



Apps for Autistic Adults

Name	Description, Link	Price
HabitRPG	Habit building and productivity app that uses gamification to motivate. Collect points for completing good habits and avoiding bad habits. iOS and Android www.habitica.com	Free to download, in app purchases
Routinely	Establish, track, understand, and be more mindful of your daily routine. Set goals for each of the tasks and habits that make up your day, and then track your completion of those goals. Can send you notifications to remind you to complete your goals and provides a history view to review past days. iOS only www.appadvice.com/app/routinely-track-your-daily-routine/1135990298	Free to download
Todoist	Acts as a checklist, organiser, calendar, reminder and habit-forming app. Can be shared with others for joint projects, integrated with other apps such as Dropbox and Alexa. iOS and Android www.todoist.com	Free, premium versions available.

Mood trackers

MoodPanda

Track your moods using graphs and calendars.
Community aspect to offer support and advice
iOS, Android and web

www.moodpanda.com



T2 Mood Tracker

Designed to help users track their emotions over time. It comes with six pre-installed areas, including Anxiety, Depression, Well-Being, and Stress. Users can also add and customize additional scales.
iOS and Android

www.psyberguide.org

Managing Over Stimulation

Miracle Modus

Designed to help with sensory overload, by providing strong visual stimuli that move in predictable patterns.
iOS and Android

Free

www.seebs.net/modus/

Dropophone

Create minimalist melodies for relaxation purposes
iOS only

Free

www.lullatone.com/games/dropophone-app/

Sensory apps	Range of sensory apps to help with relaxation and overstimulation. #iOS, Androd, Web, Chrome www.sensoryapphouse.com	Free
Relax Melodies	Melody and white noise app. iOS and Android www.ipnos.com	Free to download , in app purchases

Relaxation/mediation

Headspace	A meditation and mindfulness app. Designed to guide the user through narrated sessions to focus on relaxation and help cope with stress and anxiety. iOS, Android and online www.headpace.com	Free
Calm	Calm is the no.1 app for sleep, relaxation and meditation. Calm is the perfect mindfulness app for beginners but also includes hundreds of programmes for intermediate and advanced users. iOS and Android www.calm.com	Free

Happy not Perfect	Happy not Perfect is a mindfulness app which gives you a daily happiness work out to help you to relax, process thoughts and build emotional fitness. www.happynotperfect.com	Free
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