




Free or Low Cost Assistive Technology for Everyone

These Assistive Technology tools can be used by anyone, anywhere! All programs, apps, and software on this list are free or cost less than \$25.


Stress Management and Relaxation:


Unstuck	
	<ul style="list-style-type: none"> • Put words to what you're feeling – figure out what kind of “stuck” you have • Using the app and website’s guided questions to lead you to figuring out what you are feeling and thinking • Strategies provided at the end to help you overcome your “stuck” moment • Create a free account to keep your stuck moments saved for reference later on ☐ <p>More Information: https://www.unstuck.com/</p>
Cost: Free	Compatibility: iOS: iPad, iPhone; Android, Online Resources

Breathing Zone	
	<ul style="list-style-type: none"> • Mindfulness in 5 minutes • Using the app and follow along with the easy to follow breathing guide to lower breathing rate • Five calming guide sounds with visual component • Breathing Analyzer measures your breathing rate • Timed sessions for breathing mindfulness • More Information: http://www.breathing.zone/
Cost: \$3.99	Compatibility: iOS: iPad, iPhone; Android

Buddhify	
	<ul style="list-style-type: none"> • Increase your mindfulness and wellbeing with meditation on the go • 11 hours of custom meditation for different parts of your day including travel, work, sleeping and more • 5-30 minute sessions and solo meditation timer • More Information: http://buddhify.com/
Cost: \$4.99 – iOS; \$2.99 - Android	Compatibility: iOS: iPhone, iPad, iPod touch; Android

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Momentum	
	<ul style="list-style-type: none"> • Get daily inspiration from your homepage • Momentum provides a daily quote and picture to help your mood, motivation, and positivity • Ability to add in a task list and customize the home screen for personalization • Plus version has the ability to sync tasks with other common task management tools • Plus version has additional customization features such as pictures, font, and colors <p>☐ More Information: https://momentumdash.com/</p>
<p>Cost: Basic Version: free; Plus Version: \$3.33/month</p>	<p>Compatibility: Chrome Extension</p>

Guided Mind	
	<ul style="list-style-type: none"> • Relax and get guided through meditations on a variety of topics • Step-by-step voice guided meditation • Short (5 mins), medium (15 min) or long (30+ min) meditations • Instrumental, nature soundscapes, with looping for continuous play • Easy to use with instructions • More Information: http://goo.gl/Q0JC0o
<p>Cost: Free</p>	<p>Compatibility: iOS: iPhone, iPad, iPod touch</p>