



Supporting teens and young adults recovering from neurological trauma, inspiring them to reach their full potential.

A CALL FOR APPLICATIONS!

10 Young Adults to Receive a Specialized Technology App, Training & Individual Coaching

HobbleJog Foundation (HobbleJog), in partnership with **Brain Education Strategies Technology (BEST)**, is establishing a pilot **iOS app** training to help 10 young adults with brain injuries return to school or the workforce. HobbleJog is inviting potential recipients to apply for this beneficial program.

The BEST Suite of Apps is designed to help individuals reclaim their independence. With consistent use, the **BEST Suite of Apps** will help:

- Improve initiation, time management, and self-esteem
- Establish a sense of life balance and greater independence
- Increase confidence by building on little successes
- Recognize strategies that will work for you
- Boost overall productivity
- Gain control of your daily life

Thanks to a grant from the HobbleJog Foundation, BEST will provide each selected participant with the following:

1. The **BEST Suite App** to address common challenges in executive function:
 - **PaceMyDay** to help plan each day and learn to manage energy and fatigue
 - **ReachMyGoals** to set, monitor, and accomplish SMART goals
 - **StrategizeMyLife** to document and track strategy use and efficacy; and
 - **CompleteMyToDos** to monitor and complete tasks
2. Online cognitive and app training
3. Three 30-minute online cognitive and app coaching sessions

HOW TO APPLY

Please follow the steps below to apply for this support.

NOTE: The deadline for all applications is October 26, 2020

1. Visit bestconnections.org/best-suite-app and complete the online questionnaire to help us determine which apps are best suited for you.
2. After completing the questionnaire, print out the report and attach it to the application below.
3. Complete the application and either scan all documents and email to susan.hahn@hobblejog.org OR send by mail to **HobbleJog Foundation, PO Box 155, Arnold, MD 21012 by October 26, 2020.**

If you need help completing the application, please let us know. We realize the process can be difficult. Email susan.hahn@hobblejog.org or call 410-975-9752.

Application

Name: _____

Address: _____

Email: _____

Please answer the following:

1. Are you transitioning into one of the following? Click one or describe other.

☐ High School ☐ College ☐ Workforce ☐ Other _____

2. What are you struggling with? Click all that apply.

☐ Energy ☐ Fatigue ☐ Organization ☐ Goal-Setting ☐ Getting Things Done

3. Are you currently using any strategies? ☐ Yes ☐ No

If so, which ones? _____

4. How do you think the BEST App of Suites, Training and Coaching will benefit you?
