

How To Care For Me App

Solution Overview

This solution has been developed for disabled individuals who are not able to communicate well and for their caregivers so that they are able to provide custom care to the disabled individual. Many of these individuals may have ALS, Alzheimer's, Autism, Cancer, MS, or Parkinson's. They may have a spinal cord injury or be a military veteran. Documenting how to help an individual before it is difficult to understand them is very important for the individuals family, friends and especially where there are caregivers involved.

Benefits

- Number each step with ease;
- Create your own unique categories, we provide many categories to get you started;
- Easily create step by step instructions;
- Each step can be up to 490 characters or less;
- As your needs grow you can simply add a category and print only the new steps;
- When you are done the solution will format all of your steps for you in an easy to print layout.

How To Use This Solution

Use the Home page for all of your text input. There are 3 ways to get to the Home page - click on the green Home button at the top of the page, select the Home page from the upper left menu on your screen or select the control key Ctrl and press the number 1 key at the same time from your computer's keyboard.

There are 3 primary fields on the Home page. They are the Number, Categories and Description fields. Use the Tab button on your keyboard to move between the 3 fields or click on the field. You are able to edit the Number and Category fields. To do this Tab or click on the field, scroll all the way down the list, select the bottom option for Edit. You are now able to modify the existing list, add to the list or delete a number or words from the list. If your Description is too long for the Description field make another step. To create a 2nd step use the green Duplicate button on the Home Page, then change the number from 1 to 2 and then change your Description to the next step. It is ok that your Category for the records are the same. When you select the My Lists green button from the Home Page it will handle the formatting for you. If you would like to organize your Categories simply add a number in front of each name.

Example:

Record 1	Record 2
Number = 1	Number = 2
Category = Nose	Category = Nose
Description = The first step of the process is this ...	Description = The second step of the process is ...

How To View Your Lists

From the Home page you will select the green My Lists button to view all of your records. Each Category will have 1 or more records associated to it, you decide. If you wish to have a multiple part process you will want to select the same Category for each part of the process. The Number you assign to each record will determine the position each record is assigned to under each Category. If you like your My Lists list select the Continue button on the upper right of the page to Print your records (Exit Preview when done) or the Cancel button next to the Continue button and then select the green Home button to manage your records. Use the arrows, on the upper left of your screen, to show you multiple pages if you have them.

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Use the Format feature to change your text anyway you like. Print your pages and place them in clear plastic sheet protectors. Leave them around where they can help with the tasks they are related to. Put them in a binder.

Amazon Recommendations:

Sheet Protectors - http://www.amazon.com/gp/product/B000061C7N/ref=oh_aui_detailpage_o08_s01?ie=UTF8&psc=1

Binder - http://www.amazon.com/gp/product/B00BPXX9OU/ref=oh_aui_detailpage_o08_s01?ie=UTF8&psc=1

Buttons and What They Do...

New - Creates a new record.

Duplicate - Duplicates the record you are currently on. This may save you time as it creates a duplicate record for you. Simply change the number and delete the description to create a next step.

Delete - Deletes a record.

My Lists - Shows you how your page(s) will print.

Find - Allows you to search for your records. Press the Enter key on your keyboard to find after you enter your search criteria into the Number, Category or Description fields.

All - Finds all of your records if you have a subset found.

Help - Takes you to the Help page, this page.

Register - Takes you to the Registration page to register as a user.

Home - Takes you to the Home page. This is where you enter all of your text or data.

Print - Prints the current page you are on.

Having Trouble - Select the Ctrl Key on your keyboard and at the same time press the letter B. Then press the green Home button.

Platforms supported: Mac and Windows

To receive examples or to order contact: support@disabilityreports.org