

## Appendix

### **iPad intervention class curriculum and a sample run-down of a class**

Thematic weeks and activities for each week were as follows:

- Week 1 – Introductions, getting to know your class and your iPad, internet and App store introductions;
- Week 2 – Special interests, finding the Apps that work for your life and tools to make life easier;
- Week 3 – Thinking apps, recurring Apps that will keep us thinking throughout the course, and Apps for your fingers and your brain;
- Week 4 – Connectivity and social networking, learning new ways to share and connect with friends and family, and connecting with friends and family of all generations;
- Week 5 – Health and finance, find health tips and resources to incorporate in your lifestyle, and ways to track your finances and financial resources;
- Week 6 – Memories, explore family and history, and find your way to tell your story, and share photos and memories with the class;
- Week 7 – Local resources, learn ways the iPad can help you find more and connect with your community, and plan a day in the DFW metroplex;
- Week 8 – Travel and entertainment, planning a trip using exclusively the iPad, and Apps for fund and entertainment;
- Week 9 – Teach a friend, share new Apps and skills with your classmates and instructor, and teach others what you have found useful; and
- Week 10 – Presentations and feedback, share your project with the class, and help the research by evaluating the program.

The following is a Sample Class Curriculum from Week 2 (2 class periods) – Special interests

- Homework Review
  - o App Store Review
  - o Share the Apps you found
  - o Questions and Answers
- In-Class Tasks
  - o Lifestyle Apps: These are apps that help make your everyday life easier and make searches for places and things more organized
    - Some App Options:
      - Google Places: You can find a wide variety of businesses and locations that are around your immediate location. (i.e. nearest post office, restaurants and service businesses)
      - Urbanspoon: You can search for restaurants by neighborhood, price, and type of cuisine. It includes ratings, menus, phone numbers and directions.
      - Epicurious: You can search a database of recipes based on ingredients, cuisine, or meal category.
  - o Special Interest Apps: These apps are often found in the Lifestyle category but may be in other categories as determined by the user (i.e. travel, health, finance,

science, etc.) They are apps that incorporate specific activities or interests of individual users.

- Some App Options

- Zinio: This app includes feature articles from many different magazines.
- History Tools: This app allows users to search for events that may have happened on any day in history, and users can add their own events.
- ScrapPad: This is a scrapbooking app that allows users to create scrapbooks and photo books for printing.
- Everyday Health: This is an app with health tips and information. It also allows users to ask questions of experts.
- RxMindMe: This is an app where users can input prescription medication and information. It can maintain all current and archived medications and send the users reminders and checklists for taking medications.
- Bills: This is an app to track your bills and alert you when they are due or paid.

- In-Class Tasks

- "Tools" Apps: These are apps that help make your everyday life easier in a concrete usable way.

- Some App Options:

- Calculator XL: A large number calculator
- Units: A multi unit/measurement converter
- Nightstand: An alarm clock
- Dictionary: A digital pocket dictionary
- Ruler: A small measuring tool
- Currency: A currency converter
- Other Apps:

- Share your Special Interest and Tools Apps with your classmates

- Begin our recurring Apps

- Some App Options:

- ScrapPad: (as described above)
- MyOwnDiary: A daily written journal which can also incorporate pictures.
- RxMindMe: (as described above)
- Restaurant Story: A simulation game that requires you to return to design a restaurant and feed your customers.
- Syndicate: A simulation game that requires you to return to create a business, hire employees, build office buildings, and maintain jobs and collections.
- Calendar
- Twitter: A social media outlet to connect to and follow the lives of friends.
- Bills: (as described above)