



Using Technology to Cope with Everyday Life

UHN

We are using technology more and more every day. Some examples of technology are smartphones, computers and tablets.



Using technology can:

- Help us stay organized.
- Help us to contact people or get more information.
- Support our work and leisure activities or hobbies.



Technology can also help us when we have trouble coping with an illness or medical condition. For example, it can help us to improve cognitive (thinking) skills such as our memory and concentration. It can help us do our everyday activities and routines in a more organized way.

There are many benefits built into devices such as smartphones and tablets. Some features include:

- Calendars to schedule our appointments and activities
- Reminder alerts for medications and appointments
- “To Do” lists to organize our daily, weekly, monthly priorities
- Contact lists to help us use important information such as telephone numbers and addresses
- Voice Memos and Notes to record information we don’t want to forget such as items on a shopping list
- Global Positioning Systems (GPS) to help with directions
- Changes to font size, contrast, and settings to make the device easier to use

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
© 2017 University Health Network. All rights reserved.
This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

Author: TGH Occupational Therapy
Reviewed: 01/2017
Form: D-5008

There are also many “Apps” (short word for Applications) that may improve how you function and cope.

Use the chart below to keep track of your apps:

App Name	Reason(s) to Use it	What you need to know

Technology is always changing. Knowing what’s new with mobile devices may help you to use technology better as it becomes a more important part of your life.



Do your research before you download or buy items on your computer or mobile device. To help you decide if an app is useful, check for a free version to try first before you buy.

Questions?

If you have questions about how technology such as a mobile device can help you do your everyday activities and cope better at home, talk with your Occupational Therapist.