



Autism,
Apple Watch,
Autonomy
& Independent Living

Jamie & Lion



Hello, i'm Jamie



I'm Lion



Speech is hard



#LionRocks



www.spacedoutandsmiling.com



Disclaimer

This is **not science.**

I am **one** person, talking about how
I use my watch. This is **anecdote.**

I **don't** speak for all autistic people.



Autism,
Apple Watch,
Autonomy
& Independent Living

Jamie & Lion

The independence Process

Stability

```
graph TD; A[Stability] --> B[Autonomy]; B --> C[Independence];
```

A vertical flowchart with three rectangular boxes. The top box contains the word 'Stability'. A white arrow points downwards from the bottom of the 'Stability' box to the top of the middle box. The middle box contains the word 'Autonomy'. Another white arrow points downwards from the bottom of the 'Autonomy' box to the top of the bottom box. The bottom box contains the word 'Independence'.

Autonomy

Independence



Autonomy: I act as and for myself

How i use my Apple Watch



Communication



Exec. Function



Health



Anxiety

How i use my Apple Watch



Communication



Exec. Function



Health



Anxiety

How i use my Apple Watch



Communication



Exec. Function



Health



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Exec. Function



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Exec. Function



Health



Anxiety



Communication



AAC



Emergency



Data

How i use my Apple Watch



Communication

AAC

Emergency

Data



Exec. Function

Modes

Routines

Finances



Health

Monitoring

Activity

Quantifying



Anxiety

Music

Physical Senses

Connectedness



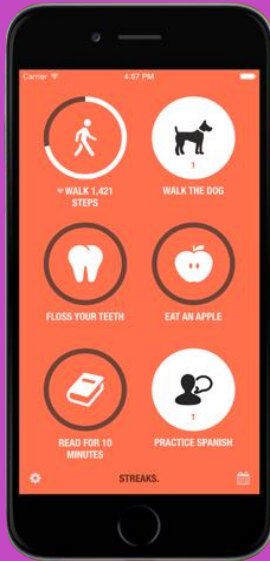
Executive Function



Watchfaces as modes.



Routines (emoji + calendar)



Streaks



Finances

( Pay + Nationwide)

How i use my Apple Watch



Communication

AAC

Emergency

Data



Exec. Function

Modes

Routines

Finances



Health

Monitoring

Activity

Quantifying



Anxiety

Music

Physical Senses

Connectedness



Health



Data tells a story.



Tracking Fluids (in & out)

How i use my Apple Watch



Communication

AAC

Emergency

Data



Exec. Function

Modes

Routines

Finances



Health

Monitoring

Activity

Quantifying



Anxiety

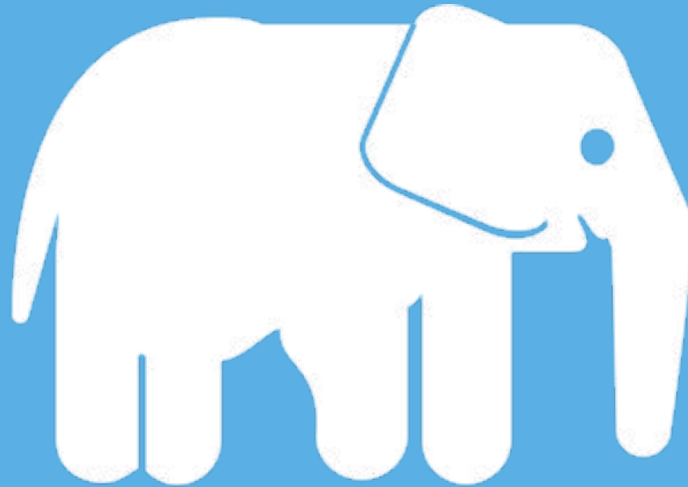
Music

Physical Senses

Connectedness



Anxiety & Sensory



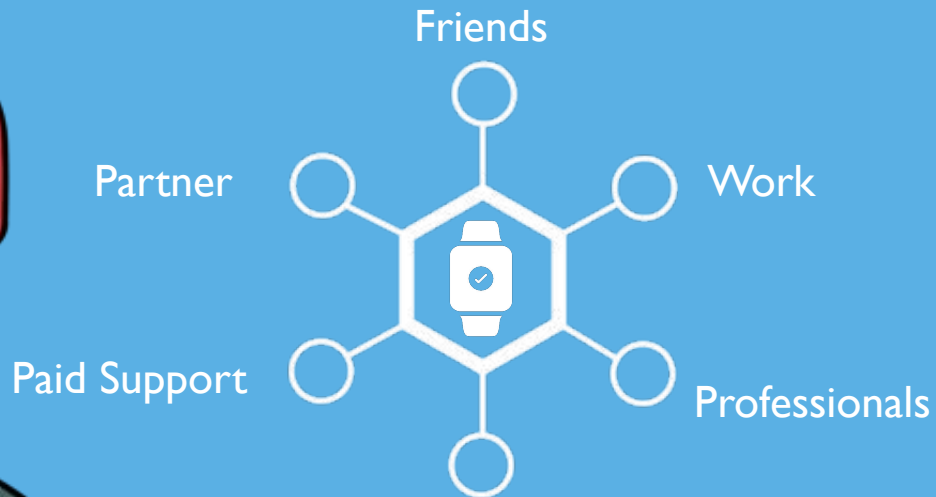
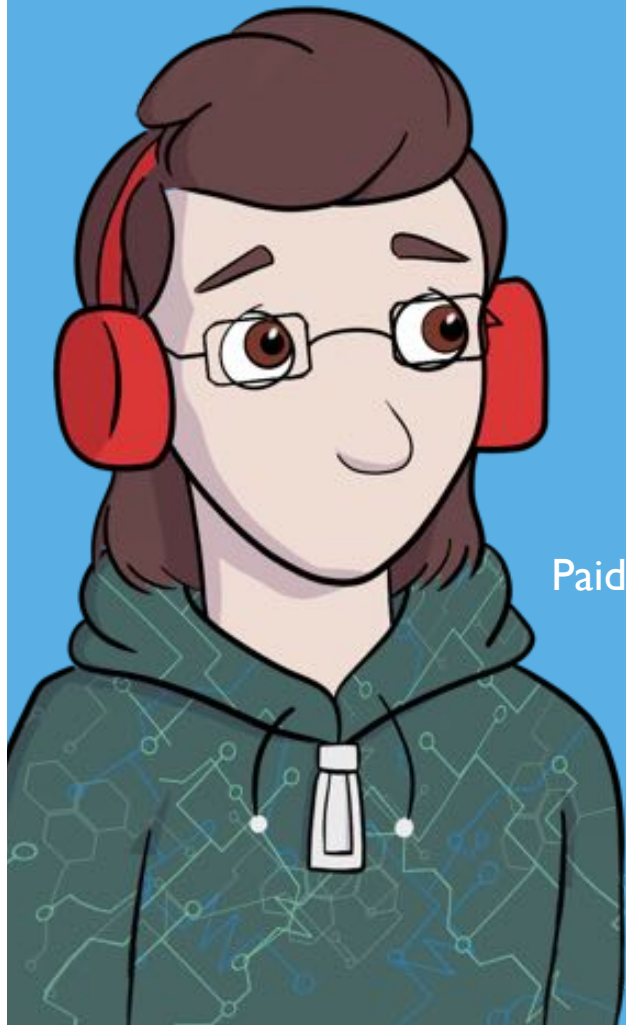
Elephants



Music + Sound



Physicality.



Connectedness.

How i use my Apple Watch



Communication



Exec. Function



Health



Anxiety



Questions?



Why an Apple Watch?

Why an Apple Watch?

Good

Off the shelf

Mainstream - buy anywhere

Discreet

Easy development

Platform of tools

Second hand

Bad

Cost

Limited sensors

Brittle

Assumes iPhone

Set up / Engagement

Easy to steal

Battery life.



Which Apple Watch?



Cheapest

Easy to find

Quick enough

12-18 months support



Best value

Available on a 14 day trial

Quick enough

Fast



Water proof

Available from Apple

GPS



How?

How?

Build up slowly

Experiment, refine

Backup often.

Avoid Beta software.

Buy from apple for 14 day returns

Or plan to resell.



Thank You.

Credits:

Icons from noun project.

Colours from <http://kuler.adobe.com>