




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.


Time Management & Distraction Free:


Cold Turkey	
	<ul style="list-style-type: none">• Block distracting websites• Set the websites you want blocked and for how long and go “cold turkey” from them• If the timer is still going, you won’t be able to access your blocked websites• Pro version provides blocking of Applications, White Listing, Break Intervals, and Frozen Turkey features• More Information: https://getcoldturkey.com/
Cost: Free for Basic, \$25 for Pro	Compatibility: Windows; Mac


SelfControl	
	<ul style="list-style-type: none">• Block your own access to distracting websites, mail servers, or anything on the internet using this downloadable program to your computer• Set a timer for the amount of time to block websites• If the timer is still going, you won’t be able to view or access these websites □ More Information: https://selfcontrolapp.com/
Cost: Free	Compatibility: Mac OS

Time Timer	
	<ul style="list-style-type: none">• Visual timer great for people of any age• Visually structure your time or break time up into segments using this timer program• Easy to use app interface with up to four visual timers• Time seconds, minutes or hours with this timer• More Information: http://www.timetimer.com/
Cost: \$2.99	Compatibility: iOS: iPad, iPhone, iPod touch; Android

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focusbooster	
	<ul style="list-style-type: none"> • Pomodoro Timer to help you stay on task when completing work • Using the Pomodoro Method of 25 minutes of work and 5 minute break, maximize your work session • Track your time more efficiently within your account • Productivity reports on your dashboard • Different visual themes for your flexibility • More Information: https://www.focusboosterapp.com/
Cost: Trial: free; Individual: \$3/month; Professional: \$5/month	Compatibility: Online Resource; Windows; Mac


Strict Workflow	
	<ul style="list-style-type: none"> • Use this Chrome Extension to enforce a 25 minute work and 5 minute break distractionfree work zone • Uses the Pomodoro Technique • Blocks you from distracting websites you have set in your customizable list □ More Information: https://goo.gl/vMQqSI
Cost: Free	Compatibility: Chrome Extension

StayFocusd	
	<ul style="list-style-type: none"> • Increase your productivity by limiting the amount of time you spend on websites that waste your time • Pre-program distracting and time wasting websites • When your time limit is up, these sites will be inaccessible for the rest of the day □ More Information: http://goo.gl/I5OBeq
Cost: Free	Compatibility: Chrome Extension


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MyTomatoes	
	<ul style="list-style-type: none">• Use MyTomato to time and track your progress using the Pomodoro technique• Start the timer and work for 25 minutes and then take a 5 minute break• At the end of each work sitting, write what you did to track your progress □ More Information: http://mytomatoes.com/
Cost: Free	Compatibility: Online Resource


Tomato Timer	
TomatoTimer	<ul style="list-style-type: none">• Using the Pomodoro Time method, break up your work or school tasks into manageable worktimes• Use the 25 minutes of worktime and 5 minutes of break time pattern to maximize workflow• After a set number of short Pomodoros, take a longer Pomodoro break• More Information: http://tomato-timer.com/
Cost: Free	Compatibility: Online Resource


TimeTracker	
	<ul style="list-style-type: none">• Track how long you've been off task in a website• A running time clock appears at the top of the tab you have opened counting how many minutes and seconds you've been in that website• More Information: http://goo.gl/uXKJgg
Cost: Free	Compatibility: Chrome Extension

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RescueTime Dashboard	
	<ul style="list-style-type: none"> • Personal-Analytic service to track how you spend your time on your computer, smartphone or tablet • Get a customized report of what sites you visit and what you do on your devices • No manual date-entry, it tracks as you work • More Information: https://www.rescuetime.com/browser-plugin
Cost: Free	Compatibility: OS X, Windows, Linux, Android, ChromeOS, iOS

WriteRoom	
	<ul style="list-style-type: none"> • Full screen, distraction free writing environment • Get your computer distractions out of the way with just you, and the text on your computer screen • Limits layout ability, including limiting the ability to add graphs, and tables • Auto save and word count are available features • More Information: http://www.hogbaysoftware.com/products/writeroom
Cost: \$9.99	Compatibility: Mac OS

Dark Room	
	<ul style="list-style-type: none"> • Full screen, distraction free writing environment • Similar to WriteRoom but for Windows computers • Get your computer distractions out of the way with just you, and the text on your computer screen • More Information: http://jjafuller.com/dark-room/
Cost: Free	Compatibility: Windows

Fokus	
	<ul style="list-style-type: none"> • Highlight only the text you want to read while Fokus dims and darkens the rest of your Chrome or Firefox window with an overlay • Highlights the paragraph you're reading with the ability to change the opacity of the background overlay • Easy to install extension with the ability to turn the feature on or off • More Information: http://goo.gl/pHjc3b or http://goo.gl/CZVhBw
Cost: Free	Compatibility: Chrome and Firefox Add-On