Autism Applications and Tools

Autistica Tips Hub provides information to support autism and autistic people, their families, and professionals working with autistic people.
www.autistica.org.uk

GoTalk NOW LITE
Create symbols and emotes to talk or ask questions.
iOS App

App2vox
Put images together to create sentences for text-to-speech to speak aloud.
app2vox.com

ABC Kids
Helps kids learn their letters using phonics
iOS App | Android App

Stories Online for Autism
Free for parents to create stories for children to read.
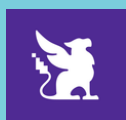SOFA website

Tiimo
Visual planner, task breakdown and tools to help organise daily living.
www.tiimoapp.com

Habitica
Gamifies routines, daily tasks, to-dos. Level up by completing personalised daily tasks.
habitica.com

Thruday
Visual daily planner with to-dos, mood tracking and journal.
thruday.com

Choiceworks
Picture-based learning app for kids to help manage daily routines, understand feelings, and improve waiting skills.
iOS App

Calm Harm
Helps manage emotional regulation, teaching impulse control and tracking triggers to harmful urges.
calmharm.stem4.org.uk

aubin
A travel companion app, helps plan journeys, recommended routes and a stress indictor for each route.
aubin.app

Molehill Mountain
Tracking, self-managing anxiety and worries
iOS App | Android App

Miracle Modus
Manage sensory overload with calming, hypnotic visuals, and soft, soothing sounds.
iOS App