

3mpwrApp — User Guide for Everyone

What this app does: Practical tools and community for People with Disabilities, Injured Workers, and their supporters. **Now featuring AI-powered personalization, energy forecasting, and smart notifications.**

Quick start? Jump to [Getting Started in 5 Minutes](#)



What's New - October 2025



Phase 6: ML-Driven Personalization Now Live!

We've added powerful AI-powered features that learn from your patterns and adapt to your needs:

⚡ Energy Forecast & Smart Scheduling (NEW - Phase 6)

- **24-hour energy prediction** - See when you'll have the most and least energy throughout the day
- **Personalized forecasting** - Uses your actual patterns to predict future energy levels using advanced ML algorithms
- **Smart notifications** - The app learns when you have energy and schedules messages for optimal times
- **Weekly wellness reports** - Track your energy trends, mood patterns, tool usage, achievements, and wellness score over time
- **Actionable insights** - Get personalized recommendations based on your energy patterns and engagement

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- **Pattern recognition** - App analyzes your activity, energy, mood, recovery, and engagement patterns
- **Profile editor** - Customize your disability type, accommodations, energy patterns, and preferences
- **Tool recommendations** - 9 ML-enhanced tools that adapt to your specific needs
- **Feedback loop** - Your feedback helps improve recommendations over time
- **A/B testing** - App tests different notification times and recommendations to find what works best for you

Disability Wizard - Your Personal Guide (Phase 2)

- **Smart recommendations** - The app learns what works for you and suggests the right tools at the right time
- **Daily variety** - Fresh feature suggestions every day, never repetitive
- **Energy-aware** - Matches activities to when you have the most energy
- **Clear explanations** - See exactly why each tool is recommended for you
- **Natural flows** - Get suggestions for what to do next after completing a task
- **Fully accessible** - Works perfectly with screen readers, reduced motion, and high contrast

Master Letter Generator - 22 Professional Letters (Phase 2)

Table of Contents

Getting Started

- [Getting Started in 5 Minutes](#)
- [Your Privacy and Security \(Simple Explanation\)](#)
- [How to Navigate the App](#)

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- [Phase 2-3: Community & Legal](#)

Main Features

- [Disability Wizard \(NEW\)](#) - Personalized recommendations just for you
- [Advocacy Tools](#) - Get help with letters, appeals, and legal issues
- [Legal Workflow Automation \(NEW\)](#) - Automated guidance for legal processes
- [Community](#) - Connect with others who understand
- [Campaign Coordination \(NEW\)](#) - Organize community advocacy efforts
- [Wellness Support](#) - Take care of yourself
- [Energy Forecast & Smart Scheduling \(NEW - Phase 6\)](#) - 24-hour energy prediction and smart notifications
- [Resources](#) - Tools and information you need
- [Evidence Locker](#) - Save important documents safely
- [Indigenous Languages \(NEW\)](#) - Multilingual support with cultural protocols
- [Advanced Security \(NEW\)](#) - Enhanced protection options

Comprehensive Disability Support

- [All Disability Types Supported](#) - How we support every disability
- [Neurodivergent and Learning Disabilities](#) - ADHD, Autism, Learning differences
- [Mental Health and Invisible Disabilities](#) - Depression, anxiety, chronic conditions
- [Cultural and Identity Intersections](#) - Supporting diverse communities

Legal Coverage Across Canada

- [Federal Rights and Benefits](#) - Canada-wide laws and programs
- [Provincial and Territorial Coverage](#) - All provinces and territories
- [Indigenous Rights and Treaty Protections](#) - First Nations, Métis, and Inuit rights
- [Legal Resources by Region](#) - Find help in your area

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Getting Help

- [Troubleshooting](#)
 - [Contact and Support](#)
-



Accessibility Features (Quick Overview)

Looking for step-by-step instructions to enable accessibility features? [See the complete Accessibility Walkthrough & Quick Start Guide →](#)

 **Available Now (Phase 1 - October 2025)**

Cognitive Accessibility Modes (Phase 1.1 - 100% Complete)

- **Standard / Simplified / Minimal Modes** – Reduce choices, add progress + breadcrumbs, auto-save state
- **Auto-Save System** – Configurable intervals (5min/30s/15s based on mode)
- **Navigation Memory** – “Back to where I was” button
- **Progress Tracking** – Breadcrumbs, step indicators, complexity badges
- **Letter Wizard Integration** – SimplifiedView + ComplexityBadge (40% complete)
- **Expected Impact:** 25% adoption rate (ADHD, autism, learning disabilities)

Dyslexia Support (Phase 1.2 - 100% Complete - October 14, 2025)

- **DyslexiaText Component** – Drop-in Text replacement with auto-styling applied to 14 high-traffic screens
- **Interactive Features** – Tap words to highlight, drag reading ruler to reposition
- **5 Font Options** – System default, OpenDyslexic, Lexend, Arial, Helvetica
- **8 Colored Overlays** – Cream, Peach, Mint, Sky, Rose, Lavender, Charcoal, Ink (Irlen syndrome support)

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solidarity toolkit, myth-busting hub, radical acceptance, distress tolerance, harm reduction

- **Expected Impact:** 15% adoption rate (1.4M+ Canadians), 25-40% faster reading speed

Motor Disabilities Support (Phase 1.3 - 40% Complete - October 14, 2025)

- **Dwell-Click** – Hold press for 1-5 seconds to activate (no tap required) - perfect for tremors
- **Visual Progress Indicator** – Circular progress shows when dwell-click will activate
- **Increased Touch Targets** – Auto-scale buttons to 64x64pt for easier tapping
- **Tremor Compensation** – Ignore rapid repeated taps to reduce accidental activations
- **One-Handed Mode** – Position controls for left or right hand use
- **Settings Screen** – Full control panel with test button and reset options
- **Expected Impact:** 8% adoption rate (5M+ Canadians with motor disabilities)



Coming Soon (In Order)

1. Motor Accessibility - Remaining 60% (Phase 1.3 completion)

- Sticky keys (one-finger typing without holding)
- Switch control support
- Voice navigation enhancements
- Full app-wide integration

2. Community Safety Tools (Phase 1.4)

- Content warnings and trigger alerts
- Advanced blocking and filtering
- Community reporting dashboard
- Moderation dashboard

3. Cultural Data Protection / OCAP Compliance (Phase 1.5)

- Sacred data encryption (AES-256)
- Cultural metadata handling
- Traditional knowledge protocols

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- Load time tracking
- Accessibility metrics
- Memory and network monitoring

Fast Start

- **Cognitive Mode:** Settings → Cognitive Accessibility → Pick a mode (Standard/Simplified/Minimal)
- **Dyslexia Support:** Settings → Dyslexia Support → Choose font, overlay, and spacing preferences
- **Motor Accessibility:** Settings → Motor Accessibility → Enable dwell-click, touch targets, or tremor compensation

Feedback

Use Settings → About → Feedback or email empowrapp08162025@gmail.com – early feedback shapes priorities.

Complete Features Inventory - All 50+ Features

3mpwrApp now includes 50+ features across 6 major phases of development. Everything is accessible, secure, and works on your device.

Phase 6: ML-Driven Personalization (COMPLETE - October 2025)

- **Energy Prediction** - 24-hour energy forecasting with weighted ML algorithms
- **Smart Notifications** - Learns when you have energy and schedules messages
- **Weekly Summaries** - Multi-dimensional analytics (energy, mood, tools, achievements, wellness)
- **Pattern Learning** - Analyzes 5 types of patterns in your behavior

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- **Onboarding Wizard** - 4-step guided setup with privacy-first messaging
- **User Badges & Roles** - Display your role and community status
- **Loading Components** - Beautiful loading screens while features load
- **Performance Optimization** - App loads 40% faster with smart lazy loading
- **Deep Linking** - Jump directly to any feature from notifications or web links
- **Guest Mode** - Try features without creating an account
- **Enhanced Auth** - Biometric, password, and guest authentication options
- **Advanced Security** - Enterprise-grade AES-256 encryption
- **BYOC Support** - Bring Your Own Cloud for complete data control

Phase 4: Legal & Advocacy Core (COMPLETE - October 2025) ✓

- **Letter Wizard** - 22 professional letter templates for legal issues
- **AI Case Interpreter** - Understand legal documents and decisions
- **Policy Simplifier** - Difficult policies explained in plain language
- **Accountability Tracker** - Track promises and track violations
- **AI Translator** - 100+ accessibility terminology translations
- **Legal Navigator** - Step-by-step guidance through legal processes
- **Appeals Assistant** - Help writing and organizing appeals
- **Document Templates** - Ready-to-use legal document templates
- **Deadline Tracker** - Never miss important legal deadlines

Phase 3: Community & Campaigns (COMPLETE - October 2025) ✓

- **Campaigns** - Create and join advocacy campaigns
- **Campaign Rooms** - Private spaces for campaign teams
- **Task Management** - Organize team efforts and track progress
- **Notes & Sharing** - Collaborative notes and document sharing
- **Peer Support Matching** - Find others with similar experiences
- **Support Groups** - 12+ disability-specific communities
- **Virtual Meetups** - Connect with community members

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- **Master Letter Generator** - 22 comprehensive letter types
- **Legal Workflow Automation** - Guided processes for benefits and appeals
- **Indigenous Language Support** - 6+ Indigenous languages
- **Cultural Protocols** - Respectful handling of sacred knowledge
- **Cognitive Accessibility** - 3 modes (Standard/Simplified/Minimal) with auto-save
- **Dyslexia Support** - 5 fonts, 8 overlays, spacing controls
- **Motor Accessibility** - Dwell-click, touch targets, tremor compensation
- **Multi-language Support** - English, French, Spanish, and Indigenous languages

Core Features (Always Available)

- **Evidence Locker** - Securely store important documents
- **Self-Care Library** - Wellness resources and activities
- **Wellness Hub** - Health tracking and wellness planning
- **Resources** - Tools, guides, and information
- **Achievements** - Track your progress and celebrate wins
- **Analytics** - Understand your usage patterns
- **Privacy Dashboard** - See exactly what data you have
- **Settings** - Customize your experience
- **Notifications** - Get updates when you need them
- **Offline Mode** - Use many features without internet

Learning & Resources (COMPLETE - October 2025)

- **User Guide** - Complete guide to all features
- **Video Tutorials** - Learn-at-your-pace videos
- **Knowledge Base** - Articles and FAQs
- **Accessibility Guide** - How to enable features for you
- **Legal Resources** - Canadian rights and benefits explained
- **Community Stories** - Learn from others' experiences
- **Provider Directory** - Find accessible services

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3mpwrApp is designed to support every type of disability, condition, and difference.

We recognize that disability is diverse and that everyone's experience is unique.

Physical and Mobility Disabilities

What we support:

- Wheelchair users and mobility device users
- Limited mobility and reduced strength
- Chronic pain and fatigue conditions
- Amputees and limb differences
- Arthritis and joint conditions

App features for you:

- Large touch targets for easier tapping
- Voice control and speech input
- Minimal gesture requirements
- Energy management tools (Daily Energy Coins)
- Pacing and rest planning tools
- Accessible exercise options

Vision and Sight Disabilities

What we support:

- Blindness and low vision
- Color blindness
- Light sensitivity
- Field of vision loss
- Age-related vision changes

App features for you:

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- Clear focus indicators

Hearing and Deaf Disabilities

What we support:

- Deafness and hard of hearing
- Auditory processing disorders
- Deaf-blind experiences
- Tinnitus and sound sensitivity

App features for you:

- Visual alternatives to all audio
- Captions preference settings
- Vibration alternatives to sounds
- Visual notification indicators
- No audio-only information
- Sign language resource links

Cognitive and Learning Disabilities

What we support:

- Intellectual disabilities
- Learning disabilities (dyslexia, dyscalculia, etc.)
- Memory difficulties
- Processing speed differences
- Attention challenges

App features for you:

- Plain language throughout the app

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Neurodivergent Conditions

What we support:

- Autism Spectrum Disorder
- ADHD (Attention Deficit Hyperactivity Disorder)
- Executive function differences
- Sensory processing sensitivities
- Social communication differences

App features for you:

- Sensory-friendly design (reduce motion options)
- Clear, predictable layouts
- Minimal sensory overload
- Focus and attention management tools
- Routine and organization features
- Customizable interface options

Mental Health and Psychosocial Disabilities

What we support:

- Depression and anxiety disorders
- Bipolar disorder
- PTSD and trauma responses
- Eating disorders
- Personality disorders
- Psychosis and schizophrenia

App features for you:

- Wellness tracking tools

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Episodic and Fluctuating Conditions

What we support:

- Multiple Sclerosis (MS)
- Lupus and autoimmune conditions
- Fibromyalgia
- Chronic fatigue syndrome
- Epilepsy
- Migraine disorders

App features for you:

- Flexible scheduling tools
- Symptom tracking
- Good day/bad day planning
- Energy management features
- Adaptable goal setting
- Pattern recognition tools

Communication Disabilities

What we support:

- Speech impairments
- Language disorders
- Stuttering and fluency disorders
- Voice disorders
- Communication device users

App features for you:

- Text-based communication options

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Invisible and Chronic Conditions

What we support:

- Chronic pain conditions
- Autoimmune diseases
- Diabetes and metabolic conditions
- Heart and respiratory conditions
- Cancer and treatment effects
- Chronic illness of all types

App features for you:

- Symptom and medication tracking
- Healthcare appointment preparation
- Insurance and benefit navigation
- Accommodation request tools
- Peer support networks
- Flexible wellness approaches

Intersectional Support

We recognize that disability intersects with other identities:

- Indigenous peoples with disabilities
- 2SLGBTQIA+ community members
- Racialized communities
- Women and gender-diverse people
- Immigrant and refugee experiences
- Multiple disability experiences

Our commitment:

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For Supporters and Allies

The app also supports:

- Family members and caregivers
- Friends and allies
- Healthcare providers
- Employers and HR professionals
- Advocacy organizations
- Community supporters

Features for supporters:

- Information sharing tools
- Advocacy resource guides
- Communication templates
- Educational materials
- Ally action prompts
- Support network building

Neurodivergent and Learning Disabilities Support

ADHD Support Features

Understanding ADHD needs:

- Executive function challenges
- Attention regulation differences
- Hyperactivity and restlessness
- Time management difficulties
- Organization challenges

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- **Movement:** Exercise options for hyperactivity
- **Routine Building:** Daily Energy Coins for structure

Autism Spectrum Support

Understanding autism needs:

- Sensory sensitivities
- Social communication preferences
- Routine and predictability importance
- Information processing differences
- Special interests and strengths

How the app helps:

- **Sensory Considerations:** Reduce motion settings, calm colors
- **Predictable Navigation:** Consistent layout and menu structure
- **Communication Options:** Text-based community features
- **Routine Support:** Daily planning and tracking tools
- **Special Interests:** Customizable resource collections
- **Clear Instructions:** Step-by-step guides with visual aids

Learning Disabilities Support

Beyond dyslexia, we support:

- Dyscalculia (math processing)
- Dysgraphia (writing difficulties)
- Auditory processing disorders
- Visual processing disorders
- Memory processing differences

Comprehensive features:

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- **Multi-sensory:** Audio, visual, and text options

Executive Function Support

What executive function includes:

- Planning and organization
- Working memory
- Cognitive flexibility
- Inhibitory control
- Task initiation and completion

App tools for executive function:

- **Planning:** Daily planners and goal-setting tools
- **Organization:** Evidence Locker with categorization
- **Memory:** Automatic saves and progress tracking
- **Flexibility:** Multiple ways to complete tasks
- **Initiation:** Quick-start guides and templates
- **Completion:** Progress indicators and celebrations

Mental Health and Invisible Disabilities

Mental Health Conditions

We support all mental health experiences:

- Depression and mood disorders
- Anxiety and panic disorders
- Bipolar and mood cycling
- PTSD and trauma responses

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How we create safety:

- **Choice and Control:** Always optional features
- **Transparency:** Clear explanations of what happens
- **Safety:** Secure, private data storage
- **Trust:** Consistent, reliable functionality
- **Empowerment:** Tools that build capacity
- **Cultural Humility:** Respect for all experiences

Episodic Conditions Support

Managing fluctuating symptoms:

- **Flexible Planning:** Adjust goals based on current capacity
- **Pattern Recognition:** Track good and difficult periods
- **Resource Preparation:** Save information for difficult times
- **Support Access:** Quick access to crisis resources
- **Accommodation Tools:** Request flexibility when needed

Peer Support Features

Community understanding:

- **Shared Experience:** Connect with others who understand
- **Safe Spaces:** Moderated, supportive community
- **Diverse Voices:** Multiple perspectives and experiences
- **Mutual Aid:** Help and receive help from peers
- **Celebration:** Acknowledge progress and achievements

Cultural and Identity Intersections

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- Intergenerational trauma awareness
- Cultural ceremony accommodations

App considerations:

- Cultural safety in design
- Recognition of Indigenous legal frameworks
- Respect for traditional knowledge
- Connection to Indigenous-led organizations
- Support for on-reserve and urban Indigenous people

2SLGBTQIA+ Disability Experiences

Understanding intersectional challenges:

- Healthcare discrimination
- Employment discrimination
- Housing and shelter safety
- Identity documentation issues
- Transition-related needs

App support:

- Inclusive language and pronouns
- Diverse healthcare provider directory
- 2SLGBTQIA+-friendly legal resources
- Safe community spaces
- Identity-affirming accommodation examples

Racialized Communities

Recognizing systemic barriers:

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- Multiple language support
- Culturally appropriate resources
- Discrimination reporting tools
- Diverse legal and healthcare providers
- Community-specific advocacy resources

Women and Gender-Diverse People

Understanding gender-specific challenges:

- Healthcare gender bias
- Workplace discrimination
- Caregiving responsibilities
- Safety and violence concerns
- Reproductive health considerations

App support:

- Gender-inclusive language
- Women and gender-diverse provider options
- Family responsibility accommodations
- Safety planning resources
- Reproductive health accommodations

Federal Rights and Benefits (Canada-Wide)

CA Constitutional Rights

Canadian Charter of Rights and Freedoms:

- **Section 15:** Equality rights protection from discrimination

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- Guides domestic policy and legislation

Federal Legislation

Accessible Canada Act (2019):

- Applies to federal organizations
- Banking, telecommunications, transportation
- Federal workplaces and services
- Accessibility standards development

Canadian Human Rights Act:

- Federal sector employment
- Federally regulated services
- 12-month complaint deadline
- Mediation and tribunal process

Federal Benefit Programs

Canada Pension Plan Disability (CPP-D):

- Severe and prolonged disability test
- Work history requirements
- Application and appeal process
- Benefit calculation

Employment Insurance Sickness Benefits:

- 15 weeks of benefits
- Medical certificate required
- Recent work requirement
- Application process

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Federal Sector Accommodations

Federal employees have rights to:

- Reasonable accommodation
- Accessible workplaces
- Modified duties
- Assistive technology
- Modified schedules

Federal services must provide:

- Accessible formats
- Sign language interpretation
- Physical accessibility
- Communication supports

Federal Complaint Processes

Canadian Human Rights Commission:

- Discrimination complaints
- Federal sector coverage
- Mediation services
- Tribunal hearings

Office of the Federal Ombudsperson for Victims of Crime:

- Support for crime victims
- Accessible services
- Complaint resolution

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- **Provinces:** Ontario, Quebec, British Columbia, Alberta, Saskatchewan, Manitoba, Nova Scotia, New Brunswick, Prince Edward Island, Newfoundland and Labrador
- **Territories:** Yukon, Northwest Territories, Nunavut

What's Included for Each Province/Territory

Human Rights Legislation:

- Provincial human rights codes
- Complaint processes and deadlines
- Remedies and enforcement
- Accommodation requirements

Workers' Compensation:

- Workplace injury boards (WSIB, WCB, etc.)
- Claim processes and forms
- Appeal levels and deadlines
- Return-to-work programs

Disability Income Programs:

- Provincial disability benefits (ODSP, AISH, PWD, etc.)
- Eligibility criteria
- Application processes
- Appeal rights

Accessibility Laws:

- Provincial accessibility legislation
- Standards and requirements
- Compliance timelines
- Enforcement mechanisms

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- Complaint processes
- Patient rights legislation

Provincial variations:

- Additional services covered
- Assistive device programs
- Home care services
- Mental health supports

Education Rights

K-12 Education:

- Special education rights
- Individualized education plans
- Appeal processes
- Inclusion requirements

Post-Secondary:

- Accommodation services
- Accessible learning environments
- Support services
- Financial assistance

Housing and Tenancy

Provincial tenancy laws:

- Accommodation requirements
- Accessibility modifications
- Discrimination protection

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- Paratransit services
 - Vehicle modifications
 - Travel subsidies
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Indigenous Rights and Treaty Protections

□ Unique Legal Framework

Indigenous peoples have distinct rights:

- Treaty rights and obligations
- Inherent rights to self-determination
- Federal responsibility for health and welfare
- On-reserve and off-reserve considerations

Federal Obligations

Government of Canada responsibilities:

- Health services through First Nations Health Authority
- Education support and funding
- Social services on-reserve
- Infrastructure and accessibility

Treaty Rights

Historical and modern treaties include:

- Healthcare provisions
- Education rights
- Economic development opportunities

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- Community-based decision making
- Cultural ceremonies and practices
- Language preservation and use

Indigenous-Specific Resources

Available in the app:

- Indigenous-led advocacy organizations
- Culturally appropriate healthcare providers
- Traditional healing resources
- Indigenous rights legal support

Legal Resources by Region

How to Find Regional Resources

1. **Set your province:** Go to Settings → choose your province or territory
2. **Browse Resources:** Resources section will show province-specific options
3. **Use Lawyer Finder:** Filter by location and legal issue
4. **Check Support Directory:** Find local advocacy organizations

Types of Legal Support Available

Legal Aid:

- Income-based legal assistance
- Duty counsel services
- Legal clinics
- Self-help resources

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Professional Services:

- Lawyers specializing in disability law
- Paralegals and advocates
- Social workers and case managers
- Healthcare advocates

Getting Legal Help

Start with:

1. **Know your rights:** Use Rights Explainer tool
2. **Gather evidence:** Use Evidence Locker
3. **Understand deadlines:** Check provincial timelines
4. **Get support:** Connect with advocacy organizations
5. **Consider legal help:** Use Lawyer Finder for complex cases

Common Legal Issues

Workplace:

- Accommodation requests
- Disability discrimination
- Wrongful dismissal
- Return-to-work disputes

Benefits:

- Application denials
- Benefit reductions
- Appeal processes
- Medical assessments

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Getting Started in 5 Minutes

Step 1: Download and Open

- Open the 3mpwrApp on your phone or computer
- Create an account or sign in (Guest mode is available if you prefer)
- Accept the Terms of Service (required to use the app)

Step 2: Make the App Work for You

- **See better?** Tap the gear icon (⚙️) at the top right → turn on High Contrast
- **Need bigger text?** Use your phone's text size settings - the app will follow them
- **Using a screen reader?** The app works with VoiceOver (iPhone) and TalkBack (Android)

Step 3: Set Your Location

- Go to Settings → set your province or state
- This helps the app show you the right laws and resources for your area

Step 4: Try One Feature

Pick what you need most right now:

- **Got a confusing letter?** Go to Advocacy → AI Advocate Translator
- **Need to save documents?** Go to Resources → Evidence Locker
- **Want support?** Go to Community → choose your province
- **Feeling overwhelmed?** Go to Wellness → Daily Energy Coins

Step 5: Keep Your Information Safe

- Go to Settings → Privacy & Backups
- Your information stays on your phone unless you choose to share it

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What this is: A guided experience showing you what you can do in your first week using 3mpwrApp. Each day introduces new features with real scenarios and examples.

How to use this guide:

- Follow one day per day (or move at your own pace)
 - Each day takes 10-20 minutes to explore
 - All examples are based on real situations
 - Feel free to skip ahead to features you need most
 - No pressure to do everything—this is YOUR app
-

Day 1: Getting Started & Your First Save

Theme: Understanding what 3mpwrApp can do for you

Time: 15 minutes

Goal: Create your first saved document

Morning: Welcome & Setup (5 minutes)

What happens when you open the app:

1. You'll see the home screen with a welcome message
2. You can create an account or use Guest mode
3. If it's your first time, you'll see tips and feature highlights
4. Your location (province/territory) helps personalize resources for you

Your first decision:

- **Choose a password you'll remember** - Write it down somewhere safe
- **Set up biometric login (optional)** - Fingerprint or face ID speeds things up
- **Accept privacy terms** - We explain everything clearly

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Mid-Morning: Explore Your First Resource (5 minutes)

Scenario: You just received a confusing letter from your insurance company and want to understand what it means.

What you'll do:

1. Go to **Advocacy tab** (at the bottom)
2. Find "**AI Advocate Translator**" (looks like a speech bubble with AI symbol)
3. Copy the confusing text from your letter
4. Paste it into the translator
5. Read the plain English version
6. **Save the result:** Tap the bookmark icon  to save for later

What you've learned:

- How to navigate to different sections
- How to use an AI tool to make something clearer
- How to save important information

Pro tip: Save confusing letters this way. You can show the simple version to doctors or advocates later.

Afternoon: Create Your First Note (5 minutes)

Scenario: You had an important conversation with your doctor today and want to remember what was discussed.

What you'll do:

1. Go to **Resources tab → Evidence Locker**
2. Tap "**New**" or "+" **button**
3. Give your note a title: "Doctor call - Oct 17, 2025"

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What you've accomplished:

- Created your first saved note
- Learned how to organize information with tags
- Have a record you can refer to or share later

Why this matters: Healthcare providers often expect you to remember details. Saving notes means you don't have to rely on memory alone.



Day 2: Wellness Check-In & Energy Tracking

Theme: Understanding your own patterns

Time: 15 minutes

Goal: Start tracking your energy and mood

Morning: Set Up Daily Energy Coins (8 minutes)

Scenario: You wake up and want to plan what you can do today based on your energy.

What you'll do:

1. Go to **Wellness tab** → **Daily Energy Coins**
2. Read the intro (explains the concept)
3. Set your daily "budget": Start with **10 coins** (you can adjust)
4. Look at example costs:
 - Sending one email = 1 coin
 - Doctor's appointment = 3-4 coins
 - Grocery shopping = 2-3 coins
 - Household cleaning = 2-4 coins
5. Plan your day by "spending" coins mentally
 - "I'll do email (1 coin) and rest (0 coins)" = 1 coin spent
 - You still have 9 coins left for unexpected things

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Real example:

Sarah wakes up tired. She uses Energy Coins to plan:

- Morning bathroom routine: 1 coin (low energy needed)
- Eat breakfast: 1 coin
- Rest and watch TV: 0 coins
- Check on pets: 1 coin
- Total so far: 3 coins, 7 coins left for afternoon

This helps Sarah see that she CAN do some things, just not everything.

Afternoon: Track Your Mood (7 minutes)

Scenario: It's 3 PM and you want to check in with yourself about how you're feeling.

What you'll do:

1. Go to **Wellness tab** → **Reflections Calendar**
2. Look at the calendar grid
3. Tap on TODAY'S DATE
4. You'll see options to rate your mood:
 - 😞 Bad (difficult day)
 - 😐 Okay (getting by)
 - 😃 Good (feeling alright)
 - 😊 Great (really good day)
5. Add a quick note:
 - "Good morning, difficult afternoon"
 - "Pain levels higher today"
 - "Had a good conversation with friend"
6. Tap **Save**

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 **Day 3: Understanding Your Rights & Documents** 

Theme: Knowing what you're entitled to

Time: 20 minutes

Goal: Create a letter requesting an accommodation

Morning: Learn About Your Rights (7 minutes)

Scenario: You need a workplace accommodation but don't know where to start.

What you'll do:

1. Go to **Advocacy tab** → **Policy Made Simple**
2. Search for: "accommodation rights workplace"
3. Read the simple explanation that appears
4. It will cover:
 - What employers have to do
 - What kinds of accommodations exist
 - How to request accommodations
 - What to do if they refuse
 - Your next steps if they refuse
5. Bookmark this page 

What you learned:

- Employers must accommodate you (it's the law)
- They can't refuse just because it's inconvenient
- You have a legal right to request
- You can appeal if they refuse

Afternoon: Create Your First Professional Letter (13 minutes)

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3. Choose your letter type: **"Accommodation Request"**

4. Fill in the form:

- Your name
- Your employer's name
- Your job title
- Your disability/condition
- Proposed accommodation (work from home)
- How it helps you do your job
- Proposed start date

5. The app generates a professional letter

6. Review the letter for accuracy

7. Copy it and email or print it

Example letter output:

Dear [Employer Name],

I am writing to formally request an accommodation to work from home.

Due to [your condition], I experience difficulty with [specific impact].

Working from home would [how it helps you].

This accommodation will allow me to continue performing my duties effectively while managing my health needs.

I am happy to discuss this further.

Sincerely,

[Your name]

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Pro tip: Keep a copy in your Evidence Locker, and date it for your records.



Day 4: Building Your Support Network 💛

Theme: You're not alone—connect with others

Time: 20 minutes

Goal: Join a community and read others' experiences

Morning: Find Your Community (8 minutes)

Scenario: You want to talk to others who understand what you're going through.

What you'll do:

1. Go to **Community tab**
2. Your province/territory should be selected
3. Browse the community channels:
 - o "Workplace & Accommodation" - Others dealing with employment issues
 - o "Benefits & Appeals" - People navigating government benefits
 - o "Health & Wellness" - Sharing wellness strategies
 - o "Daily Life & Support" - General support and encouragement
 - o "Legal & Rights" - Questions about the law
4. Click on "**Workplace & Accommodation**" to see what others are talking about
5. Read a few posts (you don't have to reply yet)

What you'll find:

- Real people sharing real experiences
- People asking questions similar to yours
- Others celebrating wins ("I got my accommodation approved!")
- Practical advice from people who've been through it

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"How do I explain invisible disability to my coworkers?"

Afternoon: Make Your First Post (12 minutes)

Scenario: You have a question and want advice from the community.

What you'll do:

1. In the same **Community tab**
2. Find the "**Compose**" button (pencil icon or "New Post")
3. Choose which channel to post in (try "Workplace & Accommodation")
4. Write a post:
 - o **Title:** "Tips for requesting work-from-home accommodation?"
 - o **Body:** "I'm thinking about asking my employer to let me work from home due to my disability. Has anyone done this? What should I expect?"
 - o Don't share personal details like your full name or workplace name
5. Tap "**Share**" or "**Post**"
6. Check back in a few hours—people may have replied!

Important safety reminder:

- DO share: General experiences, advice requests, challenges
- DON'T share: Your full name, workplace name, home address, phone number
- DO be kind to others
- DON'T attack or be harsh

What happens next:

- Community members will see your post
- People with experience may reply with advice
- You might make connections with people going through similar things
- You're building a support network

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Morning: Gather Your Evidence (12 minutes)

Scenario: You're preparing for a meeting with your doctor to discuss accommodation needs. You want to be organized and help them understand your situation.

What you'll do:

1. Go to **Resources → Evidence Locker**
2. Check what you've already saved (the doctor note from Day 1, maybe)
3. Add more key documents by creating new notes:
 - **Medical appointments:** "Oct 10 - Discussed pain levels"
 - **Work incidents:** "Oct 15 - Had to leave work early due to fatigue"
 - **Symptoms:** "Oct 16 - Morning stiffness lasted until 2 PM"
 - **Impact on life:** "Oct 17 - Cancelled social plans due to fatigue"
4. Use tags to organize:
 - "medical" for doctor info
 - "work" for employment issues
 - "symptoms" for health tracking
 - "evidence" for proof of your condition

Afternoon: Create a Summary for Your Doctor (13 minutes)

Scenario: You want to prepare for your next doctor's appointment.

What you'll do:

1. Go to **Resources → Doctor Visit Prep**
2. Use this tool to create an organized summary:
 - What symptoms have been happening
 - How your condition affects work and daily life
 - What accommodations might help
 - Questions you want to ask the doctor

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Doctor Visit - October 30, 2025

Current Issues:

- Afternoon fatigue (especially after 3 PM)
- Brain fog affecting work
- Pain levels: Morning 3/10, Afternoon 7/10

How It Affects Me:

- Can't work full days
- Missing social events
- Having to cancel plans

What Helps:

- Afternoon naps (30 min)
- Working from home
- Flexible schedule

What I Need:

- Documentation for my employer
- Recommendation for part-time hours
- Possible medication adjustment

Questions for Doctor:

- Is this normal for my condition?
- Will it get better?
- What can I do to help?

Why this works:

- You won't forget anything in the appointment
- Doctor has a clear picture of your situation

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Theme: Taking steps toward the changes you need

Time: 25 minutes

Goal: Create an action plan and track progress

Morning: Identify Your Goal (8 minutes)

Scenario: You know you need to take action on something (getting accommodation, appealing a decision, filing a complaint), but aren't sure where to start.

What you'll do:

1. Go to **Advocacy → Legal Workflow Automation**
2. Browse available workflows related to your situation:
 - "Disability Accommodation Request"
 - "Benefits Appeal Process"
 - "Human Rights Complaint"
 - "Healthcare Accessibility Issue"
3. Click on the one that matches your need
4. Read:
 - How long it typically takes
 - What documents you need
 - What the success rate is
 - Next steps

Afternoon: Start Your Workflow (17 minutes)

Scenario: You've decided to formally request a workplace accommodation.

What you'll do:

1. Open your chosen workflow (e.g., "Disability Accommodation Request")
2. Tap "**Start Workflow**"

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- **Step 6:** Track your deadline
4. Complete Step 1 today
 5. Green checkmark appears when each step is done
 6. Yellow indicator shows what's next
 7. Red alert if a deadline is approaching

What's being tracked for you:

- Each step you've completed
- Documents you've gathered
- Deadlines you need to meet
- Next action required
- Expected outcomes

Example workflow view you'll see:

Disability Accommodation Request

- Step 1: Eligibility Assessment (Completed Oct 20)
 - Step 2: Document Gathering (Completed Oct 21)
 - Step 3: Form Completion (In Progress) ← You are here
 - Accommodation request form
 - Medical documentation
 - Impact statement
 - Step 4: Submission Preparation
 - Step 5: Send to Employer
 - Step 6: Track Response
-

Day 7: Celebration & Building Your Habit

Theme: You've done so much—acknowledge progress and plan to keep going

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What you'll do:

1. Go to **Home tab**
2. Look for the **Disability Wizard** section (usually at the top)
3. You'll see 3 personalized recommendations:
 - o Each shows a tool that might help you today
 - o Each has an energy level and time estimate
 - o Each explains WHY it's recommended
4. Try one of the recommendations
5. If you like it, use it—if not, scroll past

What you'll learn:

- The app is learning your needs
- New tools appear based on your patterns
- You can discover features you didn't know about
- Recommendations adapt to your energy level

Example recommendations you might see:

"Mood Tracker -  Low Energy, 3 min

We noticed you've been tracking your mood regularly. Try today's reflection to see patterns."

"Evidence Locker -  Medium Energy, 5 min

You're preparing for your doctor's appointment. Organize your documents now."

"Community Support -  Low Energy, 5 min

Others are discussing accommodation in your situation. Read to feel less alone."

Afternoon: Reflect & Celebrate (10 minutes)

Scenario: It's the end of your first week. Time to think about what you've accomplished.

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- "Made my first community post"
 - "Created a professional letter"
 - "Feeling more prepared"
4. Rate your mood for the week overall
5. Save it

Create a checklist of what you've accomplished this week:

- Downloaded and opened the app
- Learned to use the AI Translator
- Created your first Evidence Locker note
- Tracked your energy with Energy Coins
- Documented your mood patterns
- Learned about your rights
- Created a professional letter
- Joined your community
- Made your first post
- Organized your evidence
- Started a workflow for your goal
- Met the Disability Wizard

That's 12 things you learned in ONE WEEK!

Planning Ahead: Make It a Habit

Set yourself up for success:

1. When to use the app:

- Morning: Check Disability Wizard for today's suggestion
- After important calls: Save notes to Evidence Locker
- Evening: Save any important conversations

2. What to do next:

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- Try different letter generators
- Join additional community channels
- Use more templates and tools

4. Know you're supported:

- Community is here if you have questions
 - Your evidence file is building
 - You have professional tools to advocate for yourself
 - You can do this at your own pace
-

★ What Comes After Week 1?

Week 2+: Deepen Your Advocacy

As you continue using the app:

- Your workflows progress toward completion
- Community connections strengthen
- You have more evidence and documentation
- You start seeing patterns in your data
- Recommendations become more personalized

Things to explore in Week 2+:

- **Accountability Coach** - Track if promises are being kept
- **Lawyer Finder** - Find professional help if needed
- **Appeals Process Guide** - Understand your options if something is denied
- **Collective Legal Action** - Join others on similar issues

Month 1-3: Building Your Case

By the end of your first month:

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By the end of three months:

- Your accommodation may be approved
- You have a track record of attempts and responses
- You've made friends in the community
- You're ready for next level (appeals, legal action, etc.)

Celebrating Progress

Remember:

- Every note you save is progress
 - Every community connection is support
 - Every letter you create is strength
 - Every time you advocate for yourself, you matter
 - You're not alone—thousands are using this app to change their lives
-

Tips for Success in Your First Week

Do These Things

- **Save important information** - The more you document, the stronger your case
- **Join your community** - People understand and want to help
- **Follow one workflow** - Finish what you start, even if it takes a few weeks
- **Use accessibility settings** - Make the app work for YOUR body and brain
- **Take breaks** - Don't try to do everything at once

Don't Do These Things

- **Don't share personal details publicly** - Be safe in community posts
- **Don't try every feature at once** - Information overload isn't helpful

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You're doing well if:

- You've saved at least 3 important documents
- You've read posts in your community
- You've created at least one letter or formal request
- You can find what you need in the app
- You feel less alone about your situation
- You understand your next step forward
- You know what accessibility settings work for you

These aren't requirements—just signs you're making good progress!

Your Privacy and Security (Simple Explanation)

Your Information Belongs to YOU

The most important thing to know: You own all your information. The app cannot take it or use it without your permission.

How Your Information Stays Safe

- Stays on your phone:** Your notes, documents, and personal information live on your phone, not on company servers
- Strong protection:** Your information is encrypted (scrambled) so only you can read it
- You choose what to share:** Nothing gets shared unless you tap "Share" or "Send"
- No tracking:** The app doesn't watch what you do or collect information about you
- Works offline:** You can use most features without internet

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- **Personal notes:** Your thoughts and feelings remain private
- **Financial information:** Your benefit and work details are protected

Extra Protection Available

- **Passcode lock:** Add a PIN to protect sensitive areas
- **Wellness lock:** Extra protection for mental health tools
- **Backup copies:** Save your information in case something happens to your phone
- **Data export:** Download all your information anytime
- **Account deletion:** Remove all your data completely if you want

Advanced Security Features

Enterprise-Grade Protection:

- **Military-grade encryption:** AES-256 encryption protects all your data
- **Hardware security:** Uses your device's secure chip for key storage
- **Network protection:** TLS 1.3 encryption for all internet connections
- **Tamper detection:** Monitors for unauthorized access attempts
- **Security validation:** Regular security checks ensure everything is working

Privacy by Design:

- **Local-first:** Everything stays on your device by default
- **No tracking:** We don't watch what you do or collect personal information
- **No selling data:** Your information is never sold or shared with companies
- **No advertising:** No ads or tracking cookies
- **User control:** You decide what to share and with whom

International Standards:

- **WCAG 2.1 AA:** Meets international accessibility standards
- **GDPR compliant:** Follows European privacy regulations

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How to Navigate the App

The Bottom Menu (Main Tabs)

The app has several main sections. You'll see them at the bottom of your screen:

-  **Home:** Start here for quick access to everything
-  **Advocacy:** Tools to help with appeals, letters, and legal issues
-  **Community:** Connect with others who understand your situation
-  **Wellness:** Take care of your mental and physical health
-  **Resources:** Tools, templates, and important information
-  **Research:** Studies and facts to support your case
-  **Podcasts:** Videos and stories from people like you
-  **Events:** Important dates and community events

How to Move Around

1. **Tap once** on any bottom tab to open it
2. **Tap again** on the same tab to go to the top of that section
3. **Use your phone's back button** to go back to the previous screen
4. **Look for the gear icon** () at the top right for Settings

Making It Easier to Use

- **Hard to see?** Turn on High Contrast in Settings
- **Text too small?** Increase text size in your phone's settings
- **Using a screen reader?** The app announces page titles and item counts
- **Motor difficulties?** Buttons have large touch areas for easier tapping

Disability Wizard - Your Personal Guide

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- **Learns your needs:** Understands your disability type, energy patterns, and preferences
- **Suggests tools:** Shows you 3 personalized recommendations every time you open the app
- **Matches your energy:** Recommends light tasks when you're tired, more complex ones when you have energy
- **Provides variety:** Rotates through different features daily so you don't see the same things repeatedly
- **Explains why:** Shows clear reasons for each recommendation
- **Guides next steps:** Suggests what to do after you complete a task

What You'll See

Each suggestion card shows:

- **Feature name and icon:** What the tool is
- **Brief description:** What it does for you
- **Energy level:** Low/Medium/High (shown with battery icon and color)
 -  Green (Low) = Can do with minimal energy
 -  Orange (Medium) = Requires moderate effort
 -  Red (High) = Needs significant energy
- **Focus level:** Light/Moderate/Heavy (shown with light bulb icon)
- **Time estimate:** How many minutes it typically takes
- **Reasoning chips:** Why this is recommended for you right now
 - Example: "Designed for physical support" or "Good for morning focus"

Featured Picks

Tools with a gold star badge ( "Today's Pick") are specially selected for today based on:

- Daily rotation schedule
- Your typical usage patterns
- Features you haven't tried recently

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Example flows:

- **Wellness Mood Tracker** → Wellness Exercises → Peer Support
- **AI Translator** → Evidence Locker → Legal Workflow
- **Policy Simplifier** → Advocate Finder → Legal Templates

Setting Up Your Profile (Optional)

The first time you use the app, you can set up your Disability Wizard profile:

Step 1: Disability Types (select all that apply)

- Physical disabilities
- Cognitive differences
- Sensory disabilities
- Neurodivergent
- Chronic illness
- Mental health conditions

Step 2: Energy Patterns

- When do you have the most energy? (Morning/Afternoon/Evening/Variable)
- How much mental energy do you usually have? (Light/Mixed/Deep focus)

Step 3: Accessibility Needs

- Screen reader
- High contrast
- Large text
- Reduced motion
- Cognitive support
- Motor assistance

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1. **Use the app regularly** - The Wizard learns what times you're most active
2. **Try suggested tools** - This helps it understand what works for you
3. **Update your profile** - If your needs change, update your settings
4. **Check different times** - Morning vs. evening suggestions may differ based on your energy patterns

Your Privacy

- All personalization happens **on your device**
- No data sent to servers or third parties
- You can reset or delete your profile anytime
- The Wizard only sees what you tell it

Example Recommendations

If you have physical disability + low energy in morning:

- Wellness Mood Tracker (5 min, low energy, light focus)
- Evidence Locker (3 min, low energy, light focus)
- Resources Search (7 min, low energy, moderate focus)

If you have cognitive disability + afternoon peak:

- AI Translator (10 min, medium energy, moderate focus)
- Legal Workflow (15 min, medium energy, moderate focus)
- Policy Simplifier (8 min, medium energy, moderate focus)

If you're neurodivergent + prefer light tasks:

- Daily Energy Coins (2 min, low energy, light focus)
- Peer Support Chat (5 min, low energy, light focus)
- Save Resource (3 min, low energy, light focus)

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Cognitive/Neurodivergent:

- Breaks tasks into small steps
- Reduces cognitive overload
- Provides clear, simple guidance

Mental Health:

- Respects emotional capacity
- Suggests stress-relief tools when needed
- Offers gentle wellness options

Chronic Illness:

- Adapts to fluctuating energy
- Prioritizes health tracking tools
- Respects need for pacing

Sensory Disabilities:

- Highlights accessible features
- Respects format preferences
- Considers communication needs

❓ Common Questions

Q: Can I turn off the Disability Wizard? A: Currently it appears on the home screen, but you can scroll past it. A hide option is coming soon.

Q: Will suggestions change every day? A: Yes! The daily rotation ensures you see fresh recommendations while still personalizing to your needs.

Q: What if a suggestion doesn't match my needs? A: Just scroll past it or try a different one. The Wizard learns from what you actually use.

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Advocacy Tools

What these tools do: Help you understand letters, write appeals, and get the support you need.

CA Jurisdiction Tools (Canada-Wide)

What they do: Provide legal guidance specific to your province/territory

Available now:

- **Deadline Calculator:** Figure out when you need to file an appeal
- **Form Helper:** Find out which forms you need for your situation
- **Federal ACA:** File accessibility complaints under the Accessible Canada Act

Deadline Calculator

What it does: Calculates days remaining for workplace injury appeals

How to use it:

1. Go to Advocacy Hub
2. Find “Appeal Deadline Calculator” panel
3. Select your jurisdiction if not already set
4. Enter the date you received your WCB/WSIB decision (YYYY-MM-DD format)
5. See days remaining for each appeal level
6. Color codes show urgency:
 - Red (<30 days): File immediately
 - Yellow (<60 days): File soon
 - Green (60+ days): You have time

Example: If you received a WCB decision on Oct 1 and it's now Oct 20, in Ontario you'd see:

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Form Helper

What it does: Shows which forms you need based on your situation

How to use it:

1. Go to Advocacy Hub
2. Find "Form Helper" panel
3. Select your situation:
 - o **Workplace Injury:** Filing a new claim
 - o **Disability Benefit:** Applying for income support
 - o **Human Rights:** Filing a discrimination complaint
 - o **Appeal:** Challenging a decision
4. See required forms (red badge) and optional forms (gray badge)
5. Read purpose, notes, and deadlines for each form
6. Follow links to official forms when available

Example: For "Workplace Injury" in British Columbia, you'll see:

- Required: Form 6A - Worker's Report of Injury
- Required: Functional Abilities Form (FAF) - from your doctor
- Required: Employer's Report (request from your employer)

Tip: Check "Human Rights" to see your province's complaint deadline (12-24 months depending on jurisdiction).

Federal Accessibility (ACA)

What it does: Explains how to file accessibility complaints for federal organizations

Covers:

- Federal government departments

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2. **File formal complaint:** Submit to Accessibility Commissioner if needed
3. **Investigation:** Commissioner investigates and can order compliance

Priority areas: Employment, buildings, websites/apps, procurement, programs, transportation

Note: This is separate from provincial accessibility laws. Use this for federal sector only.

AI Advocate Translator

What it does: Turns confusing legal or medical letters into simple English

How to use it:

1. Go to Advocacy → AI Advocate Translator
2. Copy and paste the confusing letter
3. Tap “Simplify”
4. Read the plain English version
5. Save or share the simple version

Example: “Your claim has been adjudicated” becomes “Your claim has been decided”

Policy Made Simple

What it does: Explains laws and policies in easy-to-understand language

How to use it:

1. Go to Advocacy → Policy Made Simple
2. Search for a topic (like “accommodation” or “appeal”)
3. Read the simple explanation
4. Export to PDF to save or share

AI Case Interpreter

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3. Tap “Interpret”
4. Read the summary and suggested actions

Accountability Coach

What it does: Helps you make a plan when someone isn’t following the rules

How to use it:

1. Go to Advocacy → Accountability Coach
2. Describe what happened
3. Set a goal (like “get a response in 14 days”)
4. Follow the suggested steps
5. Track your progress

Collective Legal Action Hub

What it does: Work together with others on shared issues

How to use it:

1. Go to Advocacy → Collective Legal Action Hub
2. Create a room for your issue
3. Add tasks and notes
4. Invite others to help
5. Export progress reports

Lawyer Finder

What it does: Find lawyers who understand disability and workplace issues

How to use it:

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What this feature does: Guides you step-by-step through complex legal processes automatically

Overview

Legal Workflow Automation helps you navigate complicated processes like:

- Disability benefit applications
- Workplace accommodation requests
- Discrimination complaints
- Accessibility appeals
- Housing rights issues

How it's different: Instead of reading long guides, the app walks you through each step, automatically generates documents, tracks deadlines, and reminds you what to do next.

Starting a Workflow

How to begin:

1. Go to Advocacy → Legal Workflow Automation
2. Browse available workflows or search for your issue
3. Tap on a workflow to see:
 - How long it typically takes
 - What documents you'll need
 - Success rate percentage
 - Automation level (how much the app does for you)
4. Tap "Start Workflow" to begin

Following the Steps

What happens:

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Automation features:

- **Auto-fill forms** - App fills in repetitive information
- **Generate documents** - Creates letters and forms for you
- **Track deadlines** - Reminders before things are due
- **Validate data** - Checks that forms are filled correctly
- **Send notifications** - Reminds you of next steps

Example: Disability Benefit Application

Step 1: Eligibility Check

- App asks you qualifying questions
- Automated assessment tells you if you're eligible
- Shows what documents you'll need

Step 2: Document Gathering

- Checklist of required documents
- Upload documents or take photos
- App validates that documents are complete

Step 3: Form Completion

- App pre-fills forms with your information
- You review and edit
- App checks for errors

Step 4: Submission

- App generates cover letter
- Provides mailing instructions
- Creates submission checklist

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Privacy & Security

Your data is safe:

- All processing happens on your device
- No legal information sent to external servers
- You control what data goes into workflows
- Encrypted storage for sensitive documents
- You can delete workflow data anytime

Cultural Considerations

Respectful automation:

- Cultural protocols respected (Indigenous, religious, etc.)
 - Language options available
 - Flexibility for traditional processes
 - Optional elder consultation steps
 - Ceremonial considerations included
-



Indigenous Language Support (NEW - Phase 2)

What this feature does: Provides the app interface and support in Indigenous languages with cultural protocols

Available Languages

Currently supported:

- Cree (ᓇᐤᓂᐣ)
- Ojibwe (ᐊᓂᔑᓈᐯᒧᐎᓐ)

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1. Go to Settings → Indigenous Language
2. Choose your preferred language
3. Select cultural protocols you want to observe
4. Review territorial acknowledgment
5. Tap "Save Preferences"

What changes:

- App interface translated to your language
- Cultural protocols automatically applied
- Traditional knowledge handled respectfully
- Territorial acknowledgments shown

Cultural Protocols

What they do: Ensure the app respects traditional practices and protocols

Options you can enable:

- **Ceremonial considerations** - App respects ceremony times
- **Elder consultation** - Reminders to consult elders on important decisions
- **Traditional knowledge** - Special handling of cultural information
- **Seasonal awareness** - Recognition of traditional seasons and practices
- **Territorial acknowledgment** - Recognition of traditional territories

How protocols work:

- Non-intrusive reminders
- You control what's enabled
- Culturally appropriate language
- Respect for sovereignty and self-determination

Territorial Acknowledgments

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3. Read the acknowledgment for your area
4. Option to display on app startup

Why it matters: Land acknowledgments are important for respecting Indigenous sovereignty and history. The app helps non-Indigenous users learn whose land they're on.

Privacy for Indigenous Communities

Special protections:

- Cultural information never leaves your device
 - Traditional knowledge protocols respected
 - No data shared with external organizations
 - Community-centered design principles
 - Sovereignty over your cultural data
-



Campaign Coordination (NEW - Phase 2)

What this feature does: Helps communities organize advocacy campaigns and coordinate collective action

Overview

Use Campaign Coordination for:

- Community organizing
- Policy change campaigns
- Collective advocacy efforts
- Event planning
- Resource coordination

Powered by 3mpwr. No surveillance, no tracking, full control over who sees what.

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2. Tap “Create Campaign”
3. Fill in:
 - Campaign name
 - Goals and objectives
 - Timeline
 - Privacy level (Public, Members Only, Private)
4. Tap “Create”

Managing Tasks

Organize your campaign:

1. Add tasks with descriptions and deadlines
2. Assign tasks to community members
3. Track progress with status updates
4. Mark tasks complete when done

Task features:

- Priority levels (High, Medium, Low)
- Deadline reminders
- Progress tracking
- File attachments
- Discussion threads

Communication Strategy

Keep everyone informed:

- Send updates to all campaign members
- Schedule announcements
- Share resources and documents

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- Calendar integration

Advocacy Targets

Track who you're targeting:

- Government officials
- Policy makers
- Organizations
- Media contacts

For each target:

- Contact information
- Engagement history
- Response tracking
- Follow-up reminders

Privacy & Safety

Protect your organizing:

- End-to-end encryption for sensitive campaigns
- Control who can see campaign details
- Anonymous participation options
- Secure document storage
- No data sold or shared

Offline Capability

Work anywhere:

- Create and edit campaigns offline

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What this feature does: Adds extra layers of protection for your sensitive information

Biometric Authentication

Available methods:

-  Fingerprint (Touch ID)
-  Face recognition (Face ID)
-  Voice recognition
-  Iris scanning (if your device supports it)

How to enable:

1. Go to Settings → Advanced Security
2. Tap “Biometric Authentication”
3. Choose your preferred method
4. Follow setup instructions
5. Test that it works

What it protects:

- App access
- Evidence Locker
- Legal workflows
- Sensitive documents
- Community messages

Threat Monitoring

What it does: Watches for security issues and alerts you

Features:

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1. Go to Settings → Advanced Security → Threat Dashboard
2. See security alerts and warnings
3. Review security recommendations
4. Take action on threats

Security Auditing

Track access to your data:

- Who accessed what
- When they accessed it
- What actions were taken
- Export audit logs

How to use:

1. Go to Settings → Advanced Security → Security Audit
2. View audit logs
3. Filter by date, event type, or action
4. Export logs for records

Data Encryption

Enhanced protection:

- AES-256 encryption for all data
- Hardware-backed key storage
- Encrypted backups
- Secure key management

Settings:

1. Go to Settings → Advanced Security → Encryption

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- View all logged-in devices
 - End sessions remotely
 - Set session timeout
 - Require re-authentication
-

Community

What this section does: Connect you with others who understand your experiences.

Join Conversations

How to participate:

1. Go to Community
2. Choose your province or a topic that interests you
3. Read existing posts
4. Tap “Compose” to write your own post
5. Reply to others to join conversations

Writing Good Posts

Tips for helpful posts:

- **Use clear titles:** “Need advice: appeal due in 10 days” is better than “Help!”
- **Be specific:** Say what you need and when you need it
- **Stay safe:** Don’t share personal details like full names or addresses
- **Be kind:** Remember everyone is dealing with challenges

Direct Messages

For private conversations:

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If someone is bothering you:

1. Go to Community → Safety & Blocking
2. Enter their user ID
3. Tap “Block”
4. You won’t see their posts or messages anymore

Getting help: If someone is being harmful, contact moderators through About → Contact

Energy Forecast & Smart Scheduling (**NEW - Phase 6**)

What this feature does: Uses machine learning to predict your energy levels and optimize when you get notifications and suggestions.

24-Hour Energy Prediction

How it works:

- The app learns your daily energy patterns over time
- Uses advanced ML algorithms to predict your energy levels for the next 24 hours
- Shows you when you’ll likely have high, medium, and low energy
- Helps you plan activities for when you have the right energy level

What you’ll see:

- Beautiful 24-hour energy chart with color-coded predictions
- “Best time” recommendations for different activities
- “Worst time” warnings when energy will be lowest
- Trend indicators showing if energy is rising or falling

How to use it:

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What it does:

- Learns when you typically have energy for different tasks
- Automatically schedules app notifications for your best times
- Avoids sending alerts when you're likely to be low-energy
- Adapts to your changing patterns over time

Types of smart scheduling:

- **Morning tasks:** Scheduled when you typically have morning energy
- **Administrative work:** Sent during your focused periods
- **Community engagement:** Timed for when you're socially engaged
- **Wellness check-ins:** Delivered when you're most receptive

Privacy-first learning:

- All pattern analysis happens on YOUR device
- No data sent to external servers
- You control what data is used for predictions
- Can turn off smart scheduling anytime

Weekly Wellness Reports

What you get:

- Comprehensive weekly summary of your patterns
- Energy trends over the past 7 days
- Mood patterns and correlations
- Tool usage and effectiveness
- Achievement highlights
- Personalized wellness score

Five-dimensional analysis:

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How to access:

1. Go to Wellness → Weekly Reports
2. View current week or scroll back to previous weeks
3. Export reports to share with healthcare providers
4. Use insights to improve your weekly planning

 **Personalized Insights & Recommendations****What the app learns about you:**

- Your best and worst times of day
- Which tools help you most
- Patterns in your mood and energy
- What activities drain or restore you
- How different factors affect your wellness

Actionable recommendations:

- "Schedule important calls before 2 PM when your energy is highest"
- "Try meditation on Tuesday afternoons when you typically feel stressed"
- "Your mood improves on days you use the Evidence Locker"
- "Consider rescheduling Thursday tasks - that's consistently your lowest energy day"

 **Customizing Your Energy Profile****Setting up energy tracking:**

1. Go to Settings → Energy & ML Personalization
2. Set your typical wake/sleep times
3. Indicate your general energy patterns (morning person, night owl, etc.)
4. Choose which factors affect your energy (weather, sleep, stress, etc.)
5. Set notification preferences for different energy levels

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- Medication timing and effects
- Social interactions and activities

Privacy & Control

Your energy data is completely private:

- All ML processing happens on your device
- No energy patterns sent to external servers
- You can view, export, or delete all data anytime
- Turn off energy tracking completely if preferred
- Full control over what data is used for predictions

Transparency features:

- See exactly what data is being used
- Understand how predictions are made
- Adjust or correct patterns the app has learned
- Export all your energy data for healthcare providers

Tips for Better Energy Predictions

To improve accuracy:

1. **Track consistently** - Daily check-ins help the app learn your patterns
2. **Be honest** - Accurate energy ratings lead to better predictions
3. **Note influencing factors** - Track what affects your energy (sleep, stress, weather)
4. **Give it time** - Predictions improve after 2-3 weeks of data
5. **Update when things change** - New medications, schedule changes, etc.

Getting started:

- Start with simple energy ratings (1-5 scale)

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What this section does: Gentle tools to help you take care of yourself and manage your energy.

□ Daily Energy Coins

What it does: Helps you budget your energy like money

How to use it:

1. Go to Wellness → Daily Energy Coins
2. Set your daily “coin budget” (start with 10-12)
3. “Spend” coins on tasks throughout the day
4. Stop when you run out of coins

Example: Email = 1 coin, Grocery shopping = 3 coins, Doctor call = 2 coins



Reflections Calendar

What it does: Track your mood and thoughts over time

How to use it:

1. Go to Wellness → Reflections Calendar
2. Long-press any day to quickly add your mood
3. Tap a day to add more detailed notes
4. Export your data to share with healthcare providers



Sleep & Energy Tracker

What it does: Keep track of how well you sleep and your energy levels

How to use it:

1. Go to Wellness → Sleep & Energy

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What they do: Help you relax and manage stress

Available tools:

- **Adaptive Meditation:** Short audio practices
- **CBT Mini-Games:** Quick grounding exercises (like the 5-4-3-2-1 technique)
- **Distress Tolerance:** TIPP techniques for crisis moments
- **Sleep Reframe:** Better rest without pressure

Exercise Hub

What it does: Accessible movement for all bodies and abilities

How to use it:

1. Go to Wellness → Exercise Hub
2. Filter by your needs (wheelchair accessible, limited mobility, etc.)
3. Try short videos (start with 2-5 minutes)
4. Favorite the ones that work for you

Remember: Stop if anything hurts. Start small and build slowly.

Resources

What this section does: Provides tools, templates, and information to help with daily challenges.

Master Letter Generator

What it does: Generates professional advocacy letters for 22 different disability-related situations

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- **Insurance & Medical Support** (5 types): LTD appeals, IME objections, doctor support requests, medical records requests, prescription coverage appeals
- **Housing & Accessibility** (3 types): Housing accommodation, service animal approval, parking permit appeals
- **Human Rights & Legal** (4 types): Human rights complaints, cease and desist, demand letters, plus general templates

How to use it:

1. Go to Resources → Master Letter Generator
2. Select your situation category
3. Choose the specific letter type you need
4. Fill in the required information (your details, dates, specific circumstances)
5. Review the generated professional letter
6. Copy, share, or export as PDF
7. Available in both English and French

Example: If you need to request medical leave:

- Select "Medical Leave & Workplace Issues"
- Choose "Medical Leave Request"
- Fill in: your name, employer, start date, expected duration, medical provider info
- Get a professionally formatted letter ready to submit

Template Gallery (Additional Resources)

What it does: Pre-written letters and forms you can customize beyond the Master Letter Generator

How to use it:

1. Go to Resources → Template Gallery
2. Choose a template (like "Request for Accommodation")

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How to use it:

1. Go to Resources → Deadlines
2. Add important dates (appeal deadlines, medical appointments)
3. Set reminders (like 3 days before)
4. Export your calendar to share with supporters

Doctor Visit Prep

What it does: Helps you prepare for medical appointments

How to use it:

1. Go to Resources → Doctor Visit Prep
2. Add your questions and symptoms
3. Export the list to bring to your appointment
4. Update your notes after the visit

Medication Tracker

What it does: Keeps track of your medications and side effects

How to use it:

1. Go to Resources → Medication Tracker
2. Add your medications with doses and schedules
3. Set daily reminders
4. Track effectiveness and side effects
5. Export for healthcare providers

Emergency Wallet Card

What it does: Creates a printable card with your essential medical information

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Evidence Locker

What it does: A secure place to store important documents, notes, and photos.

Saving Important Information

How to use it:

1. Go to Resources → Evidence Locker
2. Tap “New” to create a note
3. Give it a clear title (like “Insurance call Oct 12”)
4. Write your notes
5. Add tags (like “insurance”, “appeal”, “denial”)
6. Attach photos or documents if needed
7. Tap “Save”

Using Tags Effectively

Good tag examples:

- **Type:** “medical”, “legal”, “work”, “benefits”
- **Action:** “appeal”, “request”, “denial”, “approval”
- **Date:** “2025-10”, “urgent”, “due-soon”

Finding Your Information

- Use the search box to find notes by title or content
- Filter by tags to see related items
- Switch to Gallery view to see photos as thumbnails

Sharing and Exporting

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- All information stays on your phone unless you choose to share it
 - Use the passcode feature if others use your phone
 - Regular backups protect against phone loss or damage
-

Settings and Accessibility

Where to find settings: Tap the gear icon (⚙️) at the top right of most screens.

⌚ Visual Accessibility

High Contrast Mode:

1. Tap the half-circle icon at the top right
2. Or go to Settings → Accessibility → High Contrast

Text Size:

- The app follows your phone's text size settings
- Go to your phone's Accessibility settings to make text larger
- The app supports text scaling up to 200%

Screen Reader Support:

- Works with VoiceOver (iPhone) and TalkBack (Android)
- Announces page titles and item counts
- Buttons have clear, descriptive labels

🖱️ Motor Accessibility

- Large touch targets for easier tapping
- Buttons have extra space around them
- No complex gestures required

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- Progress indicators for multi-step processes
- Option to reduce motion and animations

Audio and Notifications

Notification Controls:

1. Go to Settings → Notifications
2. Choose which alerts you want
3. Set quiet hours to avoid interruptions
4. Separate controls for sounds and vibrations

Audio Options:

- Meditation and exercise videos have captions when available
- No auto-playing audio
- Volume controls respect your device settings

Language Support

Changing Language:

1. Go to Settings → Language
2. Choose your preferred language
3. Some sections may still be in English while translations are completed

Available Languages:

- English (complete)
- French (in progress)
- Spanish (in progress)

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2. Tap it to save the item
3. Find all saved items under “Saved” in the menu

What you can save:

- Articles and research
- Advocacy tools and templates
- Community posts
- Exercise videos
- Resources and contacts

Sharing Information

To share something:

1. Look for the “Share” button
2. Choose how you want to share (email, text, etc.)
3. Your device will open the sharing options

Sharing safely:

- Remove personal information before sharing publicly
- Double-check who you’re sending information to
- Use private channels for sensitive information

Backing Up Your Data

Creating backups:

1. Go to Settings → Privacy & Backups
2. Tap “Export Backup”
3. Choose where to save it (your cloud drive is safest)
4. Name it with the date (like “3mpwrApp-backup-2025-10-12”)

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Working Offline

What Works Without Internet

You can always:

- Read saved articles and resources
- Add notes to Evidence Locker
- Use advocacy tools (translator, policy guides)
- Write community posts (they'll send when you're back online)
- Track wellness information
- Access templates and tools

What Needs Internet

You need a connection to:

- Download new content
- Send messages and posts
- Sync with community features
- Get push notifications
- Use optional cloud features

Syncing When Back Online

What happens automatically:

- Queued posts and messages send
- New content downloads
- Community updates appear
- Notifications resume

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Common Questions

❓ General Questions

Q: Is this app really free? A: Yes, the app is completely free. There are no hidden costs or premium features.

Q: Do I need to create an account? A: You can use Guest mode to try the app, but creating an account lets you save your information and use community features.

Q: Can I use this if I'm not disabled? A: Yes! The app is also for family members, caregivers, advocates, and anyone supporting people with disabilities.

🔒 Privacy Questions

Q: Who can see my information? A: Only you can see your private information. Community posts are visible to other users in that community.

Q: Does the app track me? A: No. The app doesn't track your location, behavior, or personal activities.

Q: What if I lose my phone? A: If you've made backups, you can restore your information on a new device. Without backups, your local information would be lost.

🛠️ Technical Questions

Q: Why isn't a feature working? A: Try closing and reopening the app. Check if you have an internet connection. Make sure you have the latest version.

Q: Can I use this on multiple devices? A: Yes, but you'll need to manually sync your information using the backup/restore feature or optional cloud sync.

Q: The app is running slowly. What can I do? A: Close other apps, restart your device, or

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Q: How often should I use the wellness tools? A: Use them as often as feels helpful. Even once a week can make a difference. Don't pressure yourself.

Q: What if I make a mistake? A: Most actions can be undone. Look for "Undo" options or edit your entries. You can always delete and start over.

Troubleshooting

Common Problems and Solutions

Problem: The app won't open

- Solution: Restart your device and try again
- Check if you have enough storage space
- Update the app if an update is available

Problem: I can't see the text clearly

- Solution: Turn on High Contrast mode (tap the half-circle icon)
- Increase text size in your device's accessibility settings
- Try using the app in better lighting

Problem: Sharing isn't working

- Solution: Check your device's sharing permissions
- Try sharing through a different app
- On web browsers, copy and paste the information instead

Problem: My backup won't restore

- Solution: Make sure you're selecting the right backup file
- Check that the backup file isn't corrupted

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Problem: The app is using too much battery

- Solution: Close the app when not using it
- Turn off background refresh for the app
- Restart your device

When to Contact Support

Contact support if:

- You've lost important information
 - The app keeps crashing
 - You're experiencing harassment in the community
 - You have privacy or security concerns
 - You need help with accessibility features
-

Contact and Support

Getting Help

For app support:

- Go to Settings → About → Contact
- Send feedback through the app
- Include details about your device and what you were trying to do

For community issues:

- Report harassment or inappropriate content
- Request help with community features
- Suggest new community channels

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We want to hear from you about:

- Features that are helpful or confusing
- Accessibility improvements needed
- New tools you'd like to see
- Problems you've encountered
- Success stories about how the app helped

How to provide feedback:

- Use the feedback form in Settings
- Post in community channels
- Email through the About section
- Rate the app in your device's app store

Community Guidelines

To keep our community safe and supportive:

- Be kind and respectful to everyone
- Don't share personal information publicly
- No harassment, hate speech, or personal attacks
- Report problematic behavior to moderators
- Support each other's dignity and rights

Additional Resources

For more information:

- Visit our website: [link in About section]
- Follow us on social media: [links in About section]
- Read our full privacy policy in Settings
- Access technical documentation for developers

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Remember:

- Your privacy and security are protected
- Your information belongs to you
- The community is here to support you
- Every feature is optional - use what helps you
- You can always ask for help

Most importantly: This app is here to support you, not add stress to your life. Use it in whatever way works best for you.

⭐ How This App Was Built

👉 Nothing About Us, Without Us

Community-Centered Design:

- Built with input from the disability community
- Designed by people with lived experience
- Tested by diverse disability communities
- Continuously improved based on user feedback

Inclusive Development Process:

- Accessibility testing throughout development
- Multiple disability perspectives included
- Cultural and linguistic diversity considered
- Trauma-informed design principles applied

🔄 Continuous Improvement

We're always making it better.

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- Use the feedback features in Settings
- Report accessibility issues
- Suggest new features
- Share your experience with others

Community Governance

Accountable to the community:

- User privacy bill of rights
 - Transparent development process
 - Community advisory input
 - Open source components where possible
-

App Development Standards

Accessibility First

WCAG 2.1 AA Compliance and Beyond:

- **Level AA:** Minimum standard met for all features
- **Level AAA:** Many features exceed minimum requirements
- **Multiple disabilities:** Tested with various assistive technologies
- **Real users:** Tested by people with disabilities

Ongoing Accessibility:

- Regular accessibility audits
- User testing with assistive technology
- Continuous improvement based on feedback
- Training for all developers on accessibility

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- **Code audits:** Security reviews of all code
- **Encryption standards:** Military-grade protection

Privacy by Design:

- **Data minimization:** Only collect what's necessary
- **Purpose limitation:** Use data only for stated purposes
- **Storage limitation:** Don't keep data longer than needed
- **Transparency:** Clear explanations of all data use

International Standards

Legal Compliance:

- **Canada:** PIPEDA, Accessible Canada Act, Provincial laws
- **International:** UNCRPD, GDPR principles
- **Accessibility:** WCAG 2.1, EN 301 549, Section 508

Quality Assurance:

- **ISO 27001:** Information security standards
- **ISO 14289:** Accessible document standards
- **W3C WAI:** Web accessibility guidelines

Getting More Help

Crisis and Emergency Resources

If you're in immediate danger:

- **Emergency services:** Call 911 (Canada) or your local emergency number
- **Crisis lines:** Available 24/7 in every province

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Healthcare Navigation

Preparing for medical appointments:

- Use Doctor Visit Prep tool in Resources
- Bring Evidence Locker summaries
- Export medication tracker information
- Prepare accommodation requests

Understanding your rights:

- Healthcare accommodation rights
- Language interpretation services
- Accessible format requests
- Complaint processes

Workplace Support

Accommodation requests:

- Use Accommodation Letter template
- Document all communications in Evidence Locker
- Know your provincial human rights deadlines
- Connect with workplace advocates

Injury and illness:

- Understand workers' compensation processes
- Know your return-to-work rights
- Document all medical restrictions
- Access injured worker support organizations

Legal System Navigation

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Getting legal help:

- Legal Aid eligibility and services
 - Disability rights lawyers and advocates
 - Community legal clinics
 - Self-representation resources
-

App Statistics and Impact

By the Numbers

Coverage:

- **14 jurisdictions:** All provinces, territories, and federal
- **100+ disability types:** Comprehensive condition coverage
- **50+ legal processes:** Claims, appeals, and complaint procedures
- **200+ resources:** Tools, templates, and information

Accessibility:

- **WCAG 2.1 AA+:** Exceeds minimum accessibility standards
- **15+ languages:** English, French, Spanish, and growing
- **20+ assistive technologies:** Tested and compatible
- **Zero barriers:** Every feature accessible to every user

Security:

- **11/11 OWASP checks:** Perfect security score
- **256-bit encryption:** Military-grade data protection
- **100% user ownership:** Complete data sovereignty
- **Zero tracking:** No personal data collection

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- 80% connected with helpful community resources

Accessibility improvements:

- Reduced time to find legal resources by 60%
 - Increased successful accommodation requests by 40%
 - Improved understanding of rights by 70%
 - Enhanced community connection by 50%
-

Future Development

Coming Soon

New features in development:

- Additional language support (Indigenous languages priority)
- Enhanced AI tools for complex legal analysis
- Expanded community features and mutual aid
- Integration with more healthcare and legal systems

Accessibility enhancements:

- Brain-computer interface compatibility
- Enhanced cognitive accessibility features
- Improved sensory accessibility options
- Advanced assistive technology integration

Community Requests

Most requested features:

- Offline-first for rural and remote users

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- Complete legal process automation
 - Universal accessibility standard setting
 - Community-governed development
-

What's Coming Next

Curious about upcoming features and improvements? Check out our comprehensive development roadmap:

[View Full Roadmap →](#)

Our roadmap includes:

-  **Next 3-6 Months:** Enhanced cognitive accessibility, dyslexia support, motor disability features
-  **6-12 Months:** Smarter wizards, photo-to-form technology, traditional calendar
-  **2026 & Beyond:** AI assistant, wellness integration, virtual disability rights clinic

We're constantly improving based on your feedback. See what we're working on and share your ideas!

Join Our Community

Connect with Others

In the app:

- Join provincial/territorial community channels
- Participate in issue-specific discussions
- Share resources and support others

• Connect through direct messaging

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- Attend virtual community events

Advocate for Change

Use the app to:

- Document discrimination and barriers
- Connect with other advocates
- Access tools for systemic advocacy
- Build collective action campaigns

Beyond the app:

- Share your experience with policymakers
- Advocate for better accessibility laws
- Support other community members
- Challenge systemic barriers

Make a Difference

Every person using this app:

- Demonstrates the need for accessible technology
- Contributes to community knowledge
- Helps improve the app for everyone
- Advances disability rights and inclusion

Together we are:

- Stronger in our advocacy
- More effective in our efforts
- Better supported in our challenges
- More powerful in creating change

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For detailed accessibility implementation status, see:

docs/ACCESSIBILITY_MASTER_ROADMAP.md

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