



New App Technology to Address Needs of Developmental Disabilities

The ADHD Resource Group of Northern Virginia, a 501 (c) (3) nonprofit located at the MEC-Fairfax, has been providing ongoing insights and feedback into the development of a new, community-powered app which automates learning critical tasks like getting dressed and doing chores that lead to independence

of children and teens with diagnosed disorders and learning disabilities.

Life Sherpa is a suite of mobile and desktop applications that began with the idea of using technology to improve the lives of people with developmental disabilities. Life-Sherpa grew out of a personal quest for Doug Meeker whose son was diagnosed with autism at age 3. Doug is a technology entrepreneur who over the last few years has worked with behavioral therapists, educators, disability advocates, job coaches and parents to create a solution that leverages the individuals' support community to help drive self-reliance and lead more independent lives.

The professional representatives of the ADHD Resource Group of Northern Virginia have volunteered their time to work with the Life-Sherpa team on beta testing this new app and provided valuable feedback on the development of the next version of the app which will support additional needs of those diagnosed with ADHD disorders, Executive Function weakness and social-emotional impacts,” according to Catherine Adams, President ADHD Resource Group of Northern Virginia and Education Consultant.

Working with behavioral therapists, educators and local support professionals, Doug and his team were able to distill the complex principles of established behavioral change techniques into three, simple practices: remind, reinforce and reward (the 3Rs!). Life Sherpa was recently selected to be featured as an “Innovative Solution” at the upcoming CHADD Conference in Atlanta this coming November.

Using the power of everyday mobile technology has made it possible to create a connected support community and consistently apply the 3Rs. Plus Smartphones/watches and tablets — with their visual and touch interface —are the perfect assistive technology for people with developmental disabilities. The Life-Sherpa experience is customized for each child and each success builds the progression needed to launch as an independent adult. For more information, see <http://lifesherpapp.com> or contact Doug directly at doug.meeker@3rbehavioralsolutions.com

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