

Memory & Organization Apps



Many people find that external supports help reduce cognitive load and improve daily organization. The best tool is often the one you will use consistently.

Great Starter

Google Calendar

- ☐ Multiple reminders for appointments and tasks
- ☐ Color coding for different areas of life
- ☐ Voice input options
- ☐ Shared calendars with family & caregivers
- ☐ Syncs across devices
- ☐ Integrates with Gmail and Maps

Many people already have access to Google Calendar and may not realize how powerful it can be.

Checklists & Task Management:

Tick Tick

- ☐ To-do list and calendar in one
- ☐ Flexible recurring reminders
- ☐ Pomodoro timer and habit tracking options
- ☐ Multiple views for organizing tasks

Best: *All-in-one organization tool*

Todoist

- ☐ Clean interface for managing tasks and projects
- ☐ Priority levels and recurring reminders
- ☐ Organizes tasks into projects and categories
- ☐ Helpful for managing larger responsibilities

Best: *Detailed planning and organizing*

Microsoft To Do

- ☐ Integrates with Outlook tasks
- ☐ Daily planner with reminders
- ☐ Can share lists with caregivers or family members
- ☐ Simple and user-friendly interface

Best: *Simplicity for Outlook users*

Shared Calendars & Scheduling Supports:

Cozi Family Organizer

- ☐ Shared calendar for multiple users
- ☐ Shopping lists and to-do lists
- ☐ Helpful for coordinating appointments and schedules

Best: *Coordination between family and caregivers*



Time Tree

- ☐ Visual shared calendar
- ☐ Easy for tracking appointments together
- ☐ Comment feature for collaborative scheduling

Best: *For families and support teams*

Reminders & Routines:

MediSafe

- ☐ Medication tracking with customizable alerts
- ☐ Visual aids and refill reminders
- ☐ Can notify a caregiver if a dose is missed

Best: *Medication management*

Alarmed (iOS) / Galarm (Android)

- ☐ Repeating alarms with notes
- ☐ Persistent reminders that are difficult to dismiss accidentally
- ☐ Galarm includes shared/group reminders

Best: *Routine task reminders*

*Routinist/
Habitica/
Fabulous*

- ☐ Supports habit formation and daily routines
- ☐ Visual and gamified reminders
- ☐ Helpful for morning, evening, and therapy routines

Best: *For habit and routine building*

Recovery & Self-Management Supports:

*Concussion
Coach*

- ☐ Created by the VA for concussion recovery
- ☐ Daily planning and goal-setting tools
- ☐ Coping strategies and symptom tracking
- ☐ Built-in reminders

Best: *Structured support*

*PTSD
Coach*

- ☐ Developed by the VA
- ☐ Tools for stress and emotional regulation
- ☐ Guided relaxation and mindfulness exercises
- ☐ Symptom tracking and personalized support tools

Best: *Stress management and emotional wellness*



Tips for Success:

- ☐ Pair digital supports with external reminders such as sticky notes, whiteboards, calendars, or color-coding systems.
- ☐ Use recurring reminders whenever possible to reduce the need to remember tasks independently.
- ☐ Start with one tool rather than multiple apps to reduce overwhelm.
- ☐ Review your system regularly and make adjustments as your needs change.

The best system is the one you will use consistently.