

# Lunch & Learn

## Holiday Gift Guide



BridgingApps helps people with disabilities use technology to enhance their lives

With our BridgingApps Team

# Review of Last Week: Parental Controls & Internet Safety

- Apple Family Sharing
- Google Parental Controls
- Bark app
- OurPact app
- Apps to control your home modem

Check out our website and search our blog for information as a review of the information we have shared in



OurPact

# Tech Shopping with Our Holiday Gift Guide

- Safe Phones & watches
  - Gabb Watch & Phone
  - Apple Watch - (Series 4 and up)
  - Pinwheel Phone
  - Raz Mobility Memory Phone
- Home Automation Devices: Google Nest
- Skylight Photo Frame
- Favorite Holiday Apps

# Parenting Special Needs Magazine

[www.parentingspecialneeds.org](http://www.parentingspecialneeds.org)

- BridgingApps is a contributor to their bi-monthly issues (6 issues a year)
- Interactive publication with active hyperlinks
- User friendly with read aloud capabilities

**Tech Tips**  
for a jolly holiday

BY THE BRIDGINGAPPS TEAM

**Smart home technology** makes life easier for users of all ages and abilities - and it's fun! Build your smart and connected home with Google Nest home automation system including smart displays, doorbells, thermostats, wireless speakers, smart light bulbs, and more. Start with Nest Hub, the center of your home. With just a tap or your voice, control thousands of compatible smart devices from one central location. Perhaps your child has difficulty walking unassisted and you would like them to be able to control their lights or fan independently? Or, they would like to watch tv or listen to music? Smart home technology allows them to control their environment from the safety of their bed or favorite chair.

**Pinwheel Phone**  
Looking for more parental control over your child's smartphone, while helping to support safe habits for their developmental level? Consider the Pinwheel phone, which is a fabulous smartphone that helps parents feel like they are in control, but still allows kids to use their phone for over 100 approved and safe apps excluding social media and the use of a browser. We love how parents can use their own device

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# Gabb Watch

- Monthly fee includes cell service; prices start at \$9.99, but vary by contract length
- Features include: Active GPS tracking, “lock-mode” scheduling, step-counting capability, customizable safe-zones, emergency SOS, sweat resistant
- No phone needed to use the Gabb watch
- Shipping is behind and estimated to arrive after Christmas.
- Gabb Watch Lite available also for younger kids. Lower price also.



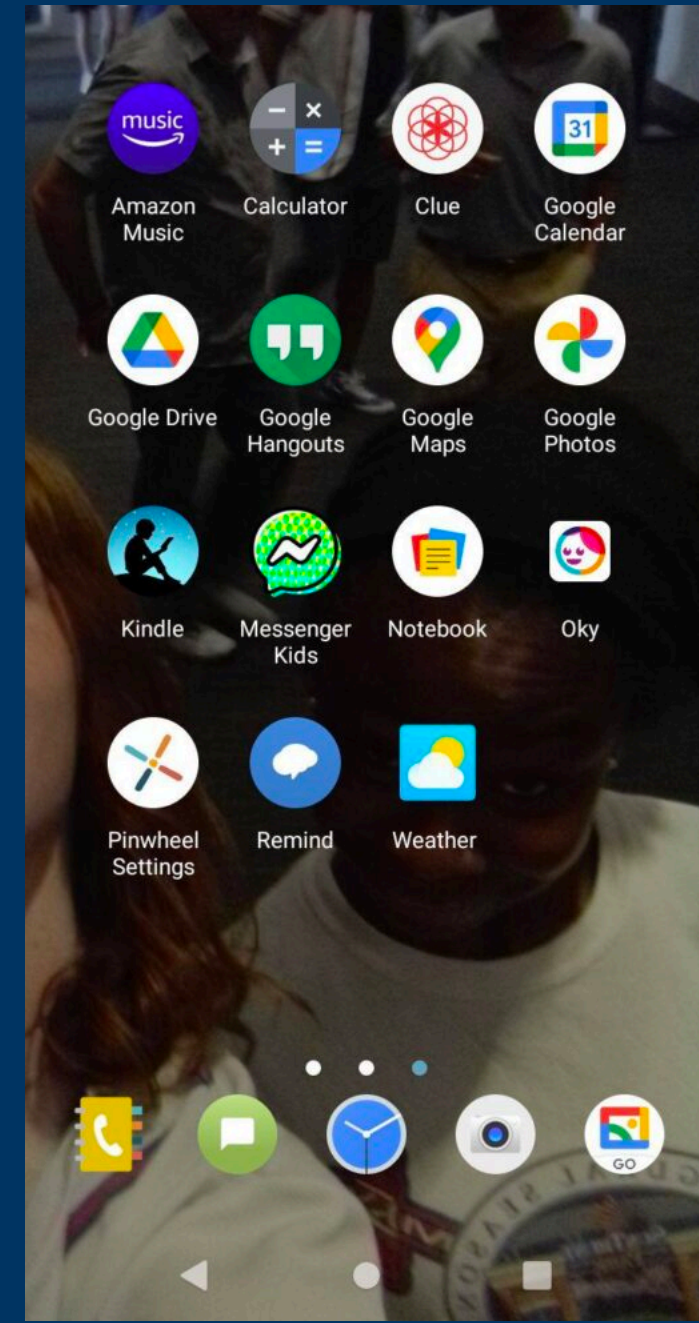
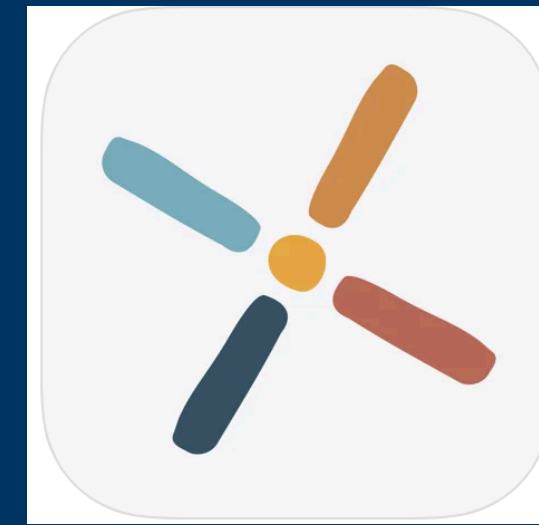
# Gabb Phone

- Monthly fee includes cell service; prices start at \$19.99, but vary by contract length
- Features include: Active GPS tracking, no internet (browser), no social media, no games, comes pre-activated
- Bluetooth connection for music, front and rear cameras, good battery life
- This phone and plan can only be purchased through the Gabb Wireless website. Not available in stores.
- Check shipping due to holiday rush



# Pinwheel Phone

- Monthly fee for the portal and other security service; prices start at \$19.99, but vary by contract length. \*Does not include cell service. They recommend Mint Mobile which is reliable and inexpensive. Can be used with Verizon and AT&T also.
- Features include: Active GPS tracking, no internet (browser), no social media
- Parent portal allows parents to remotely access the phone logs, texts, etc.
- All contacts need to be approved before calls can be placed or accepted and/or texts received.
- Over 99 apps available for download through the parent portal
- Front and rear cameras, good battery life
- This phone and plan can only be purchased through the Pinwheel website. Not available in stores.
- There are two different versions including “lite” and “rugged”
- Check shipping due to holiday rush

The image shows a smartphone screen in 'Afternoon Mode'. At the top, it displays the time 5:00, signal strength, Wi-Fi, and battery at 65%. Below the time, it says 'Time left before next mode' and shows a large digital timer at 03:07:53. Underneath the timer is a progress bar labeled '75% complete'. At the bottom, there is a list of tasks: 'Math worksheet' (20 minutes), 'Walk the dog' (10 minutes), 'Put away homework' (20 minutes), and 'Pack backpack for tomorrow' (10 minutes).

**Pinwheel**  
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**Definition of Pinwheel**

1. A phone that lets kids be kids
2. A 100% tool and 0% toy for kids with mode switching capabilities, no ads or social media, and 70+ therapist curated apps.

pinwheel  
FOR THE CURIOUS

# Apple Watch

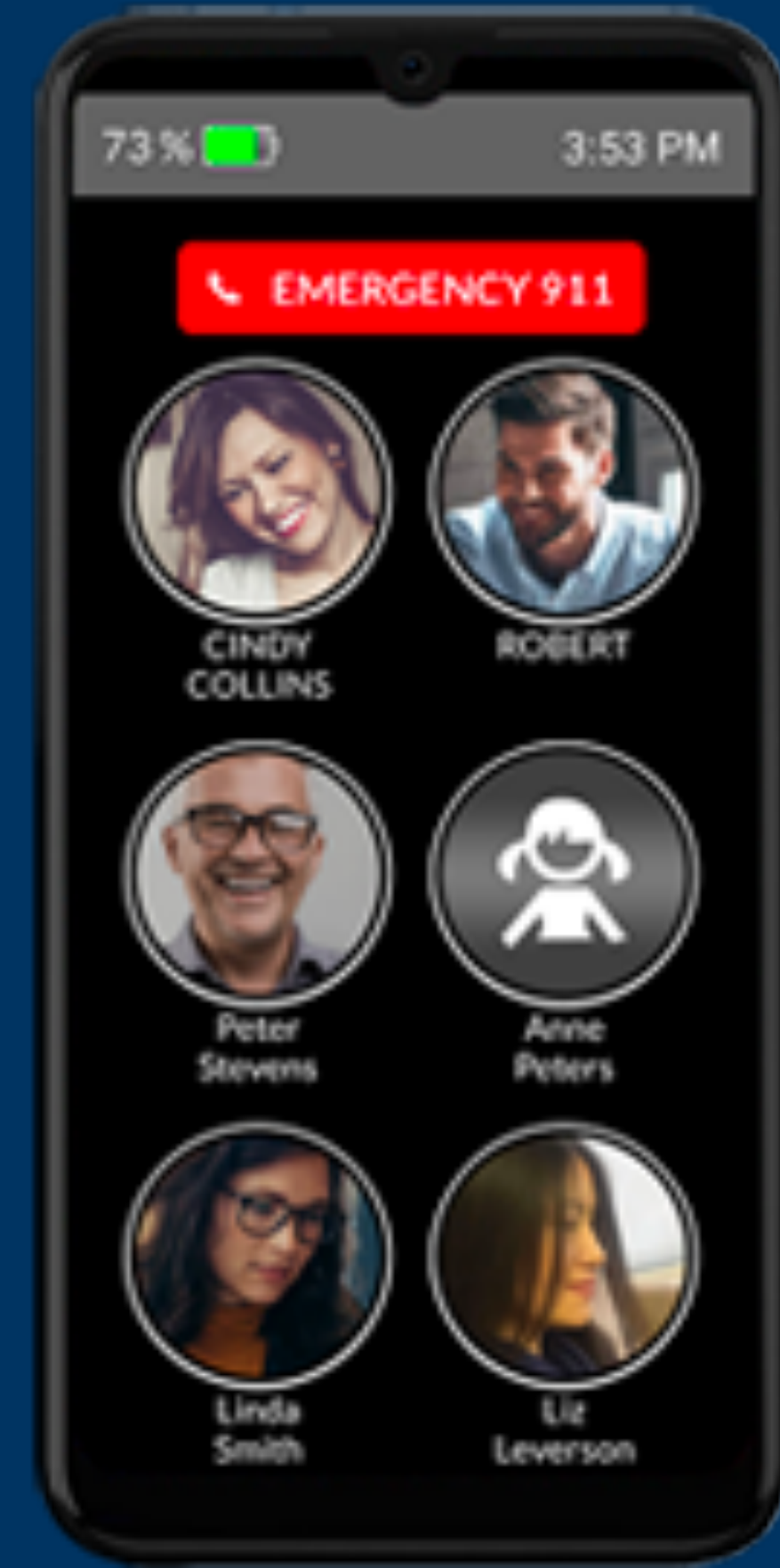
- Series 4 watch or later with cellular does not require an iPhone to place calls, text, etc.
- Set up family sharing - Each person sets up an iCloud account with an email account, users are set under the family sharing plan.
- Can find them fairly inexpensive, but make sure they are fully unlocked if you are planning to buy used or from another person/third party. This also includes buying it refurbished through Apple or [walmart.com](https://www.walmart.com).  
\*Many of these companies offer insurance to protect the battery life, etc.





# Raz Memory Phone

- Looks like a SMART phone
- Easy to use “Picture” phone
- Replaces the home phone for people with memory loss, Alzheimer’s and Dementia. Gives them mobility and care-givers peace of mind.
- Online portal allows caregivers to track users with GPS, low battery, manage contacts, etc.
- Up to 6 contacts with an option of 24
- Emergency 911
- Raz emergency center for subscribers
- No voicemail or applications.
- First three month free, after that \$30 per month
- Cost of phone \$349



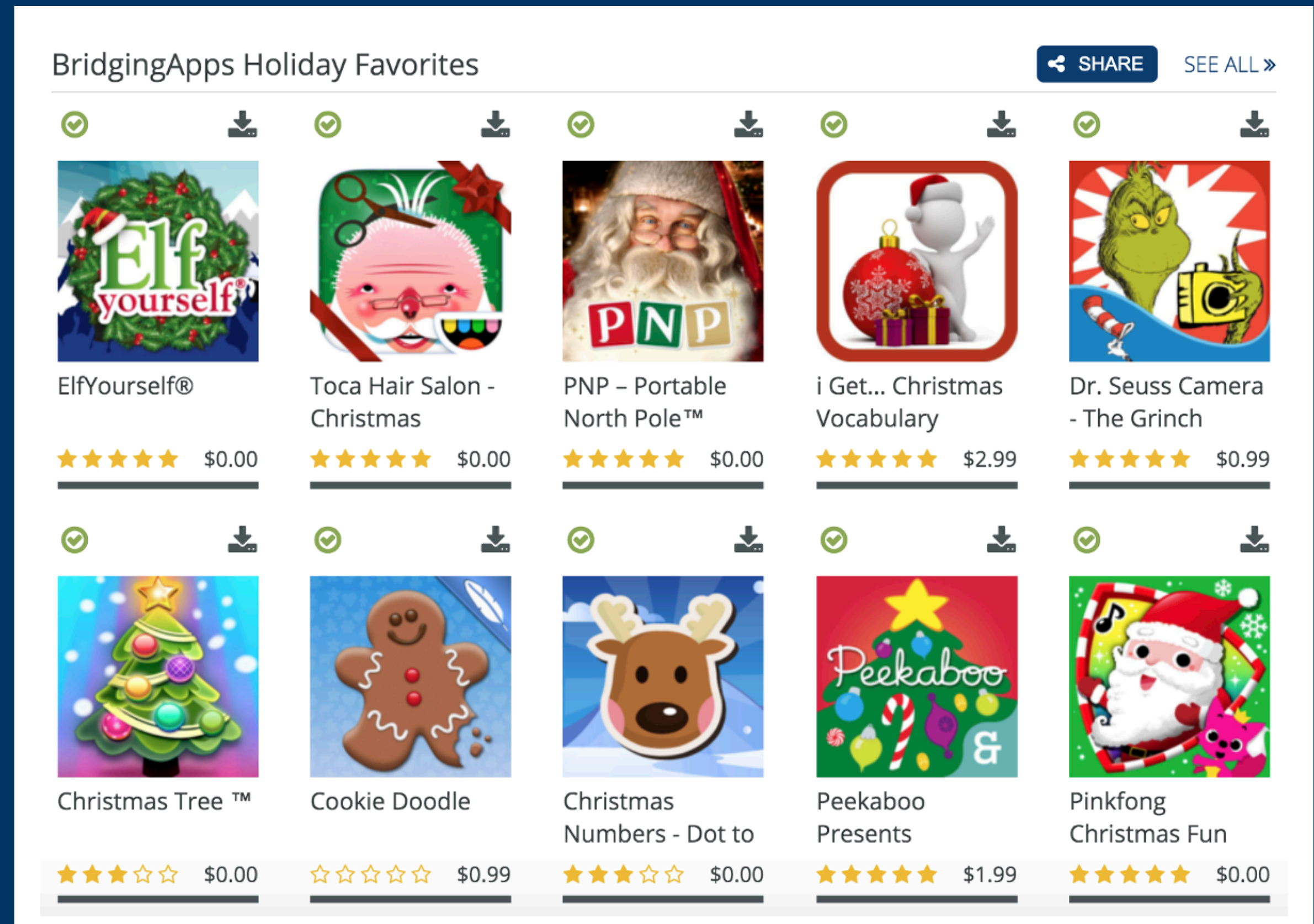
# Skylight Photo Frame

- Wifi connected Digital photo frame
- Family and friends can send messages to easily via email
- \$159 cost of frame, no subscription or additional fees



# Favorite Holiday Apps

- Check out our website at [www.bridgingapps.org](http://www.bridgingapps.org) to see specially curated app lists that include our favorites like this Holiday app list.
- Read our app reviews and use the download button that takes you directly to the link to get it on your own device.



The Christmas List



Sleeps Til Santa



Personal North Pole



Christmas Educational Preschool



Elf Yourself

# Questions?

Check out our website at [www.BridgingApps.org](http://www.BridgingApps.org)

Social Media channels

