Reminder Apps (External Cognitive Supports)

Reminder apps are one category of external cognitive supports. There are many different types of reminder apps, and the type of technology and complexity to use should be considered when choosing.

What are some examples of different types of reminder apps?
- ✔ Amazon Alexa app
- ✔ Any.Do
- ✔ Ask App (Siri)
- ✔ Calendar app
- ✔ Reminders app
- ✔ Google Keep
- ✔ Google Tasks

Examples of when to use a reminder app:
- ✔ To remind you to leave for an event
- ✔ To remind you to do something in the house (e.g. take out the trash)
- ✔ To remind you to do something on a schedule (e.g. take medication)
- ✔ To remind you to do something specific (e.g. Pick up milk from the store)

Important things to consider when choosing a reminder app and setting a reminder:
- ✔ Ease of use
- ✔ Volume
- ✔ Reminder notification (text, audio, or both)
- ✔ Portability (will the device be with you?)
- ✔ [Considering screening baseline smartphone skills with the SmartPhone Functional Needs Checklist](#)

Reminder App: Amazon Alexa

Amazon Alexa

What does this app involve?
- ✔ An Amazon account for signing in
- ✔ Make lists, reminders, set routines, or alarms
- ✔ Shopping lists include picture choices, audio, or type
- ✔ Button selection for date, time, location, etc. can be used
- ✔ Set up "Alexa" so reminders can be set with voice command
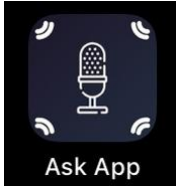
How do I set a reminder? (Manual)
- ✔ Open the Alexa App
- ✔ Select "Reminders" in the menu
- ✔ Select "+" to Add a Reminder
- ✔ Type or voice the reminder
- ✔ Type / Toggle for date / time / location
- ✔ Save

How do I set a reminder? (Voice Command)
- ✔ Say "Alexa"
- ✔ "Set a reminder for: (Task) (Date) (Time)"

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Reference: Scullin MK, Jones WE, Phenis R, et al. Using smartphone technology to improve prospective memory functioning: A randomized controlled trial. J Am Geriatr Soc. 2021;1-11. doi:10.1111/jgs.17551.

Reminder App: Ask App (Siri)

Ask App

What does this app involve?
- ✔ Syncs with your calendar and reminder apps so that you can set all appointments by voice using Siri. (as well as Notes, Text Messages, and more)

How do I set a reminder?
- ✔ "Hey Siri, Set a reminder."
- ✔ (What do you want to be reminded about?)
- ✔ "Remind me (task) (how often) (when)."

Reference: Scullin MK, Jones WE, Phenis R, et al. Using smartphone technology to improve prospective memory functioning: A randomized controlled trial. J Am Geriatr Soc. 2021;1-11. doi:10.1111/jgs.17551.

Reminder App: Google Keep

Google Keep

What does this app involve?
- ✔ A Google account for signing in
- ✔ Make reminders or notes, type or voice command
- ✔ Button selection for date, time, repetition (not voice command)

How do I set a reminder?
- ✔ Open Google Keep
- ✔ Select "+" to Add
- ✔ Type or voice the reminder
- ✔ Select the Bell icon (upper right) to adjust the date / time info

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Reminder App: iPhone Calendar

What does this app involve?
- ✔ Add appointments or reminders to a calendar
- ✔ Button selection for date, time, repetition
- ✔ Can use phone "Voice Command" or Siri to add appointments or reminders

How do I set a reminder? (Manual)
- ✔ Open the Calendar app
- ✔ Select "+" to Add
- ✔ Type or voice the reminder
- ✔ Use buttons to select date, time, repeating, and alert

How do I set a reminder? (Voice Command)
- ✔ Select the Voice Command shortcut button
- ✔ "Add a reminder to my calendar for (task) on (Date) (Time)."

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Reminder App: Any.do

What does this app involve?
✔ Small monthly or annual fee
✔ Sign in with Apple, Google, or email account
✔ View as a Daily Tasks or in Calendar View
✔ Syncs with Siri, calendar, and reminder apps
✔ Button selection for date, time, repetition

How do I set a reminder?
✔ Open the Any.do app
✔ Select "+" to Add
✔ Select, type, or voice the reminder
✔ Use buttons to select date, time, repeating, and alert
✔ Save

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Reference: Scullin MK, Jones WE, Phenis R, et al. Using smartphone technology to improve prospective memory functioning: A randomized controlled trial. J Am Geriatr Soc. 2021;1-11. doi:10.1111/jgs.17551.

Reminder App: Google Tasks
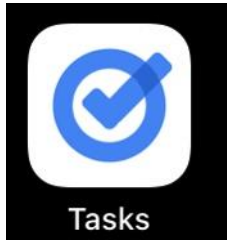
What does this app involve?
- ✔ Sign in with Google account
- ✔ Create tasks / reminders
- ✔ Organize reminders within lists
- ✔ Button selection for date, time, repetition

How do I set a reminder?
- ✔ Open the Tasks app
- ✔ Select the List you want to add to
- ✔ Select "+" to Add
- ✔ Type or voice the reminder
- ✔ Use buttons to select the calendar icon for date, time, or repeating
- ✔ Save

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Reminder Apps for Memory: Let's Practice!

Practice using **your app** to help you remember something. Here are some ideas!
After you've practiced, be sure to **make it personal** and practice tasks that are
meaningful for you.

1. Set a reminder to pick up something specific from the grocery store.

2. Set a reminder to make a phone call at a certain time.

3. Set a reminder to take a photo of what you're doing.

4. Set a repeating reminder to take your medication at a certain time each day.

5. Set a repeating reminder to take out your garbage on a certain day of the
    week.

*Reference: Scullin MK, Jones WE, Phenis R, et al. Using smartphone technology to improve prospective memory
functioning: A randomized controlled trial. J Am Geriatr Soc. 2021;1-11. doi:10.1111/jgs.17551.*

Reminder Apps for Memory: Make It Personal!

Make a list of the items you may have to remember to do at a certain day or time in a week. We call this prospective memory, or daily intentions.

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How and when will you try using a reminder app this week?

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How did the reminder app work for you?

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