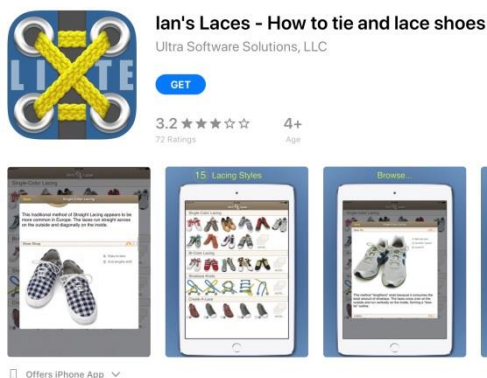


Apps for Self-care, Dressing and Independence



Ian's Laces: How to tie and lace shoes – iPad

Children 4+, teenagers and young adults

Detailed step by step instructions offering different ways of learning to tie and lace shoes.



iDo Getting Dressed – iPad

Children 4+, teenagers and young adults

Step by step sequencing and prompting, including putting on clothing AND preparing clothes for tomorrow.

full version of the app - no further purchase required
Learn the routine of wearing clothes with video modeling and task sequence via fun games, for individuals with Autism and other disabilities. [more](#)



iDo Hygiene – iPad

Children 4+, teenagers and young adults

Videos and step by step instructions of all common hygiene tasks including brushing teeth, showering, applying deodorant, making a ponytail and more

These are all apps to encourage the sequencing and skills required, breaking each self care task down into small stages. This does not substitute parental help but may, for children who need verbal prompting, help to move towards becoming independent. For tweens and teenagers this might be especially important in terms of their privacy and dignity and therefore its worth asking your child if this is important to them.