

48 Apps for
Autistics and
ADHD'ers

Apps

Tappy

This app has a fidget section, feelscapes and simple arcade games.

[Link](#)



Anti- Stress - Relaxation Tools

It has so many different ways to stim including a fidget cube, sand and a toothpaste tube to squeeze.

[Link](#)



Stellarium

A planetarium app which is stimmy to watch. It shows what the stars look like above you.

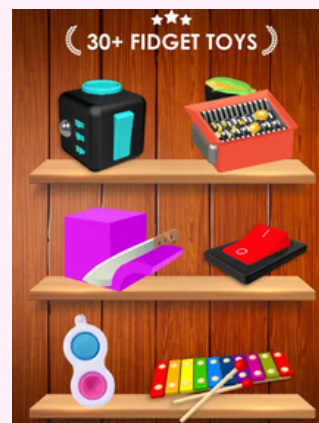
[Link](#)



3D Fidget Toys

This app has a variety of different stim and fidget toys.

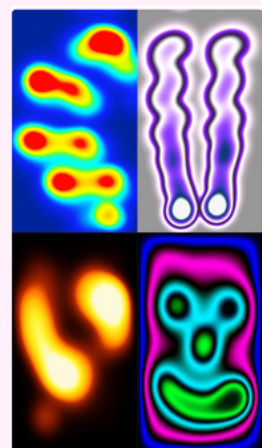
[Link](#)



Heat Pad

This app simulates different heat-sensitive surfaces which react to touch.

[Link](#)



Fluid

This app simulates liquid, gas and water. It creates pretty patterns.

[Link](#)



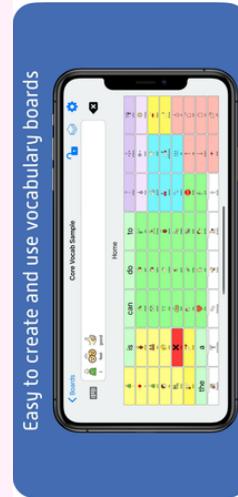
Apps



Spoken

This app has phrases and icons which you can press for it to read aloud.

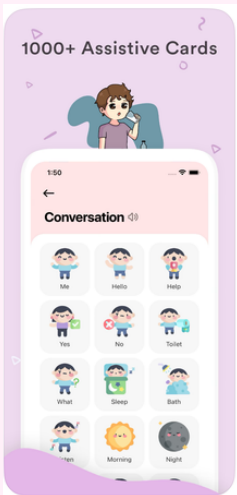
[Link](#)



ChatterBoards AAC

This is an AAC app which has vocabulary boards and can be customised.

[Link](#)



LeeLoo

This AAC app has different characters which represent the word or phrase.

[Link](#)

Communication Grid



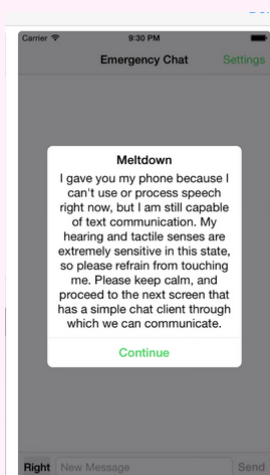
This app has lots of different icons separated into categories which can be spoken aloud.

[Link](#)

Emergency Chat

This app allows you to pre-programme text to show in a meltdown. It has a texting function for communicating.

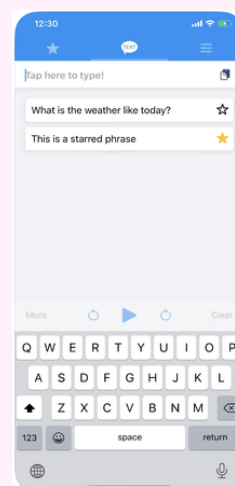
[Link](#)



Text to speech

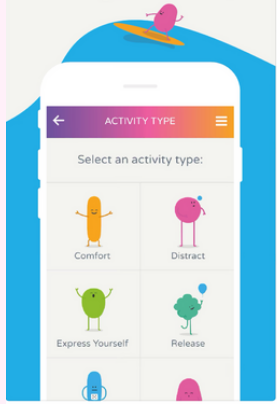
This app reads out text in a human sounding voice.

[Link](#)



Apps

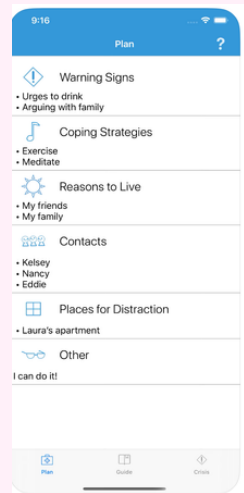
Choose from a range of activities to help manage the urge to self-harm



Calm Harm

This app focuses on coping with self harm and coping with difficult emotions.

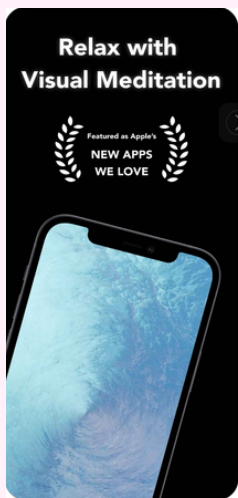
[Link](#)



Safety plan

This app allows you to create a safety plan which includes contacts and coping strategies.

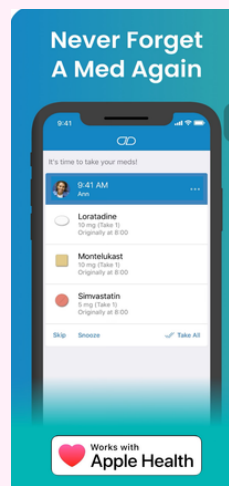
[Link](#)



Mesmerize

It lets you meditate alongside calming visuals. It makes meditation accessible.

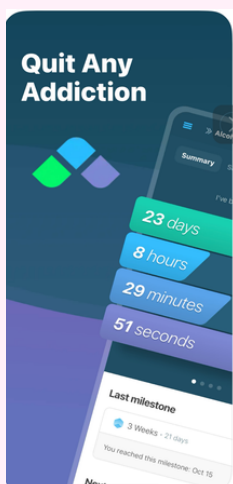
[Link](#)



Medisafe

This app allows you to track your medication and set reminders to take it.

[Link](#)



I am sober

This app allows you to track how long you have been from a behaviour e.g. alcohol or self harm.

[Link](#)

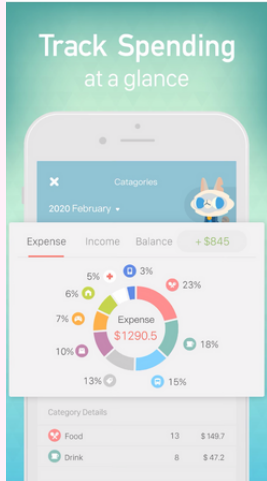


Soundscape

This has different sounds like thunderstorms, rain and ocean waves. A great auditory stim.

[Link](#)

Apps

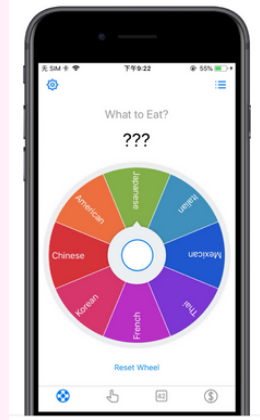


Fortune City

This app makes expense tracking into a game. It uses graphs to show how you spend your money.

[Link](#)

Spin the Wheel to Decide



Tiny Decisions

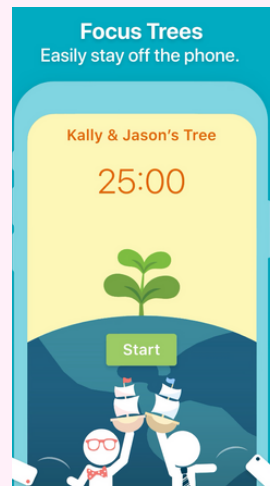
This app can help with making small decisions such as, what you are having for dinner.

[Link](#)

Multi-timer

This app allows you to run multiple timers at once with each timer having a different colours.

[Link](#)



Flora

This one helps you to stay off your phone through growing a plant. If you go on social media, the plant dies!

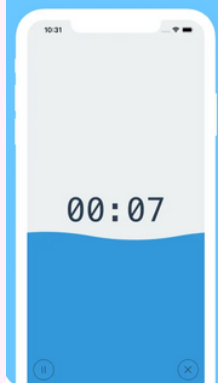
[Link](#)

Liquid Countdown

A great visual timer for everyday

This app is a simple visual timer app which allows you to see the timer moving in a visual way.

[Link](#)



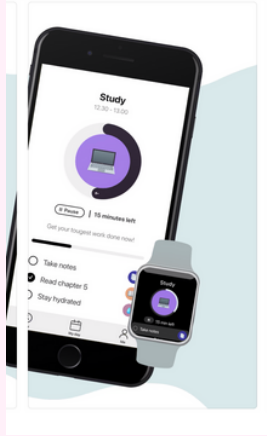
Opal: Screen time for focus

It lets you block off certain apps to allow you to focus and reduce your screentime.

[Link](#)

Apps

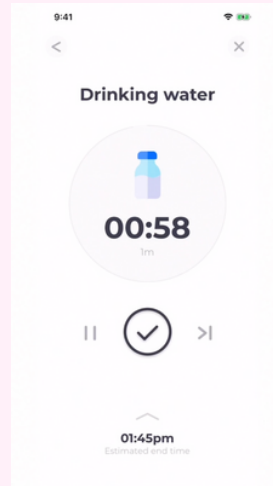
Tiimo



Tiimo is a planner app that helps you with routines through visual schedules and reminders.

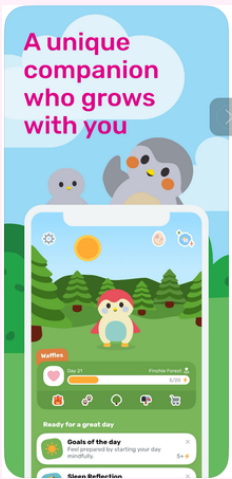
[Link](#)

Routinery



This app allows you to create set morning and evening routines with reminders and timers.

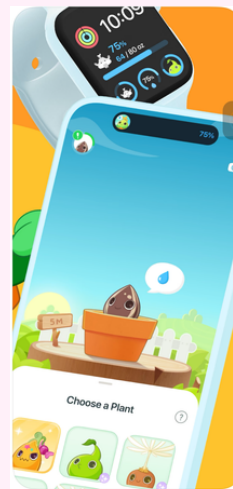
[Link](#)



Finch

This app is a self care pet. By taking care of yourself, you then take care of your pet.

[Link](#)

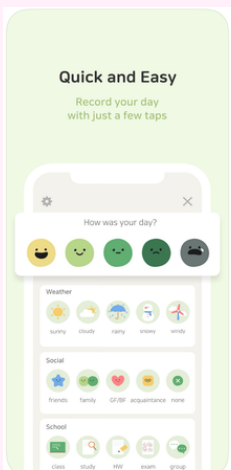


Plant Nanny

A water tracker app that reminds you to drink water throughout the day.

[Link](#)

DailyBean



This is a simple journal app which allows you to track your mood and activity.

[Link](#)

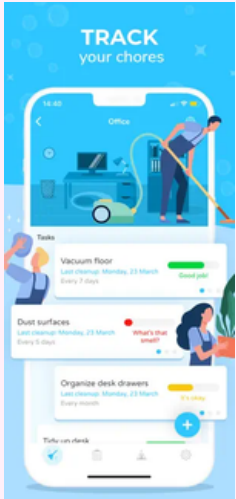
Owaves



This app allows you to view your day in 360 view. It allows you to prioritise certain categories of your life.

[Link](#)

Apps



Sweepy

Sweepy is an app which allows you to track cleaning tasks and chores.

[Link](#)

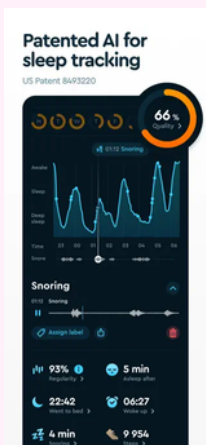


Habitica

This app turns tasks into a game. Every time you complete a task, you level up.

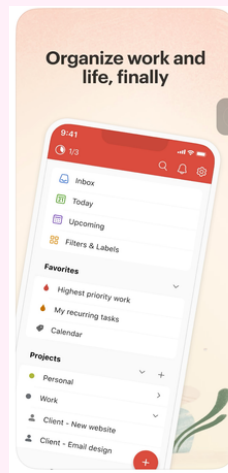
[Link](#)

Sleep Cycle - Track your sleep



This app helps you by tracking your sleep and giving you detailed graphs about your sleep.

[Link](#)

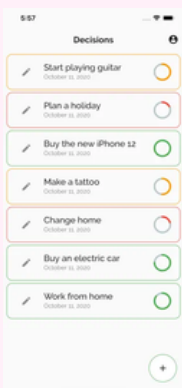


Todoist

This app turns tasks into a game. Every time you complete a task, you level up.

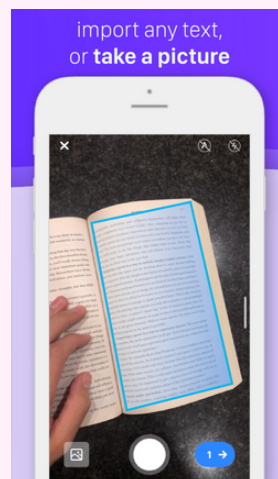
[Link](#)

Pros - Cons - Decision Maker



This app helps you to make decisions by writing out the pros and cons.

[Link](#)

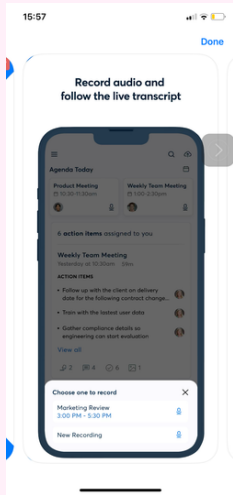


Speechify

This app reads paper and online documents out loud to you. It is a paid app.

[Link](#)

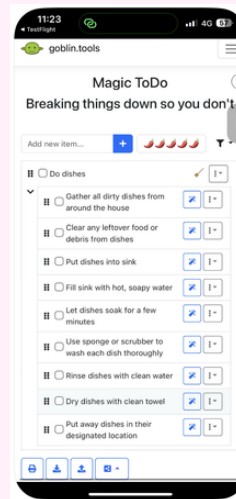
Apps



Otter.ai

This app transcribes what has been said in meetings. It also allows you to follow a live transcript.

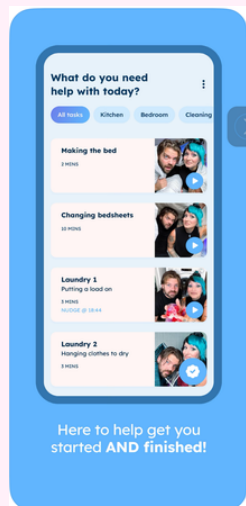
[Link](#)



GoblinTools

This app has a variety of different tools to help ND people with tasks. E.g. breaking down to-do lists.

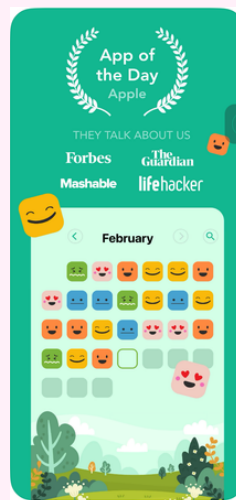
[Link](#)



Dubbii

This app has body doubling videos, which allow you to follow along doing household tasks.

[Link](#)



Daylio

A journal, diary and mood tracker app.

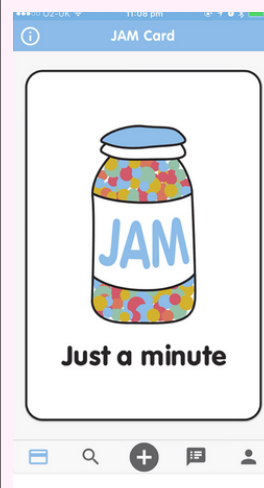
[Link](#)



Pokemon smile

An app which uses pokemon to help you to brush your teeth.

[Link](#)



JAM

JAM allows you to show a card to explain that you need extra time or understanding due to a disability.

[Link](#)

Apps

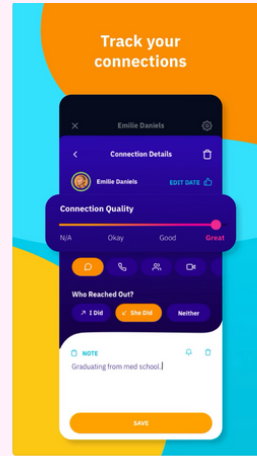


Google Earth

Google earth is helpful in looking at new places in advance of visiting new places.

[Link](#)

Fabriq



This app lets you track your relationships. The app gives you reminders to reach out to people.

[Link](#)



Hiki

Hiki is a social app which connects autistic people either for love or for friendship.

[Link](#)