

Introduction

HeadApp is a software used in cognitive rehabilitation. It's a collection of 18 different training programs in the area's attention, memory, ADL, language and many more.

It can be used by therapists in rehab facilities and practices and by patients at home.

This document describes, how as therapist can create a home training plan for his patients and how a patient can use this plan to better his cognitive performance.

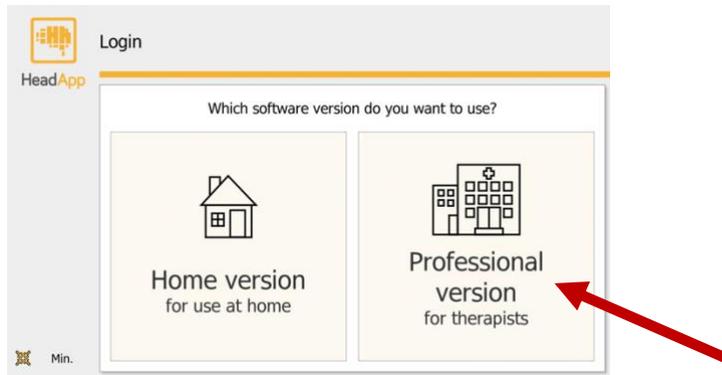
Start HeadApp

HeadApp is used on a website. Just type <https://start.headapp.com> and the program starts immediately (no install is needed).

First steps therapist

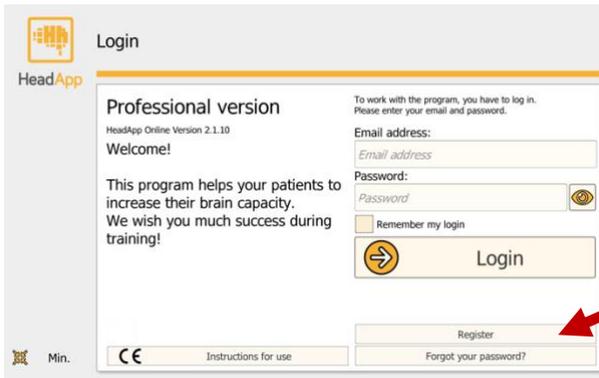
(First steps patient you will find from page 7 this document).

Version Choice



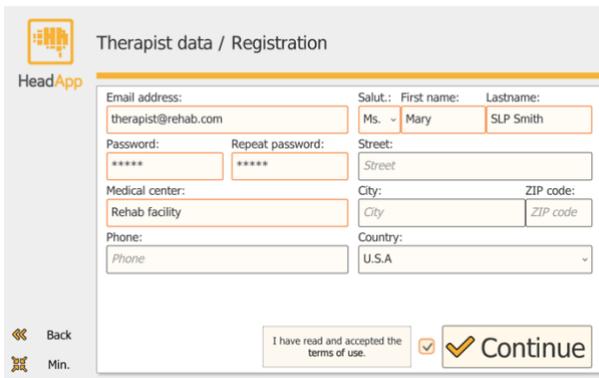
At very first start therapists choose “Professional Version”.
The shown prices apply after a free tryout period, to startup you need to pay nothing.

Login Screen



To use HeadApp you need to register, click this button.

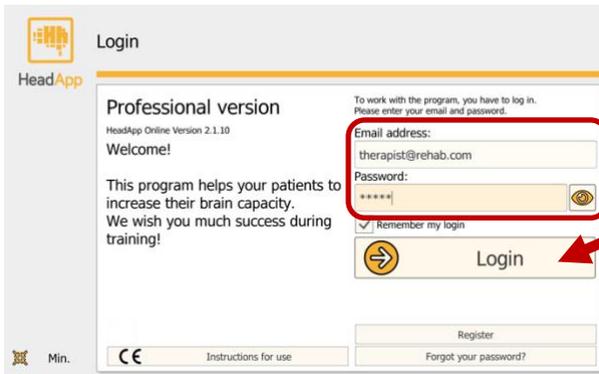
Therapist Data



Fill in all orange framed fields, click "Continue".

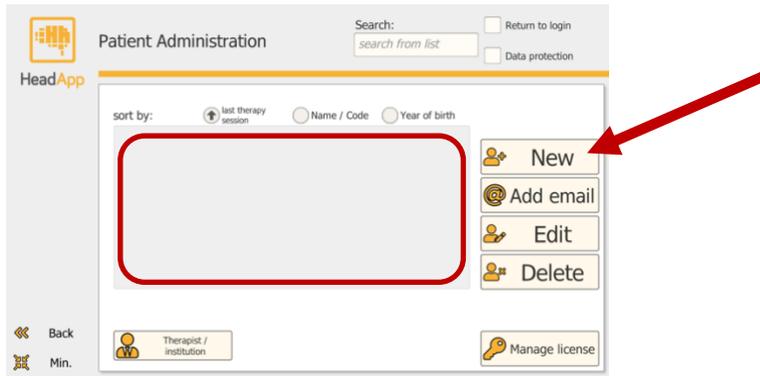
Memorize **Email address** and **Password**, you will need the login data every time you log in.

Login to HeadApp



In the future you will log in with your email and password.

Empty patient list



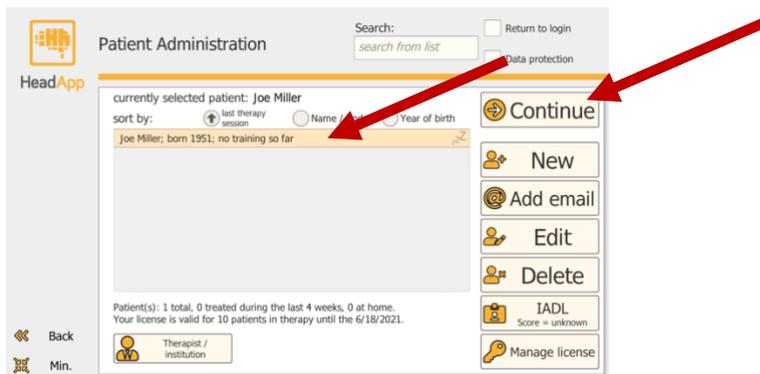
First time your patient list is empty.
Start by adding your first patient clicking “New”.

Input patient data

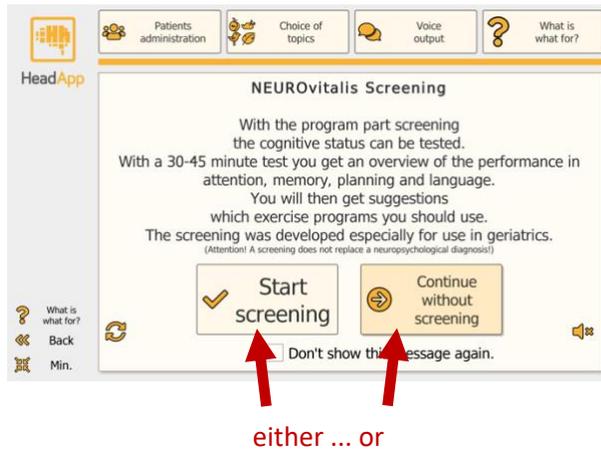


Fill in all orange framed fields.
When the patient wants to train at home, add **Email address** and **Password** of the patient.
Click “Continue”.

Choose patient from patient list

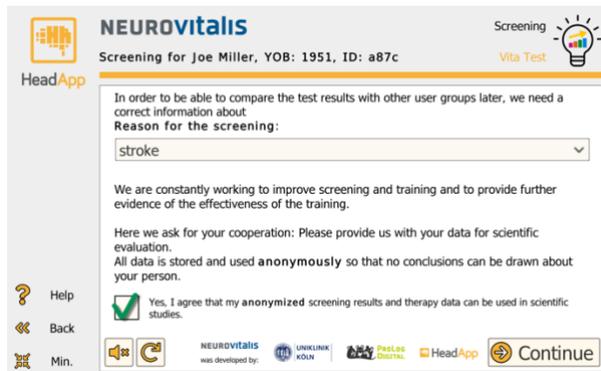


A screening test is offered



Screening tests can be used to check cognitive performance of the patient.

After choosing “Start screening”



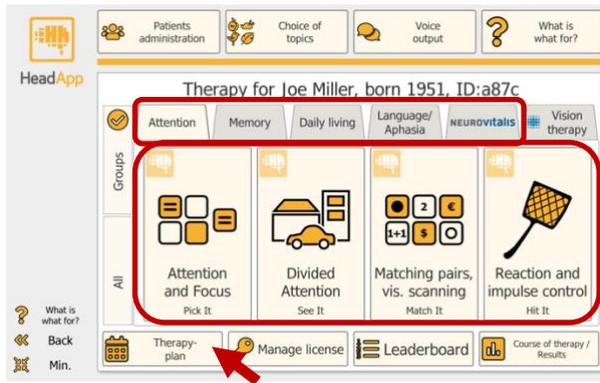
The screening starts with instructions, exercises and tasks to check attention, memory, planning and language. Some questionnaires test for geriatric illness.

The screening takes about 45 minutes and can be carried out in several sub-steps.

After the screening, the therapist will get information about the cognitive state and a suggestion which therapy the patient should use.

Carrying out the screening is optional; it can also be skipped.

Choice of therapy programs



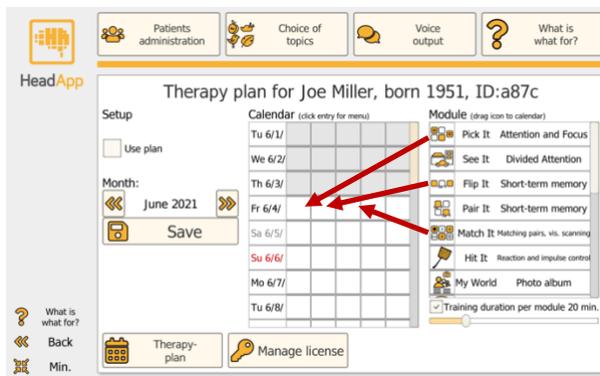
To use the training at facility, the training programs can be chosen directly. In the upper part of the screen you can find categories of training tasks. In the middle part of the screen, the content of each category is shown.

Each button opens a large, specific training program. Each training program can be tailored to the patient's needs, has hundreds of tasks and many levels of difficulty.

After opening a training program, the user can click “Help” for detailed information about each training task.

When a therapist wants to treat patients at home, he can setup a **Therapy plan** (click the button on bottom of the screen).

Therapy planning



Drag and drop the therapy program icons into the calendar.

Editing therapy plan



After dropping the icons, you can change therapy setup by clicking any icon in the calendar.

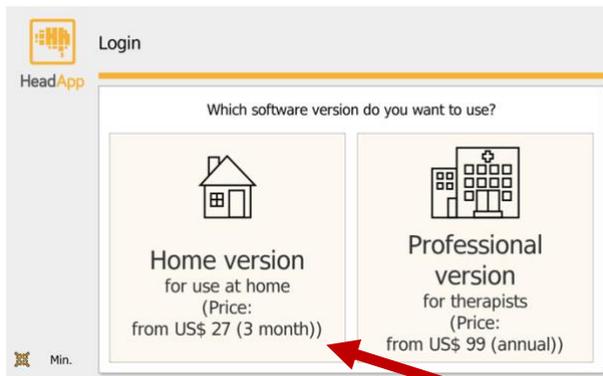
Clicking into an empty calendar slot, plans can be copied from day to day and week to week.

When you are finished with planning click “Use plan” and “Save”. The plan is now ready to use at home.

First steps patient

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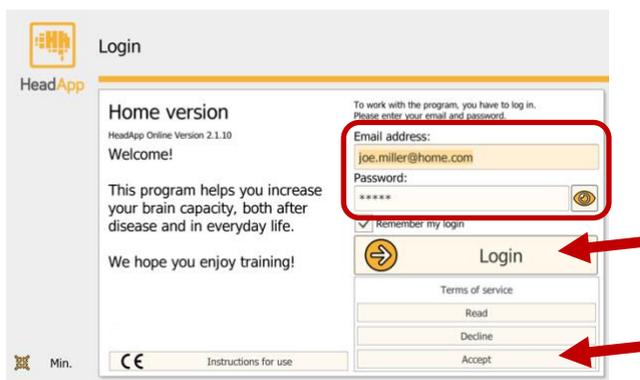
Version Choice



At very first start patients choose “Home Version”.

Your therapist can decide to provide a software license for you. When you don't have a license, you can buy one online (see “Start your training”).

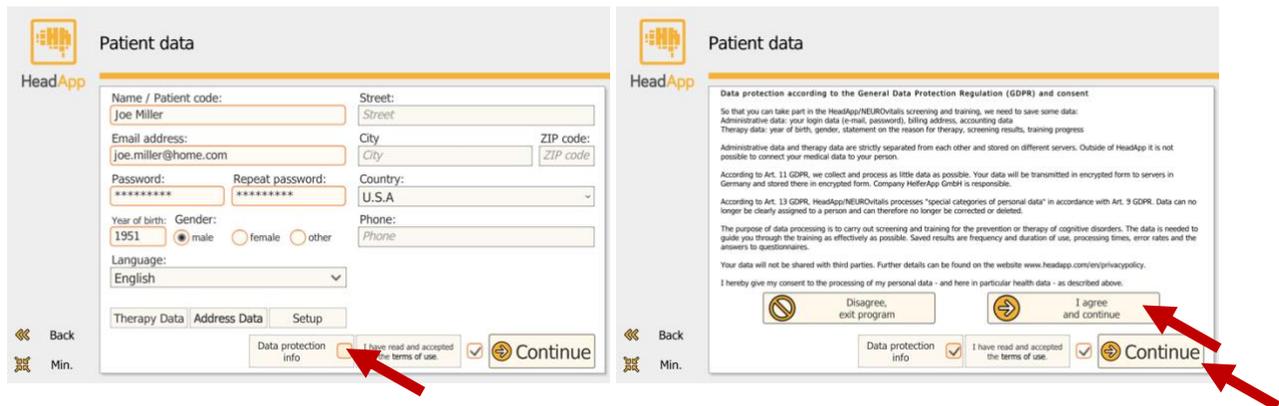
Login into HeadApp



Type your login data (email and password) given by your therapist.
Click **Login**.

At first login you must **accept the terms of service**.

Data protection



For legal reasons you need to accept our data protection guidelines.

First check “Data protection info”, the GDPR text appears. Here click “I agree and continue”. (Agreement is shown at very first start only).

Start your training



Now the training starts. Your therapist has setup a training task for you (e.g. Attention and Focus). Click the button to start the training. (When you don't have a license click “Manage license” to buy one online.)

Choice of level of difficulty



Each training program has many levels of difficulty. Please choose the level you want to start with. When you don't know which level to use, choose "Easy".

Each training program automatically adapts to your performance. When the difficulty of task is too easy for you, you will reach higher levels step by step.

In case a task is too difficult for you, HeadApp will offer easier tasks.

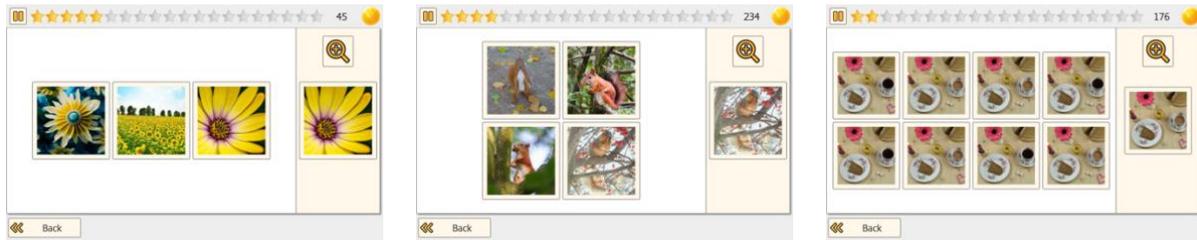
Choice of therapy material



HeadApp comes with 30.000 nice photos inside. That makes your training varied and interesting.

Here you can choose, which kinds of photos you want to see during the training.

Working with HeadApp



Above you can see an example of an “attention and focus” training that has 32 levels of difficulty. The task is to find the single image in a group of similar images in the center of the screen. You need to focus more and more on each difficulty level.

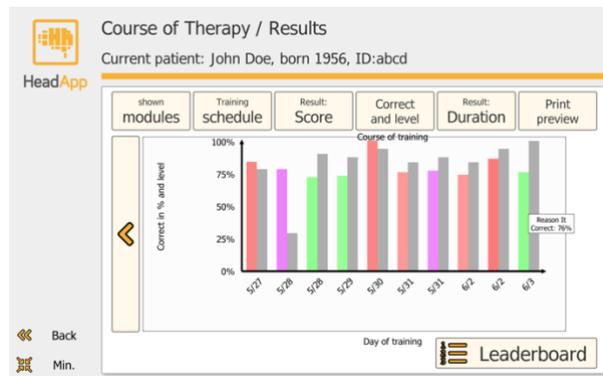
HeadApp has 18 of these programs, each one is different.

Most patients start out with mild difficulties (left picture). You will receive a “star” (at the top of the screen) for every correctly solved task. When all the stars are filled, the user gets a slightly more difficult task.

At high levels of difficulty it becomes difficult to find the right match (right picture). The patient has to concentrate very much.

All data are saved automatically. There is no need to send the data to the therapist in any way.

Result evaluation by therapist



Therapists at rehab facilities and practices can monitor the training at home at any time. The results graph is shown after clicking “Course of Therapy / Results” (see screenshot “Choice of therapy programs”, page 5).

A calendar shows when the patient has exercised, bar charts show the therapy progress and error values.