Using Technology to Help Connect With Others and to Help With Memory - 2010

by Donald Tillman Computer Consultant / Safe Data Destruction <u>www.safeDATAdestruction.com</u>

Social Networking









Getting Connected

- What is broadband?
 - Anything that is faster than dial-up!
- Library Computers with broadband
- Personal: Broadband (DSL, Cable, 3G or 4G, WiFi, MiFi), FIOS Fiber
- Web Browsers

Web Browsers

*Internet Exporer



*Firefox



Chrome (Google) - very secure



*Safari (Apple)

Opera



SeaMonkey - offshoot of Firefox, useful for some sites



Get a e-mail/webmail account - free

- GMAIL
- Hotmail
- AOL
- Yahoo
- Others free and not free
 - "Not free" benefits very large e-mail boxes

Get a e-mail/webmail account - free

Why is this important??

- To get onto nearly anywhere on the web, wether it's Facebook, MySpace, blogging etc. you MUST have an e-mail address.
- Generally a good idea to have e-mail address and to check on it frequently.

E-mail names

- Typically a service will choose a very annoying e-mail address for you. There are some great strategies to help you and your e-mailing friends...
- Ideally you want an easy one not just for you but for others. As an example <u>don34323-432@hotmail.com</u> would be quite useless to other people: No one would remember it or want to type it. <u>don-the-tall-geek@gmail.com</u> may be more useful and certainly more memorable by others and for yourself.



E-mail names



- You may also want more anonymity with your e-mail address. Sometimes by using your first name you may give away your gender or age, which could prove to be annoying with some other people on the net.
- So the address <u>miwallace@aol.com</u> would be a safe name since it only gives out your last name. Or you could be even more anonymous with <u>smilesandwinks@gmail.com</u>.
- You may want to consider an e-mail address that may also be functional for professional purposes.

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Don't have a Windows Live ID?	
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More about Windows Live ID	
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Create a password:	
	6-character minimum; case sensitive
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Alternate e-mail address:	
	Or choose a security question for password reset
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Email accounts

Get a e-mail/webmail account - free

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ell Us About Y Account Security Question: * Your Answer: Re-type Answer: * Zip or	Help for creating a secure password.	

Email accounts

- With broadband
 - Typically you get e-mail accounts with your broadband service, but they are "attached" to your broadband provider. This means that if you needed or wanted to change providers, your e-mail address bites the dust... Thus why it is more practical to use the free e-mail addresses.
- Professionals may want their own domain names and larger e-mail boxes. As an example <u>sam-t-nobody@biaoh.org</u> has it's own domain of biaoh.org. This you do have to pay for. Ask me for details if you wish.

Protecting Your Identity

- Do not give out your personal information unless you are POSITIVE the receiving party is a family member or a professional who cares for you and that you trust them:
- Don't share your:
 - Your birthdate
 - Social Security Number
 - Phone numbers
 - e-mail address





Protecting Your Money

Be careful with:

- Bank Account number(s)
- There are a TON of scams
- They are dying to get a hold of your information and use it against you.

THIS IS AN IMPORTANT MESSAGE FROM CHASE BANK Tuesday, August 18, 2009 7:51 AM From: "CHASE BANK" Add sender to Contacts To: undisclosed-recipients Subject: compensation to scam victims



CHASE BANK 10 Greenwood Avenue 5041 North 16th Street, Phoenix AZ 85016. U.S.A.

ATTENTION:

So you are advice to contact MR FELIX DE LA PAZ OF CHASE BANK PHONIX AZ to mail to you a certified check which can be withdraw any were in the world and the amount is 250,000 U.S.D(TWO HUNDRED AND FIFITY THOUSAND UNITED STATE DOLLAS

CONTACT: MR. MR FELIX DE LA PAZ ADDRESS:10 Greenwood Avenue 5041 North 16th Street,Phoenix AZ 85016 EMAIL:chase.bk@live.com Please fill the following form for prove: NAME: YOUR HOME ADDRESS: AGE: OCCUPATION: COUNTRY: STATE: TELEPHONE NUMBER: SEX: IDENTIFICATION(PLEASE ATTACHE DRIVERS LICENSES,PASSPORT)

Social Norms

- Over communicating
 - Sharing too much information about yourself or others
 - Sharing too much PERSONAL information
- Good practices with communicating on-line
 - Only say things that you would say to someone in person
 - The on-line tendency is for some people to say very cruel things and we can CHOOSE to be better than that.
 - Watch our for slander..
 - Be careful with what you advertise about yourself such as "I am alone" or "I live by myself" or "on vacation."

Social Norms

- For Facebook, MySpace, Twitter
 - Be selective with who you "add" : When you "add" a friend to your account they can contact you through Facebook etc. There will be MANY opportunities to add, that said not all of them are ones that you really want. Facebook makes suggestions that are typically useful as "adds" for friends, but other suggestions may not be or could be harmful.

facebook twitter

meetup

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^{co}myspace.

Linked in

- Others may want you to "add them" for other purposes such as advertising or worse.
- You can always choose to "de-friend" someone.

What is the point?



Facebook, MySpace, Twitter

- For many it is a convenient way for people to connect and find each other, such as high school or college friends or co-workers etc.
- You can send messages to each other without giving your e-mail address, keeping the noise in your life compartmentalized.
- Easily update your friends on what you are thinking about or what you are doing or what you have accomplished. This can lead to many conversations good and bad.

What is point of...

- Facebook, MySpace, Twitter, Meetup
 - A place to talk about ideas and opinions. That said it is good to consider the norms we have already covered. It's nice to make these virtual places friendly.
 - The ability to network locally
 - The ability to bring families together
 - Advertising (your company) or absorbing advertising
 - Cons: Many have become addicts of these forums



Mafia Wars

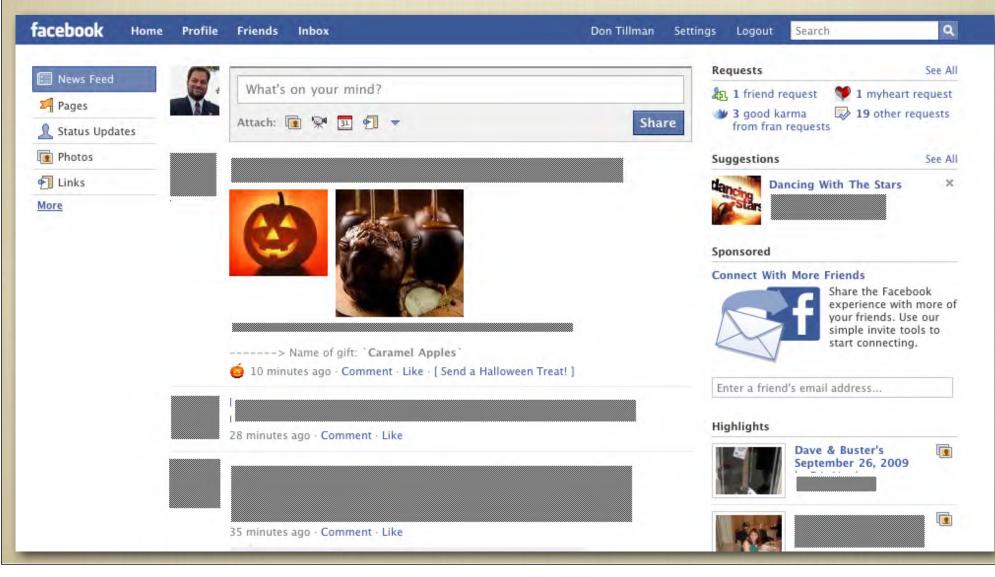
Cons: Since this is a virtual world, you can still walk away feeling empty and lonely. The only fix for that is to socialize face to face. Meetup and **BIAOH** meetings can help with this.

Facebook-www.facebook.com

Sign Up It's free and anyone can join	
First Name:	
Last Name:	
Your Email:	
New Password:	
Birthday: Month: + Day: + Year: +	
Why do I need to provide this?	
Create a Page for a celebrity, band or business.	

Facebook- www.facebook.com

Only your "friends" can see your home page.



Facebook- www.facebook.com

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Facebook-www.facebook.com

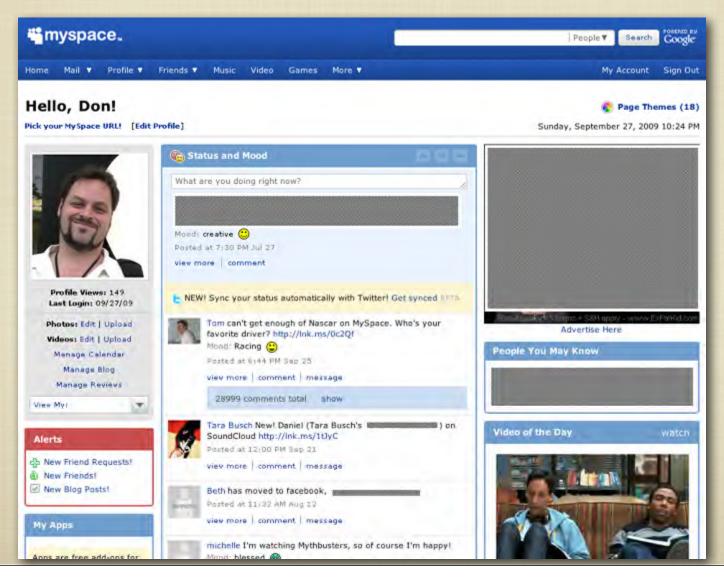
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Only your "friends" can see your home page.

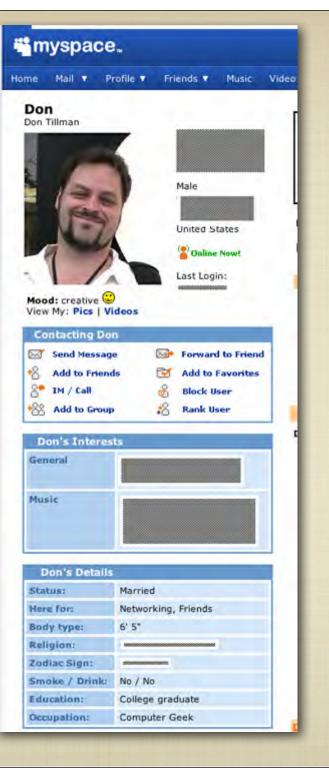


MySpace

Our lowest price ever of Buy any BlackBerry, li and get another Black FREE PHONE 2-YR PRICE MUST BE OF ON UDICE PLAN WITH EMAIL FEATURE, O Free Overnight Shipping & Insta

myspace.

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twitter	Home Profile Find P
What are you doing?	140
	update

So how does it work?

Twitter lets you write and read messages of up to 140 characters, or the very length of this sentence, including all punctuation and spaces. The messages are public and you decide what sort of messages you want to receive—Twitter being a recipient driven information network. In addition, you can send and receive Twitter messages, or tweets, equally well from your desktop or your mobile phone.

When you combine messages that are quick to write, easy to read, public, controlled by the recipient and exchangeable anywhere, you've got a powerful, real-time way to communicate. And real-time communication is turning out to be ground-breaking for users and businesses alike.

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A brief history of Twitter

Initially inspired by the concept of an 'awaymessage' merged with the freedom and mobility of SMS, Twitter began as an experiment in 2006. When value as an instant communication network during shared events like earthquakes, conferences, and festivals emerged, Twitter began to grow—Twitter, Inc. was founded in 2007. Today, Twitter is a privately funded company based in San Francisco, GA.

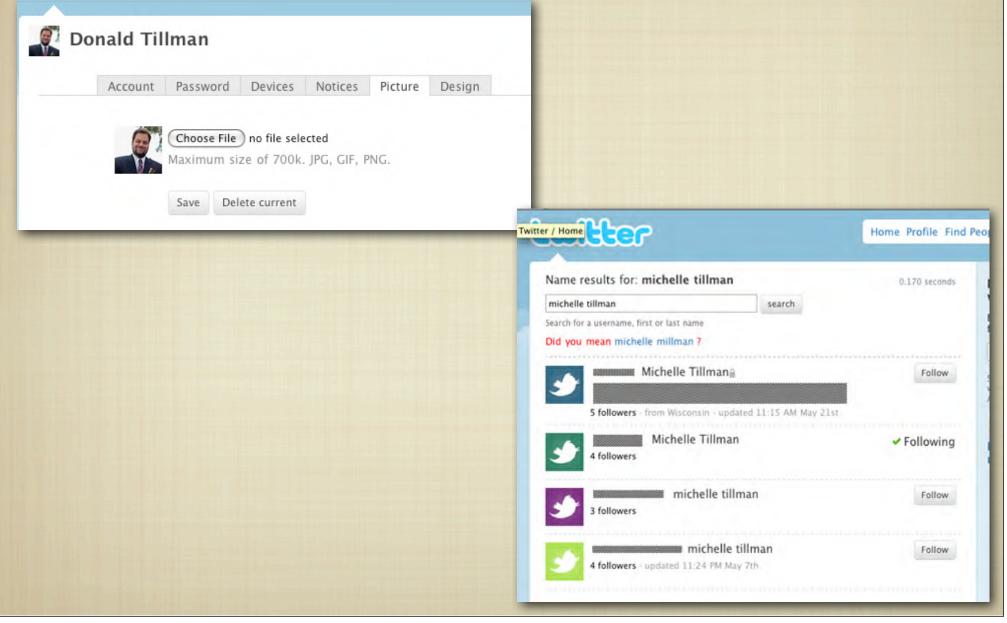
twitter

Join the Conversation

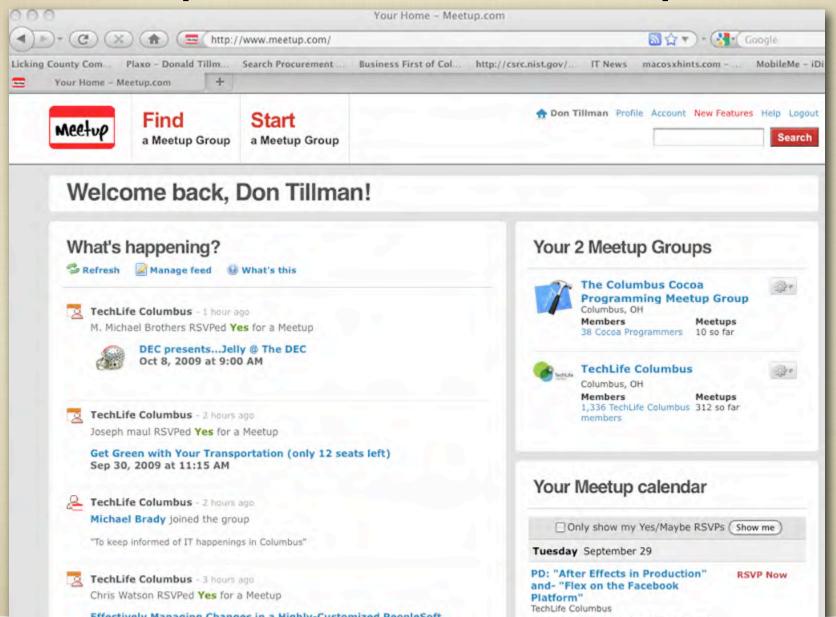
Already use Twitter on your phone? Finish signup now.

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Already on Twitter? Sign in.



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Meelve Find a Meetup Group Star a Meetu	t up Group	Joining Meetup is easy Already a Meetup member? Login
	Login Not registered with us yet? Sign up! Email address:	Your real name: Your email: We hate spam too. We won't share your email address!
	Password: Forgot your password?	Create a password:
	Remember me on this computer	Location: Country USA
	Login Or, Login using our secure server	 I agree to the Terms of Service Remember me on this computer
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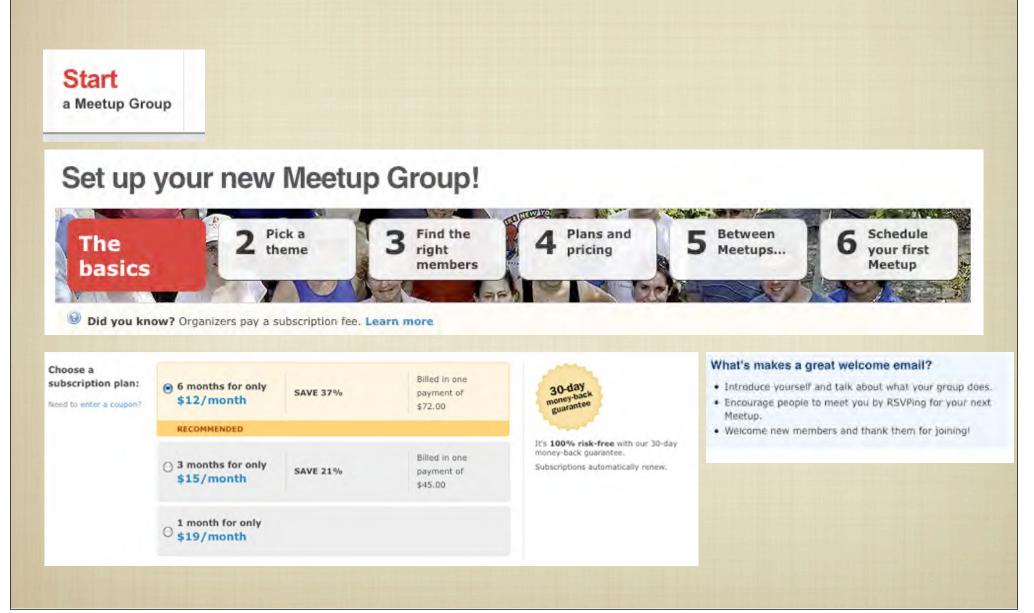
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Dlogger	Username (Email):	Password: (?)			
	SIGN IN	Remember me (?)			

Create a blog. It's free.



Your blog. Share your thoughts, photos, and more with your friends and the world.



Easy to use. It's easy to post text, photos, and videos from the web or your mobile phone.



Flexible. Unlimited flexibility to personalize your blog with themes, gadgets, and more.

CREATE A BLOG

It's easy, and only takes a minute.

Learn more:

- Take a quick tour
- · Watch a video tutorial
- Discover more features
- Read Blogger Buzz

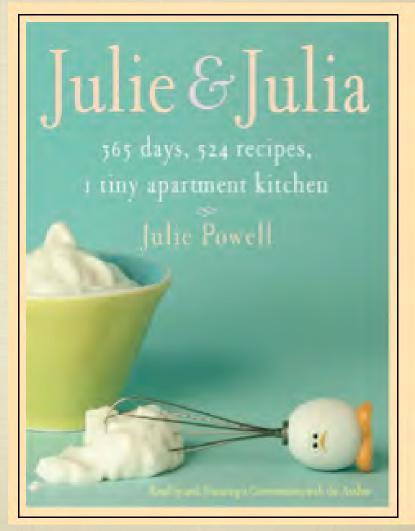
Blogs of Note

Bran

Home | Features | About | Buzz | Help | Discuss | Language | Developers | Gear Terms of Service | Privacy | Content Policy | Copyright © 1999 - 2009 Google

What is "blogging?"

- It is a way to publish your thoughts and ideas about anything for one or more people to read. You can also invite people to your blog.
- It can be a web-based diary.
- Fiction or non-fiction.
- The movie "Julie and Julia" is a great example of that.
- Can be for professional and personal uses
- No paper costs with publishing ideas and stories.



- With conventional publishing someone chooses the topic.
- With blogging you choose the topic and where it goes.
- Very liberating way to share ideas and thoughts.
- Be mindful that publishing EVERYTHING that comes to you mind may not be a great idea! Be sensible and sensitive.
- Laws of slander still apply.
- Blogging can help others (and yourself) heal and deal with life.



Meryl Streep AmyAdams Written for the Serven and Directed by Nora Ephron Julie Stulia Based on Two True Stories

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OhioDisabilities.com

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HOME HELP SEARCH LOGIN REGISTER

Central Ohio Disability Forum

General Category		Posts	Topics	Last post		
0	Welcome! Please introduce yourself here and get to know everyone!	3	3	September 20, 2009, 09:03:16 AM in Can't see all the boards by admin	3	
2	Autism if you know someone with autism, or care for someone with autism, this is your forum.	8	6	September 21, 2009, 09:15:45 PM in Asperger's Debuts On 'Th by CourtneeB		
0	Cerebral Palsy Cerebral palsy can't be cured, but treatment will often improve a child's capabilities. Come here to learn more and hear from other people what has been successful for them. Moderator: brobbins	3	3	July 27, 2009, 01:23:44 PM in Websites for more Inform by Courtnee8	3	
•	Down Syndrome One in every 733 babies is born with Down syndrome. Here is a place where people all over Central Ohio can meet, discuss, share and learn more about it. Moderator: brobbins	3	3	July 27, 2009, 01:13:15 PM (in Websites for more Inform by Courtnee®	*	
•	Epilepsy Information What do you do when you get a Diagnosis of Epilepsy? We can help! What it is, where to go and a general online support group starts here. Moderator: brobbins	5	3	September 19, 2009, 05:47:57 PM in Play for Dravet by Courtnee8	3	
0	Williams Syndrome If someone you know and love has been diagnosed with Williams Syndrome we have created a place for you. Learn about events in your area and websites that can help you along the way. Moderator: brobbins	3	3	August 03, 2009, 10:58:53 AM in Websites for more Inform by CourtneeB	*	
0	Brain Injury	1	1	September 21, 2009, 07:43:03 AM in What is a traumatic brai by CourtneeB		

iLike - www.ilike.com

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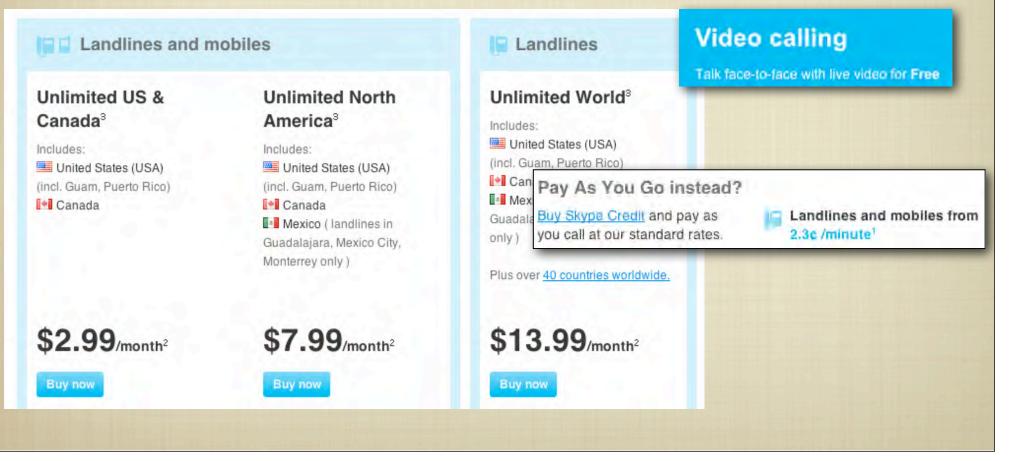
Skype - www.skype.com

If you have your own computer or are allowed to use someone else's who has broadband why not try free internet phone calls between two computers?



Skype - www.skype.com

If you have your own computer or are allowed to use someone else's who has broadband why not try free internet phone calls between two computers?



Using Technology to Help with Memory

PDA's - Personal Digital Assistants

6 65 in

- Cell Phones/Smartphones
- Advanced MP3 players
- Netbooks and Pad computing

10.3 in



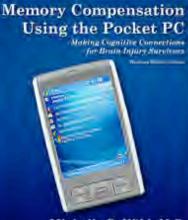
- While it is probably out of date this book may help.
- Some techniques are applicable to smartphones, pad computing etc.

Memory Compensation Using the Pocket PC: Making Cognitive Connections for Brain Injury Survivors (Windows Mobile 5 Edition)

Authors: Michelle R. Wild, M.S. (<u>Coastline College ABI Program</u>) and Stacey Hunter Schwartz, Ph.D. Publisher: ID 4 the Web Price: \$69.95

Visit <u>pda4memory.com</u>, our new Web site dedicated to this book series!

This textbook/workbook is designed specifically for use by brain injury survivors, who often struggle with memory difficulties as a result of the insult to the brain. We use the PDA (i.e., Pocket PC) training, applied in particular to memory compensation techniques, as a relevant real-life activity. Not only do we teach you how to use the PDA, but we also provide structured exercises to help you make cognitive connections between what you are learning to do with the PDA and your life. So we are simultaneously providing general cognitive stimulation, attempting to build specific new neural pathways, preparing you to apply what you are learning to real life, and teaching you a highly effective memory



Michelle R. Wild, M.S. Stacey Hunter Schwartz, Ph.D.

- How are they helpful?
- Calendars can remind us of meetings, medications, appointments to help remind us to connect with friends and groups even when we forget to or don't want to.
- Notes can help up stay on track and or help our short-term and long-term memory
- Help keep important information for both us and others to help us if we cannot speak i.e. medications, medical conditions etc.
- Phone numbers friends, doctors, pharmacies

Games- help us chill out and or exercise our minds

- PDA's Personal Digital Assistants
 - Palm Pilots, Windows CE-based PDA's what has happened??
 - PDA's are very hard to find Palm had temporarily stopped production of PDA's but not it's phones.
 - PDA's (good ones) now cost more than cell phones.
 - Cell phones/Smartphones/MP3 players have many if not most of the functionality of PDA's.
 - Many more people have/need cell phones and don't want another device.
 - More than likely, PDA's are a dying breed. PDA functions are now integrated into cell phones and some MP3 players.

PDA's - Personal Digital Assistants



Prices - Are quite high, cell phones are actually cheaper up front in some cases. Some CP's may be more expensive on the back-end.



- Cell phones have been evolving over time
- The first ones were very simple and would maintain a list of phone numbers and names.
- Some time after that PDA's and MP3 players arrived.
- After that, we saw convergence with Palm's cell phone PDA.
- We are now in the era of that convergence. While there are still simple cell phones, there are many that are hybrids: MP3/video/cell phone/organizer.



- For the BIAOH conference we have some recommendations:
 - Affordable The phone and the plan need to be affordable over the long and short-term
 - Software The phone needs to have a calendar and an alarm clock. This is tremendously useful for appointments and for taking medicine.
 - Screen size The screen needs to be big enough for the person using it. Many cell phone screens are TOO tiny to be useful for calendars and alarm clocks. Be sure to test out the cell phone for a while and make sure that you are comfortable with it.



- For the BIAOH conference we have some recommendations:
 - Ease of use What good are features if they are a pain to use. If you find that you have to "live" in the user manual to get anything done, go find an easier one. Good cell phone design includes making the cell phone easy to use.
 - Spend time with the phone and make sure that it works for you! Ask lots of questions and make sure that the answers check out. Make the salesperson show the features to you and how they work. Make sure that you can "work" those features for yourself.
 - Read up on the reliability of the phone you are interested in.



Keyboards or screens? While you can use the numeric/phone pad of a cell phone to enter data, other phones have small keyboards or the screen can be a keyboard.





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Prices!

- Many cell phones will come with a "plan" or contract. Some contracts will "give" you a "free" cell phone, meaning that your monthly payments will slowly pay off the cost of the cell phone.
- This is very useful in low cash situations where it may be hard to cough up a chunk of cash for a phone, but making monthly payments may be easier.
- This may also be useful to those on SSD (Social Security Disability) since there is an issue with having assets worth over \$2000 total. By the time the contract runs out the \$ value of the asset is nearly \$0.



Cell Phones/Smartphones

Great news!

- Smartphones are all the rage now!
- There are many vendors:
 - Apple, Blackberry, Googlebased Android smartphones, LG, HTC, Samsung etc.
 - Just one year ago, there were really TWO smartphones out there. Now we have a great selection and better pricing!



Netbooks

- What are they?
- They are tiny laptops that cost less than \$400 typically
- Affordable and portable computing
- Great alternative to expensive and big laptops and desktops
- Some have 3G broadband built-in. \$60/mo



Netbooks w/3G and Wi-Fi

Acer Aspire One A0532h	Dell Inspiron M HD	lini 10	Acer Aspire O Windows® XF		
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Total Due Today* \$39.	99 Total Due Today*	\$ 39.99	Total Due Today°	* \$ 49,99	
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iPad with Wi-Fi + 3G

Connect to the Internet at Wi-Fi hotspots and over AT&T's 3G cellular network when you're on the go; 3G service sold separately. More about 3G service 16GB¹

Ships: Within 24hrs Free Shipping \$629.00

Select

There is an emergence of assistive software for some handheld devices. Here are a few examples of what is to come..

AssistiveWare



Category: Education Released Apr 21, 2009 Seller: AssistiveWare B.V. © 2008-2009 AssistiveWare Version: 1.0.1 216 MB



Prologuo2Go



APPLICATION DESCRIPTION

Proloquo2Go provides a full-featured augmentative and alternative communication solution for people who have difficulty speaking. It provides natural sounding text-to-speech voices (INITIALLY AMERICAN ENGLISH ONLY), up-to-date symbols, powerful automatic conjugations, a default vocabulary of over 7000 items, full expandability and extreme ease of use.

Proloquo2Co is for anyone who cannot afford spending thousands of dollars on an AAC device and yet wants a solution that is just as good if not better. SLPs, teachers and parents recommend it for children and adults with autism, cerebral palsy, down syndrome, developmental disabilities, apraxia, ALS, stroke or traumatic brain injury.

"The price is so compelling," said Dan Herlihy, owner of Connective Technology Solutions, "and the software and hardware platform Proloquo2Go runs on so radically improved over current devices in its category that if not quite a paradigm shift, markedly raises the bar for accessibility, ease of use, and affordability."

The current price is an introductory price. After a few weeks the price will be US\$ 199.99 or Euro 149.99.

INCLUDED VOICES: The current version includes North American English male, female, girl and boy voices. British English voices will soon be available as an option. Support for other languages and voices is in the pipeline.

Read more on proloquo2go.com

WHAT'S NEW IN THIS VERSION:

- Enhanced launch performance.
- Enhanced navigation performance.

- The speech rate is now remembered across launches.

 Changes in vocabulary: (1) added a missing number to the Numbers category; (2) added "husband" and "wife" to the My Family and People categories.

LANGUAGES: English

REQUIREMENTS:

Compatible with iPhone and iPod touch Requires iPhone 2.2 Software Update

AssistiveWare Web Site ④

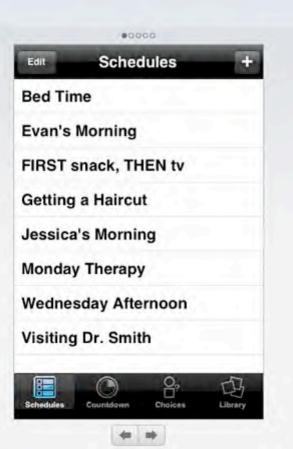
Handhold Adaptive, LLC



IPrompts Category: Medical

\$74.99 (BUY APP)

Released Apr 20, 2009 Seller: Handhold Adaptive, LLC © HandHold Adaptive, LLC Version: 1.0 4.0 MB



APPLICATION DESCRIPTION

iPrompts™ Version 1.0 is a customizable prompting tool for use with individuals that may benefit from having structure and visual alds throughout the day.

The application is designed especially for parents, special educators and therapists to use with developmentally challenged and language-impaired individuals, like people with Autism, Down syndrome, Fragile X syndrome, and apraxia of speech. IPromptsTM also works great with kids who just need more structure, including kids with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD), and even typical, pre-verbal toddlers!

Created by the parents of a boy with Autism and a certified Speech-Language Pathologist, iPromptsTM provides several useful prompting tools to help impaired individuals transition from one activity to the next, understand upcoming events, make choices, and focus on the task at hand:

PICTURE SCHEDULES: Allows caregivers to create sequences of pictures, guiding those they care for through activities of any sort. Schedules can have many pictures, or even just two (i.e., to create a FIRST THIS, THEN THAT picture prompt). Captions can be edited for each image, allowing users to create simple SOCIAL STORIES. To create a schedule, users can choose from hundreds of stock photos and illustrations provided by iPrompts™, select any photo stored in the "Photos" library of any iPhone or iPod touch, or take pictures "on the fly" using the iPhone's built-in camera.

VISUAL COUNTDOWN TIMER: This feature displays an image of the caregiver's choice along with a graphical countdown timer (set to any duration), and is useful for demonstrating how much time is left until a current activity ends, or before the next pictured activity begins.

* CHOICE PROMPTS: Lets caregivers select any two images which may be offered as a choice, empowering those who cannot vocalize their preferences. When rotated horizontally, the Choice Prompt and Picture Schedule features enlarge and orient images for display to individuals needing visual support.

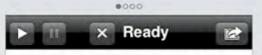
* IMAGE LIBRARY: Includes hundreds of useful illustrations and digital pictures across numerous categories. Additional categories and pictures can be created and supplied by users.

iPrompts™ is a portable, flexible, easy-to-use, stigma-free and "green" alternative to using Velcro-backed and laminated cards or magnet boards, and is especially helpful in reducing the frustrations of everyday life when traveling or on the go. iPrompts™ has been successfully field tested with parents who love the time it saves compared to various other tools (like CD-ROM packages) requiring tedious

IAM Web Services



Text2Speech Category: Utilities Released Feb 09, 2009 Seller: Thomas Lynch @ IAM Web Services Version: 1.0 0.1 MB



There was no possibility of taking a walk that day. We had been wandering, indeed, in the leafless shrubbery an hour in the morning;



APPLICATION DESCRIPTION

Text2Speech is a text to speech net-client for iPhone and iPod Touch.

Are you recovering from oral surgery? Observing a temporary vow of silence? Just, plain refuse to speak? Don't be denied the joys of communication; assert your meaning with Text2Speech. All you need is network access...

Text2Speech uses real TTS engines, not prerecorded wordbanks. Say whatever you want.

FEATURES -Choose from eleven voices. -Enter multiple lines of text at once. -Pause and resume voice playback. -Caches playback for fast reuse.

LANGUAGES: English

REQUIREMENTS: Compatible with iPhone and iPod touch Requires iPhone OS 2.2.1 or later

IAM Web Services Web Site ④ ۲ Text2Speech Support

ALL APPLICATIONS BY IAM WEB SERVICES	۲
TELL A FRIEND	۲
APP STORE FAQS	۲
CUSTOMERS ALSO BOUGHT	See All 🕣
Proloquo2Go Utilities	
DTMF Decoder Utilities	
Speak it! Text to Speech Utilities	
ISpeech Utilities	
Read 2 Me Utilities	



All iPhone Apps for "deaf"



Questions and Answers

by Donald Tillman Computer Consultant / Safe Data Destruction <u>www.safeDATAdestruction.com</u>