

CHAPTER ONE

Introduction

Who is this book for

This book is written with two people in mind. One of them is a teen or adult with an atypical or “neurovariant” mind. If they are a teenager in an American school they will have a “IEP”, if they are an adult they may qualify for social security disability. They may be labeled as autism-spectrum, traumatic brain injury, executive-function disorder, sensory-integration disorder, developmental delay, schizophrenia or anything else that is helpful. Historically all of these terms fall under an educational services classification of “special needs”.

Whatever label we use, and they change all the time, the key trait is that this person has ongoing support to enable more or less independent living, support that goes beyond what most teens and young adults require. In this book I call this person the *Explorer*, someone navigating the shifting boundaries of independent adult life.

You, my reader, may be an Explorer. It’s more likely, however, that you are in a supporting role. You have a smartphone and you either own a computer or have access to one, but you are probably not a tech expert. In this book I’ll use refer to you as the *Guide*, because you are guiding an Explorer towards independence.

You’re reading this because your Explorer is seeking independence in a world of ubiquitous technology, technology that’s currently packaged in an Android (Google) or iOS (Apple) smartphone. We’re growing accustomed to smartphones as our companion computers, but if you step back a bit they should inspire genuine awe, as well as some concern. The personal computer and the internet both had large impacts on society, but the smartphone, an ever present emerging artificial intelligence companion, is kicking everything up a notch.

It’s already hard to function without a smartphone, but in time it will become almost impossible. In March of 2016 a Washington Post article¹ was titled *Transit systems are growing too complex for the human mind*. That sounds bad, but on the same day Google published an article² about the latest improvements to the “AI” (artificial intelligence) engine that provides its transit advice. Want to get

around London or Manhattan or Minneapolis? No problem, just ask Google.

Everyone will need an AI in their pocket, including the teen or adult you're guiding. Since smartphones aren't made to serve our Explorers I've written this book on how you can help them succeed. The goal of this work is to support independent living and mitigate harm that can come to a vulnerable population living with a tool of amazing, sometimes frightening, power and versatility.

Your Explorer, like all of us, has a range of cognitive disadvantages and advantages. This book applies both to Explorers reading at the 3rd grade level as well as Calculus students managing autism spectrum distractions and habits. There's something here for all of the wide range of human minds.

iPhone and Android, Apple and Google

Today two kinds of smartphone dominate all the rest. One kind of smartphone is made by many companies, including Samsung, Lenovo, HTC and Google,³ these phones rely on software made by Google. These are popularly known as "Android phones" because that's the name Google uses for the phone software.

Another kind of smartphone is made only by Apple, everyone calls them iPhones.

This book covers us about the use of iPhones to promote independence for Explorers — people with atypical minds, including teens and adults on the autism spectrum and/or cognitive disabilities. Much of this book applies to Android phones as well, but I'm working on a separate book for Android users.

Apple doesn't make much software for Android phones, but Google makes most of its software and services available for both Apple iPhones and Android phones. So even though this book is about supporting an iPhone user I discuss both the Apple Way and the Google Way to do similar things. Most of the time I recommend the "Apple Way" for iPhone Explorers but occasionally the Google Way is better.

The Apple Way makes use of Apple's iCloud services and assigns Apple IDs to users. The Google Way works on *both* Android phones and iPhones; it makes use of Google's web solutions and gives customers Google IDs. For the purposes of this book I'll call Google's web products, such as Gmail and Google Calendar, "gCloud".

If you and your own an Android phone you will be following the "Google Way" and you'll want to read my other book when it's published. If you own an iPhone, however, you have a choice. As an iPhone user life will be simpler if you stick to the Apple Way, but expert iPhone users often use Google for services such as Email, Calendar, Contacts and so on.

Learning the basics: User guides for iPhone

This book is about how a Guide can help an Explorer use an iPhone to live more independently. It's not a book about the smartphone hardware or software; that would be a much bigger book. So, as a Guide, you'll also want a reference that describes your phone.

Sometimes I will talk about specific applications, but Guides need some companion references to use alongside this book.

Fortunately Apple makes a good user guide available — even though free people know it exists. You can find the most current version on the web at <http://help.apple.com/iphone/>, older versions are listed at <https://support.apple.com/manuals/iphone>.

The web User Guide tells you how to download an iBook version from <https://help.apple.com/epub/iphone/en/>. The iBook version is transferred to your Apple computer or iPhone when you click the link and you don't need web access to read it. It's read on your iPhone using iBooks.app; every Guide should have this on their phone. I've been using iPhones for many years, but I still learn new things from the user guide.

Beyond the user guide Apple Stores provide personal setup help and workshops on iPhone basics (see: www.apple.com/retail/personalsetup). Apple products are not inexpensive, but you do get some special service for your money. Apple's iPhone support page provides additional references and search options: support.apple.com/iphone.

If you'd like a paper manual there several excellent choices including David Pogue's *iPhone: The Missing Manual* and Brad Miser's *My iPhone for Seniors*. Just check to be sure that you buy the version that matches your version of "iOS".

How to read this book

[Do Last]

- how book is organized
- choosing where to start
- app summary

¹ <https://www.washingtonpost.com/news/wonk/wp/2016/03/03/transit-systems-are-growing-too-complex-for-the-human-mind/>.

² <http://googleresearch.blogspot.com/2016/03/an-update-on-fast-transit-routing-with.html>

³ In 2015 the company formerly known as Google became “Alphabet”. For the purposes of this book we will use the term “Google” to refer to the corporation that owns the “Android” phone software and related services like “Google Mail” or Gmail.