

# Case Managers Using iPads Made Easy & Understandable

Kimberly Gully, MS, CCC, CCM, CBIST

Rehab Without Walls

## Introduction

The iPad has become a very popular device and is being utilized in many health care environments. Patients and families look to case managers for recommendations on appropriate apps to use with their loved ones. The number of apps available can be overwhelming and costly. However, there are **many low cost and/or free** programs available. Lite versions with a try it before you buy it are plentiful as well.

## Information about the iPad

- Many people are reluctant to use the iPad because they are unsure where to start.
- Apps are available to help people learn how to master the basics of the iPad.
- Technology is becoming more and more integrated in our society and healthcare environments.
- Using the iPad to educate patients is practical.
- Apps are available to help manage a wide variety of medical conditions and lifestyle changes.
- Apps do not take the place of a healthcare professional.

## Basic Tips about the iPad

- To take a picture of your iPad screen – hold down the Power button and press the Home button. You'll see the screen flash white for a moment. The image will be saved to your Saved Photos album in the Photos app.
- To create a folder of apps – tap and hold any app icon until the apps begin to wiggle. Then move one app on top of another one that you want to go in the same folder. Type a label for your new folder.
- To remove an app – tap and hold until the icons start wiggling and you see a little x within a black circle at the left top of the app icons – tap on the x of any app you want to remove.

## APPS about the iPad

Download any of these apps to help you learn about the features of your iPad.



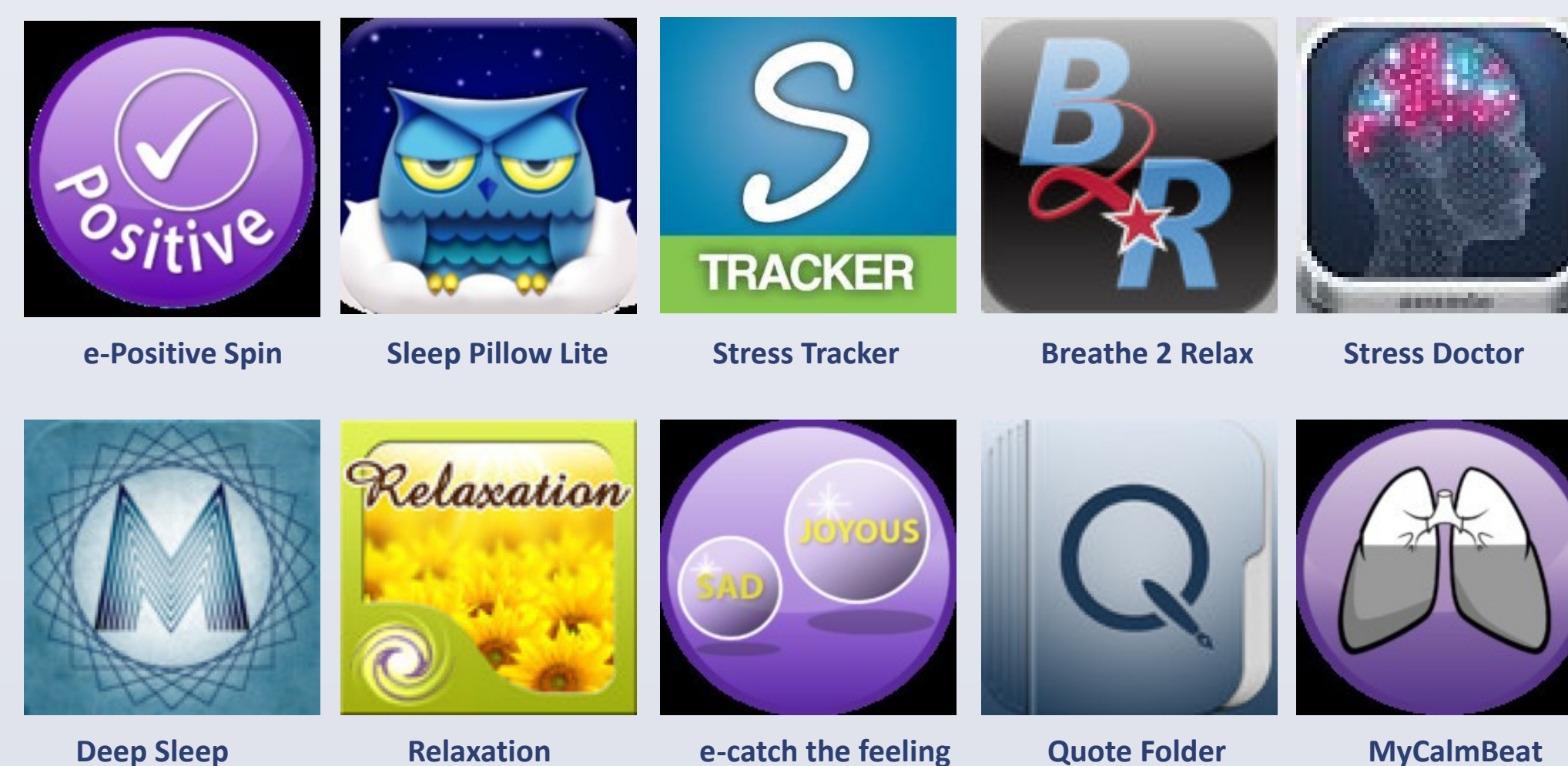
## Neurology & Cardiology

Here are some apps for your patients who have neurological or cardiac issues.



## Stress Management

Regardless of their specific disease process, patients may experience stress related to their situation.



## Use it or Lose it

Use these word apps for your patients who want to maintain or improve their language skills.



## Reminders

These apps are designed to help remind patients about appointments, medication, etc.



## Patient Education

Use these apps to provide educational information to your patients on a wide variety of topics.



## Visual Motor/Processing/Scanning

For patients who need to work on their visual motor skills, thinking and processing speed.



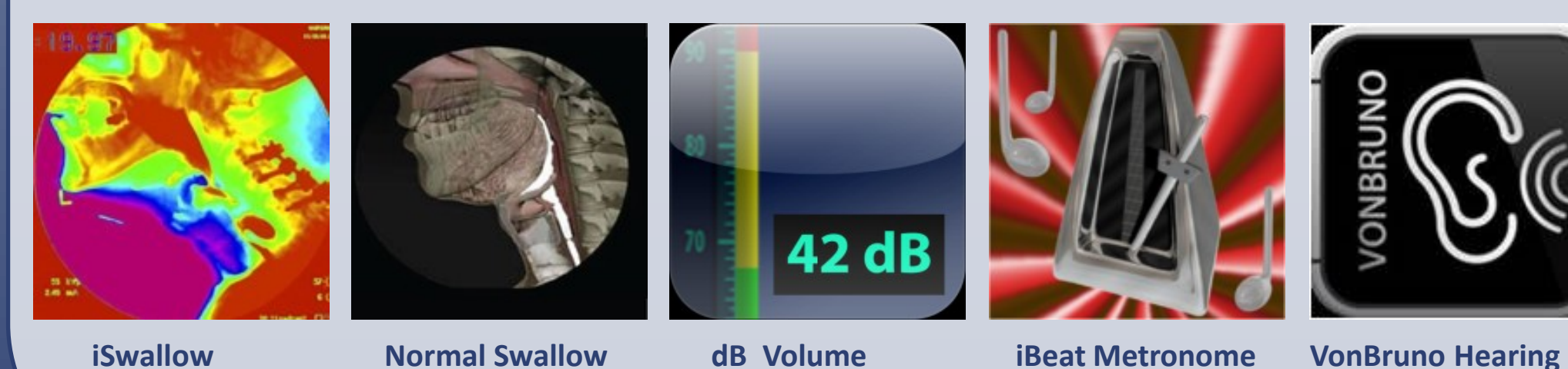
## Alternative Communication

Use these apps to work with patients who need assistance with alternative communication.



## Speech, Swallowing & Hearing

Use these apps for diseases processes associated with speech, swallowing and hearing.



## Diabetes & Nutrition

Try these apps for your patients who are diabetic and for those who need nutritional information.



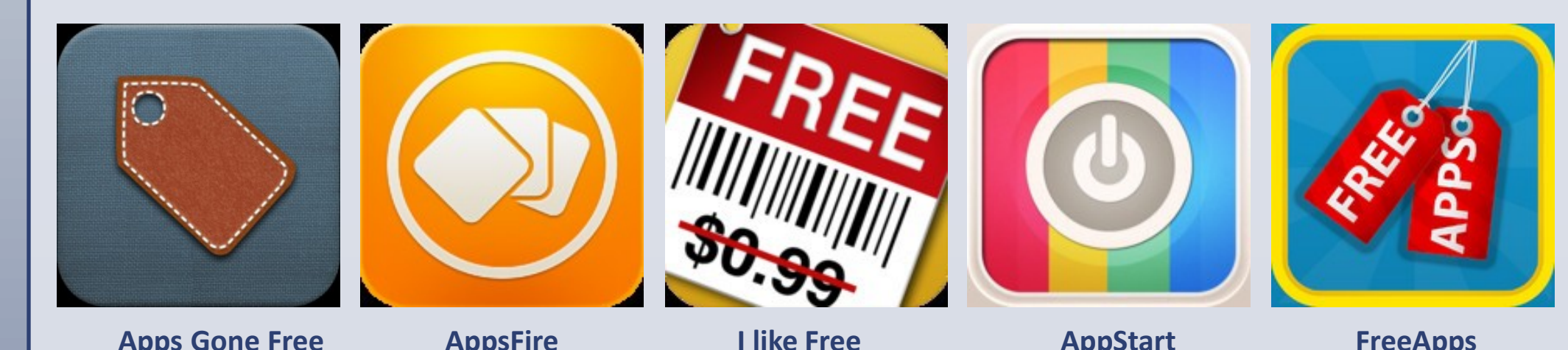
## Health Maintenance

Use these apps associated with activities of daily living and health.



## Apps About APPS

Use these apps to find more free or low cost apps for your patients or yourself!



**For more information about APPS contact:**

**Kimberly Gully, MS, CCC, CCM, CBIST**

Executive Director

Rehab Without Walls

21660 East Copley Dr., Suite 300

Diamond Bar, CA 91765

[kimberly.gully@rescare.com](mailto:kimberly.gully@rescare.com)

800.741.1164 ext. 222