Yellow=Physical/technical interface used for scheduling  
Pink=Specific scenario  
Blue=Compensatory strategies/ therapy goals  
  
Speaker 1: Clinician  
Speaker 2: Patient R.T.  
Speaker 3: Clinician  
Speaker 4: Patient R.T.’s Alexa  
  
-------------------------------------------------- 1:1 Interview ----------------------------------------------  
SPEAKER 1: What technology tools or, um, like instruments you use to schedule your reminders or appointments?   
  
SPEAKER 2: Ok. Well, um, I actually do two schedules. I have a physical calendar here on my wall. I write it in my hand. I have my phone. I have the, you know, the iphone has the scheduling app. You just put it and like, oh, I'm doing this at this time but you can look at it here sometimes when I'm out in public in the grocery store or was walking down the street. My phone is always with me but I always put it on my, the wall calendar here because I have my therapy. It's scheduled on my wall. I can look at it all the time here at my desk. But, um, if it's on my phone and put it in two places, it makes me think about it. Yeah.   
  
SPEAKER 1: So you had it on your iphone app and is there a particular app you're using?  
  
SPEAKER 2: Um, it's just a scheduling app on the iphone. You just call the Google or Apple, the calendar. It's a, it's a Apple calendar on your, so it's a iphone thing. Usually I type in little event and say, oh, and tonight from 530 to 630 I have a UC speech clinic. So it's, I'll put it in there.   
  
SPEAKER 1: That's great. Thank you so much for sharing. Um, and the wall calendar is just like you have a paper one in, in your, in your home. Right?   
  
SPEAKER 2: Yeah, it's right here on my wall. It's right next to my desk. So if I have it here and also on my phone, it's like double calendar. It's like for me, if I did it twice, I'm gonna do it. I see it. I'm gonna do it.   
  
SPEAKER 1: That's great. Double reinforcement. Um. Ok, great. Uh When do you need to set up alarm, a reminder or a reminder for appointment?   
  
SPEAKER 2: Um, well, if I have go to physical therapy, I may need to take either my mom or dad drives me over there. So I like, set an alarm for about like an hour or 45 minutes before and get dressed and ask him to come take me over to physical therapy. So I could use that like on either on my cell phone or Speaker 4 coming up to like, make me get ready for going to an appointment.   
  
SPEAKER 1: Ok. Makes sense. And then the third question, um, like what type of appointments do you need to schedule and, or keep up with besides like the physical therapy?   
  
SPEAKER 2: Um, well, I, I also do, um, like there's speech therapy, um, sessions I do through another, um, therapy network in Orange County. They are like these virtual sessions. Um, I have, um, twice a week, like Monday and Thursday. I just put alarms on my phone or my, maybe when actually coming up I can just go, I have that in half an hour or something. Mhm. If I hear it or if I have it in my phone, I'll, oh, I need to do that. It's like a little visual reminder. I have really visual or if I hear it, I like um someone like gives me a call, my mom or someone outside my room says we need to go to the store today if I hear it or if I see it, I can remind her.   
  
SPEAKER 1: So, ok, so the type of uh appointments you need to keep up with like uh going to grocery stores and going outside with families.   
  
SPEAKER 2: Um I would probably like, you know, go to physical therapy appointments and going over to um this therapy network in the city of Cyprus called Brain. They have like a social hour network. So every Tuesday night I go over there. So it's uh put it in my calendar. My phone will like put a little reminder during the hour before I need to get ready. So.   
  
SPEAKER 1: Ok, great. Um Can you think about 10 scenarios to complete a sentence “I want to set a reminder and timer slash notification for \_\_\_\_\_ like just by telling what are the things you need to get ready and set reminders for. Let's just start brainstorming this so we can create it.  
  
SPEAKER 2: Um Maybe I need to set a reminder or um like socializing with my friends and family, we're going to a restaurant. So I need to look good and also like have a good time with my sisters. Need to communicate well, so II need to put on a good outfit and have bring in good topics in my head for conversation. But if I had like my phone or my, my Alex. So do I have that device? You may oh I need to get ready now.   
  
SPEAKER 1: Mhm. Ok. That's the second one. I got socializing with friends and family.   
  
SPEAKER 2: Yeah, it's one of my goals cause like a bunch of my peers like uh on their stuff on streaming stuff all the time. So I'm just like, I'll talk to you. It's like, so I need to get into a moderate like communication. I said people like, oh they wanna zoom you or facetime you. I'm like, I wanna go to the grocery store.   
  
SPEAKER 1: Yeah, that's lovely. And uh we had another clinician Lauren. She is just joining us. Um Hi Lauren.   
  
SPEAKER 3: Hi, sorry, I'm late. We were just party. [overlapping speech omitted]   
  
SPEAKER 1: OK. OK. We're just getting started on learning about her specific needs. Um And by answering the question, I want to set a timer reminder notification for Rosie mentioned she wanted to socialize with friends and families. Have a good time. With sisters. Uh, think about outfits and topics to talk about. That's super functional. Anything else you can come up with?   
  
SPEAKER 2: Um, well, reminders when II had to go over to my physical therapy clinic, like, maybe like an hour before I get ready and you put your shoes on and water bottle and, like, tell my, one of my parents didn't take me over to the clinic. So it'd be like, like maybe like an hour before I get ready. And sometimes, well, when you're in physical therapy, you need to put your hair up in like a ponytail like this not, you're not like, not supposed to have me down. So I need to like physical care before like um go to one of those sessions or um for me, like a reminder will be like, oh, I need to put my lotion on because my skin is like dry all the time. So I need before pt they so massage me. So I need to put my lotion on because I don't want on their ski.   
  
SPEAKER 1: That's great. Um Anything else you think about reminders and schedules?   
  
SPEAKER 2: Um um maybe I, maybe we'll have to put it in mind. I have like twice a week. I have speech therapy sessions and II do like maybe like half an hour or like, you know, 20 minutes before. So I'll just get ready for speech because like, um, like bringing topics into our, our session of speech and need to like start conversation. Like one of my speech goals is to it's called initiation, like making a move myself. So like I have all these years of just being kind of responding. Mm OK. That needs to be initiation. That's one of my goals.   
  
SPEAKER 1: You sounded amazing. You have a lot of good ideas. We'll definitely work with Angela. She is a close colleague of ours. Um We'll try to bring some ideas for like, topics and everything. Yeah. Ok. Anything else you're on your number five doing very well so far. Think about other reminders, appointments you can customize.   
  
SPEAKER 2: Um, maybe, like, I had someone to go over to my credit union, like, on a couple of times a month to see, like, I have some investments or like, shares in my credit union. I need to be either like, oh, I need to do, I go on weekends and need to go over there and get, um, a new, like, investment or the long term. I rather there too so I can pile them up because my dad says for finances usually the LA, um, like right after each other. So maybe I can remind myself when you go over there, maybe next week or something.   
  
SPEAKER 1: Ok. Financial are quite a union stuff.   
  
Yeah. So, like I'm supposed to be, like, in independent is some of my goals to, like, do right? Finances myself and when I move out and have my own house or condo or something I need to be back backing it with my own financial um awareness, not like early on in my recovery, my parents were like running it for me, so I need to think about it myself.  
  
SPEAKER 1: Ok. Um Lauren, are you able to help her with some more additional answers that we can gather here?   
  
SPEAKER 3: Yes, absolutely.   
  
SPEAKER 1: Yeah. Let me let doctor. Ok. Ok, I'm gonna, um, if you can take notes, I'm gonna stop the recording cause I'm gonna be at other rooms.   
  
SPEAKER 3: Ok, I'll start the recording. Thank. Thank you Speaker 1. Thank you so much.