



# OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

## Exploring Balance



**DeLana Honaker** - I am an occupational therapist, consultant and educator. Much of my work as a therapist, researcher and educator has focused on issues related to children of all abilities. I am certified to give the Sensory Integration and Praxis Test (SIPT). I have authored multiple articles and two books: *Writing Goals and Objectives in School-Based Practice* and *Ready, Set, Write! A Handwriting Development Program*. I'm currently residing in Amarillo, Texas and working on two books and two assessment tools.

## Exploring Balance Via Apps

Therapists are masters in adapting, adjusting, accommodating and creating active participation opportunities for their clients and students. Already therapists are using smartphone/smart tablet apps to assist their clients with various tasks and skills development. But are therapists using apps that facilitate a personal balance in their multiple roles as therapist, administrator, parent, spouse, friend, etc.?

Occupational therapy is a relatively small world with big ideas and with the rapid pace of today's technology evolution, a new venue emerges for creating apps that are natural extensions of typical therapeutic activities for clients but also for personal productivity and balance. This course will review apps currently available that are ideal for therapeutic and personal activities. A brief discussion on resources for creating apps will also be shared.

### *Learning Objectives:*

*Participants will identify at least 2 different apps to use with their clients.*

*Participants will identify at least 2 different apps to improve personal balance in their multiple roles.*