



Apps and Supports for Travel and Medical Assistance

In this resource, we have included apps and ideas to support you during travel and/or medical appointments/emergencies. These apps were not necessarily all created for Persons with Aphasia, but can be used or adapted to support communication.

Special Note: Bryn Bowles, a young Aphasia survivor and staff member of IRAT, uses each of these apps in her own daily life. Throughout the resource, she shares pros and cons about the apps. Bryn's thoughts will be highlighted in a **BLUE** bubble.



Bryn's Thoughts



Travel and Medical Assistance

Travel Assistance

- Ridesharing
 - [Uber](#)
 - [Waymo](#)
- Airport Assistance
 - [TSA Guidelines](#)
 - [TSA Notification Card](#)
 - [TSA Pre-Check](#)
 - [Hidden Disabilities- Sunflower](#)

Medical Assistance

- [Accident and Emergency Communication Passport](#)
- [MedConcerns \(App\)](#)
- [Using your iPhone for Medical Information](#)
- [Medical ID for Aphasia](#)

Ridesharing

Uber



Uber Assist

- Offers **door-to-door** assistance
- **Accommodates** folding **wheelchairs**, **walkers**, and **collapsible Scooters**
- Drivers are **trained** by accredited training centers on **how to help** with **transferring**
- You can add conversation preferences; e.g. "I would rather not talk."

Bryn's Thoughts



- If you can't drive, Uber can deliver goods or drive you.
- At first, it's a little scary because you need to speak, but it really is **great practice**.
- There are some **safety features** to **share** the driver's license plate **with caregivers or family**.
- I do Uber all the time because it makes me **feel more independent**.

Uber WAV (Wheelchair Accessible Vehicle)

- **Choose** a vehicle to **accommodate** your disability
- Request the same way you request a regular vehicle

Uber Accessibility Features

- Compatibility with VoiceOver and TalkBack
 - Makes it possible for people with **visual/speech impairments** to request/cancel a ride, **communicate with a driver** and pay with just a few taps on the screen.
 - **Screen Reader**: Can **communicate** with the driver **by typing** your message or saying it aloud and sending it to the driver.

Ridesharing

Waymo



- Waymo, formerly the Google self-driving car project, makes it safe and easy for people and things to get around with **autonomous vehicles**.
 - Currently in Phoenix, San Francisco, Los Angeles and heading to Austin, TX.
- Some people are a little nervous about the self driving car aspect, but they are proven to be very safe.

Bryn's Thoughts



- Waymo is the **best!** You don't have to talk if you would rather not.
- I wish we all could have a Waymo to drive us around. It's **better** than a **chauffeur**.

Airport Assistance



TSA Guidelines Overview

- Visit [TSA Guidelines](#)-->Disabilities and Medical-->Non-Visible Disabilities and Medical Conditions.
 - This is the subcategory **closest** to Aphasia
 - “Passengers with non-visible disabilities and medical conditions, such as Alzheimer's, dementia, and other intellectual or developmental disabilities, can be screened without being separated from their traveling companion. If your companion provides assistance during screening, they will need to be rescreened.”
- [TSA Notification Card \(TSA Disability Notification Card\)](#).

TSA Notification Card: Individuals with Disabilities and Medical Conditions

I have the following health condition, disability or medical device that may affect my screening:

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Airport Assistance



TSA Pre-Check

- Apply for TSA Pre-Check

- Less wait time
- **No need to remove** shoes, belts, electronics, liquids, or light jackets



Bryn's Thoughts

It saves so much time and headache!

- To enroll in TSA PreCheck:

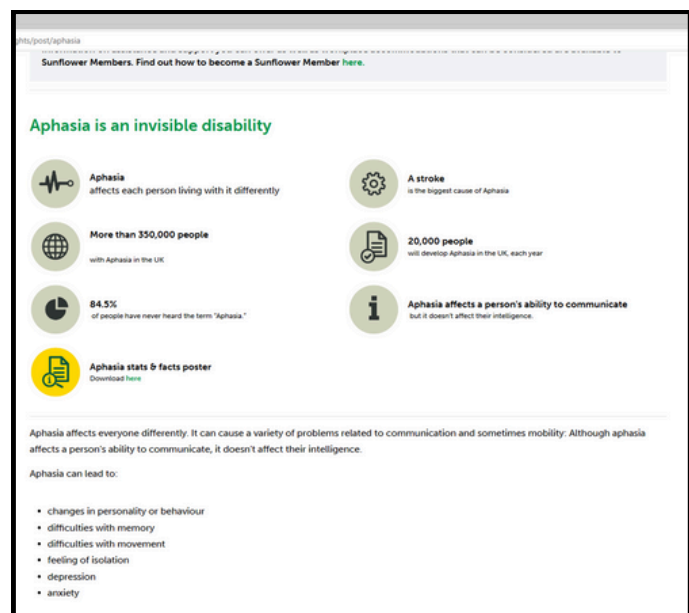
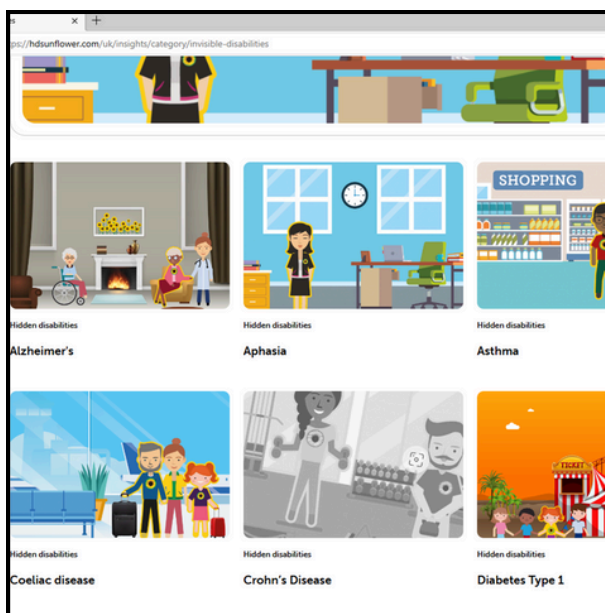
- Apply Online
- Select an **enrollment provider** with enrollment locations near you. Submit your TSA PreCheck application online in as little as 5 minutes.
- **Visit** an Enrollment Location
- **Complete** enrollment in **10 minutes** at your chosen provider which includes **fingerprinting**, **document** and **photo capture**, and **payment**.
- Get Your TSA PreCheck Number
- Once approved, get your Known Traveler Number (KTN), **add** it to your **airline reservations**

Airport Assistance

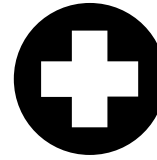


Hidden Disabilities Sunflower

- The sunflower is used to encourage inclusivity, acceptance and understanding.
- **Wear a sunflower** to let everyone know you might **need extra help**, understanding, or more time.
- The sunflower is a visual cue to help remind others of the daily barriers faced by people living with an invisible disability.
- Aphasia is on their list of over 900 non-visible disabilities, conditions or chronic illnesses.
- Sell an **Aphasia card**
 - Personalized card for \$10
 - You can add up to 5 icons that precisely describe the type of assistance you might require. These icons help convey your needs clearly and effectively.



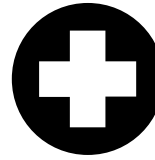
Medical Assistance



Widgit Health: A&E Communication Passport

- Uses widgit symbols
- Designed to be used with Accident and Emergency personnel
- Contains 3 sections:
 - Things you must know about me
 - Things important to me
 - My likes and dislikes
- **FREE** download

Medical Assistance



MedConcerns App

- A company of two healthcare providers created tool to support EQUAL ACCESS to healthcare for people with Aphasia
- Combines **nonverbal symbols, spoken output, and printed words** to make patient-provider communication easier and more effective
- Customizable with **38 different icons** to choose from
 - Hide icons you don't need
 - Change field of options from 1 per page to up to 6
 - Available in Spanish and English
- MedConcerns App Video Walk-Through

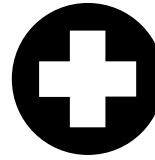


Cost

- \$49.99

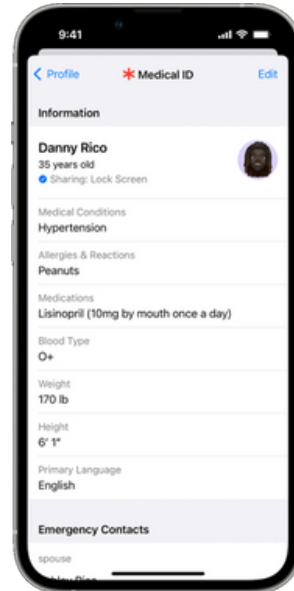


Medical Assistance



Using your iPhone for Medical Information

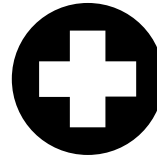
- Apple iPhone has a MEDICAL information app and first responders sometimes know to look there for information.
- How to set up Medical ID on iPhone and iPod touch — Apple Support (youtube.com)
- You can also use the **NOTES** app on your iPhone to **record medical information** you need to access easily



BRYN'S THOUGHTS

- I use NOTES app on iPhone to "collaborate" (share with my mom) and update notes.
- I usually keep track of my **medication, medical conditions, hospitalizations, drug allergies**. This helps during ER intakes or doctor visits.
- When we move to a new area, my mom will call the first responders or write them a letter with our address and informing them that I have aphasia as well as information about aphasia.

Medical Assistance



Medical ID

- There is a **medic alert system** specially **for people with Aphasia** - [Medical IDs for Aphasia | MedicAlert Foundation](#).
 - Provides **24/7** Emergency Response – provides first responders info needed to provide quick, accurate care
 - **Emergency Contact Notification** – in emergency, connect families so no one is alone in a crisis
 - **Digital Health Profile** – all your vital info in one place for you and caregiver
 - **Patient instructions** – share info that's important for your care (i.e. can't have MRI due to stent)





Interested in learning more?

Now you can schedule a **meeting** with **Bryn** to review any of the apps included in this resource.

Bryn will **demonstrate** the apps over **Zoom** so that you can see if you think the app would be a good fit for you! Each consultation is **1 hour** long.

If you are interested, **email** Brooke Lang at **blang@iraphasiatherapy.com**