

Apps and Ideas to Support Executive Function at Work



List compiled by the Employment Technical Assistance Team at the Center on Community Living and Careers, December 2019.

Activation and Planning

Organizing the day

- [Picture Scheduler](#)
- [Trello](#) (free, IOS and Android)
- [Top Project Management Software](#) – Master list of over 50 apps
- [Task Organizer Software](#)
- [Task Management Checklist](#)

Prioritizing the work

- [Prioritize Me! – Goals and Tools](#)
- [Decision-Making Software](#)

Getting to work

- [Alarmy](#) (free, IOS and Android)
- [Google Maps](#)
- [WAZE](#)
- [Transit.Tracker](#)
- [Uber](#)
- [Lyft](#)

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Apps to Support Executive Functioning at Work

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Focus

Keep focused

- [White Noise](#)

Stay alert

- Use Alarms and reminders
- [Stand Up!](#)
- [Toodledo](#)

Maintain productivity

- [Chorganizer](#)
- [Any.do](#)

Memory

Using working memory

- [Video Modeling](#)
- [Viva Video Editor & Video Maker](#) (free, IOS and Android)

Sequence

- [Evernote](#) (free IOS and Android)

Social stories

- [Little Story Creator](#)

Make a list on the go

- [Google Keep](#)

Emotions

Managing frustrations

- [Pacifica](#) (free, IOS and Android)

Modulating emotions

- [Mindshift](#)

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Self-Monitoring

Monitoring and regulating actions

- [CanPlan](#) (IOS only)
- [Reminders](#) (IOS only)
- [Time Timer \(IOS\)](#)
- [Time Timer \(Android\)](#)
- [Speaking Clock](#)
- [Talking Clock](#)
- [Timewinder](#)

Flexibility

Shifting attention

- [Time Timer \(IOS\)](#)
- [Time Timer \(Android\)](#)

Shifting tasks

- [30/30](#)

Communication

- [UcanTALK](#)
- [ProDeaf](#)
- [Bemyeyes](#)
- [Choiceboard Creator](#)
- [Dragon Go](#)
- [Grammarly](#)

Social Skills

- [Do2learn](#)
- [Imotions](#) (IOS)
- [Mashable](#) 10 Tips to Help Kids Control Their Emotions
- [Little Story Creator](#)