) | Free

- Easy-to-use sequence timer for tasks with customizable colors, icons, and labels
- [3030.binaryhammer.com](#)

**Time Timer** | [iOS](#) & [Android](#) | \$.99, \$2.99

- Visual circular countdown timer with color and alert options
- [timetimer.com/collections/applications](#)

**Timewinder** | [iOS](#) & [Android](#) | Free

- Interval and task manager with crisp, visual display and customizable views
- [widgetrevolt.com/products/timewinder/#.WKxrh4WcEdU](#)

### Time Management and Healthy Habits

**Space – Break Phone Addiction** | [iOS](#) & [Android](#) | Free

- Helps to monitor smartphone use and maintain a healthy work/life balance
- [phonelifebalance.com](#)

### **Habitica – Gamified Task Manager** | [iOS](#) & [Android](#) | Free

- Habit-building task manager in a game format with avatars, rewards, and quests
- [habitica.com/static/front](http://habitica.com/static/front)

### **Remente – Goal Setting** | [iOS](#) & [Android](#) | Free

- Digital life coach to help you set goals, plan steps, get reminders, manage stress, track mood, and increase well-being in eight contentment categories
- [remente.com](http://remente.com)

### **Selfcare Habits** | [iOS](#) | Free

- Colorful app helps build healthy habits in physical, mental, emotional, and spiritual areas
- [facebook.com/Habits.NewYearResolution](https://facebook.com/Habits.NewYearResolution)

## Visual Schedules

### **Children with Autism: A Visual Schedule** | [iOS](#) | \$5.99\*\*

- Graphically clear visual schedule with iWatch integration
- [enuma.com/products-visual](http://enuma.com/products-visual)

### **Chiceworks** | [iOS](#) | \$6.99 \*\*

- Visual schedule with pictures to support self-control and completion of daily routines
- [beevisual.com](http://beevisual.com)

### **FTVS HD – First Then Visual Schedule HD** | [iOS](#) & [Android](#) | \$4.99, \$14.99\*\*

- Create routines and daily events schedule with images and audio prompts
- [goodkarmaapplications.com/first-then-visual-schedule.html](http://goodkarmaapplications.com/first-then-visual-schedule.html)

## 6) Reading, Writing, and Note-taking Supports

These apps can provide support for a variety of activities that involve reading and writing. Other apps offer support for a range of academic or work activities that involve organizing information, tracking projects, and taking notes.



### Reading Supports

#### **ClaroSpeak** | [iOS](#) | Free, \$3.99

- Provides audio speech for text from a range of file types
- [claro-apps.com/clarospeak](http://claro-apps.com/clarospeak)

#### **NaturalReader** | [iOS](#) & [Android](#) | Free

- Converts text to spoken word for documents, websites, PDF files, and emails
- [naturalreaders.com/app](http://naturalreaders.com/app)

#### **Voice Dream Reader** | [iOS](#) & [Android](#) | \$9.99, \$14.99\*\*

- Turns text into speech with wide range of voice types and customizable layout
- [voicedream.com/reader](http://voicedream.com/reader)



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## Writing Supports

### **Dragon Dictation** | [iOS](#) | Free

- Voice recognition app for dictating, powered by Dragon Naturally Speaking
- [.nuance.com/for-individuals/mobile-applications/dragon-dictation/index.htm](https://www.nuance.com/for-individuals/mobile-applications/dragon-dictation/index.htm)

### **Ginger Page: English Grammar & Spell Checker** | [iOS](#) & [Android](#) | Free, \$3.99

- Corrects typos, phonetic and spelling mistakes, and misused words based on the context
- [gingersoftware.com](https://www.gingersoftware.com)

### **Popplet Lite** | [iOS](#) | Free, \$4.99

- Easy-to-use mind mapping app for brainstorming ideas or organizing topics for writing
- [popplet.com](https://www.popplet.com)

### **Read&Write** | [iOS](#) & [Android](#) | Free, \$19.99

- Supports writing with word prediction, spell checker, and speaking words as you type
- [texthelp.com/en-gb/products/read-write](https://www.texthelp.com/en-gb/products/read-write)

## Note-taking and Academic Supports

### **AudioNote 2 – Notepad and Voice Recorder** | [iOS](#) & [Android](#) | Free, \$5.99\*\*

- Notetaking and voice recording app for lectures or meetings that links audio with notes
- [luminantsoftware.com/iphone/audionote.html](https://www.luminantsoftware.com/iphone/audionote.html)

### **Evernote** | [iOS](#) & [Android](#) | Free

- Save and organize lists, notes, websites, articles, and photos across platforms
- [evernote.com](https://www.evernote.com)

### **myHomework Student Planner** | [iOS](#) & [Android](#) | Free

- Student planner to keep track of classes, homework, and due dates
- [myhomeworkapp.com](https://www.myhomeworkapp.com)

### **SnapType** | [iOS](#) & [Android](#) | Free, \$4.99

- Snap a picture of a document, type or draw on it, and save or email it
- [snaptypesapp.com](https://www.snaptypesapp.com)

\*\* Available to try (through app push-out) from PACER's Simon Technology Center library, at [STClendinglibrary.myturn.com/library](https://STClendinglibrary.myturn.com/library).