

WHAT IS BRAIN IN HAND?

Brain in Hand's unique software is packed with features to help reduce anxiety, increase independence, remember events, **feel supported**.

A website and an app link together to enable you to:

- manage and organise time, identify situations you find difficult and **plan strategies** in advance on the Brain in Hand website
- **access pre-planned solutions** via the Brain in Hand app, wherever and whenever to keep your day on track
- record the situations you find difficult and the solutions you use.
- Use the Traffic Lights, to **monitor progress and manage anxiety**
- highlight a specific difficulty or **request help** when you need it.

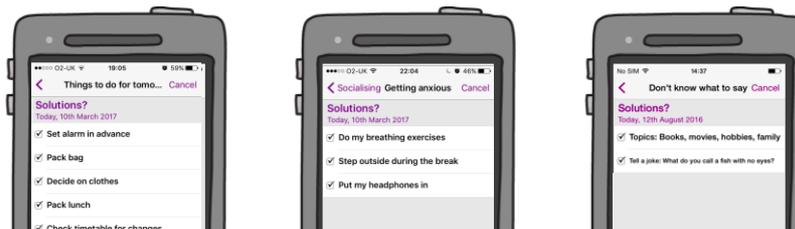
Your Brain in Hand website will create a **Timeline of app activity** you can review to develop the kind of support that works best for you.



THE BRAIN IN HAND APP

You can create your Brain in Hand strategies independently or in collaboration with your supporter, or include information from online resources and existing tools that you use.

- Strategies can be organised alongside events in a **diary**, or stored on the unplanned page if they could occur at anytime.
- You are encouraged to develop both **proactive solutions** (to prevent a problem from happening) and **reactive solutions** (to help cope if a problem has already happened). Such as what to do if you are running late for the bus, and have missed it.
- Some users may find developing **lists** or **reminders** useful. Such as what to pack for college, recipes to follow, or steps to complete.
- Others may use Brain in Hand to remind them of their **goals** or to help with **anxiety management**. Such as remembering motivations, prompting breathing exercises or to listen to an uplifting song.
- Many people use Brain in Hand to help them with independent living (shopping lists, travel, housework tasks) or **promoting good health** (managing mood, healthy eating) as well as for more **academic or work tasks** (study skills strategies, managing deadlines).
- Often users will include some strategies around **communication and social skills**. Such as conversation starters, tips for coping with change or managing conflict with friends.



Download the free **Brain in Hand app** from the Apple App Store onto iOS devices (version 8+) or the Google Play Store onto Android devices (version 4.0.3+).

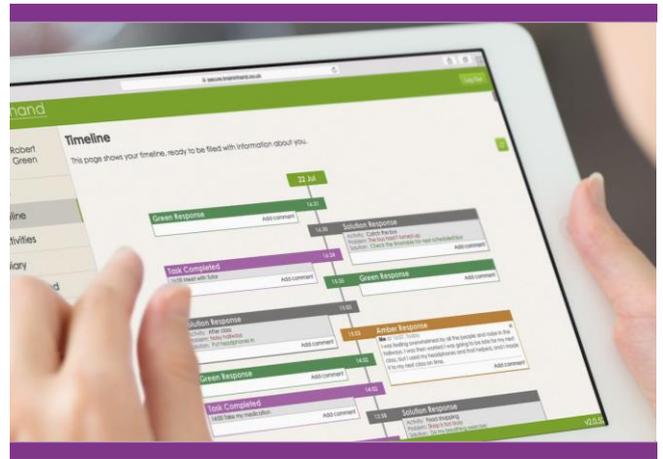
Tap on '[Try a demo](#)' to see how Brain in Hand could work for you.



THE BRAIN IN HAND TIMELINE

You can use the timeline to monitor activity, celebrate achievements and identify areas of difficulty.

By capturing patterns of high or low anxiety, You can **gain insight** into specific needs. By reviewing the problems faced, solutions used, tasks completed and comments added, you can evolve your Brain in Hand to **better plan your strategies** or structure your time according to successes.



THE BRAIN IN HAND TRAFFIC LIGHTS

Traffic Lights can be used to record how you are feeling. You can also use the Traffic Lights to set prompts, evaluate your strategies and request support to keep your day on track.

Green: All is okay

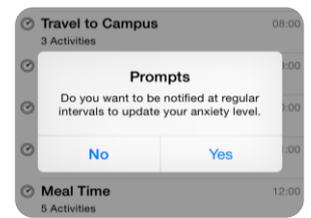
Amber: Things are a bit difficult, but I do not need any help

Red: Things are difficult and I need help

Setting Prompts

You can set the Brain in Hand app to remind you to press on Traffic Lights at certain intervals, to capture your patterns of high or low anxiety, highlight achievements and pinpoint difficulties that may otherwise be missed.

When first logging into the app, you will be asked if you would like to receive prompts. You can adjust the frequency of prompts by tapping on the 'Settings' icon on iOS, or the 'Menu' icon on Android.



Recording Successes

You can press on a Traffic Light after you have used a solution to record how well it worked for you, to reinforce positive self-management strategies and better plan time according to successes.

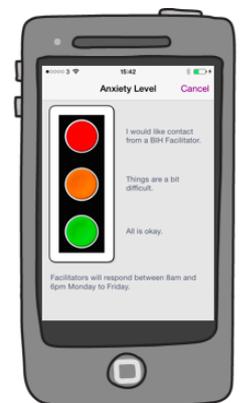
Traffic Lights can be used at any time and can be accessed from the bottom of the app screen.

Requesting Support

You can highlight a difficulty or request additional support by pressing a red Traffic Light. This response can be provided by a family member, an existing supporter or **The National Autistic Society***.

Having this 'safety net' enables you to have the confidence to experience new situations, become more independent and achieve your true potential.

* There is an additional cost associated with this service. It is **not a crisis service** or a replacement for emergency support.



Visit www.braininhand.co.uk/my-brain-in-hand/ for videos, workbooks and more information.