

# BEST Suite—Practical Solutions for Executive Functions

## November 16, 2018 8:30-3:30



Michelle Wild

Lane Education Service District  
1200 Hwy 99 N, Eugene, OR 97402

*Lunch on your own (welcome to bring own brown bag lunch)*

### **BEST Suite - 3 apps in one:**

1. **PaceMyDay** for energy and time management
2. **ReachMyGoals** for setting, monitoring, and evaluating goals
3. **StrategizeMyLife** for identifying, tracking, and rating strategy use



Kristi Pero

**Best Suite presented at the workshop can be pre-purchased prior to the training at the App Store (\$9.99):**

<https://itunes.apple.com/us/app/best-suite/id1254448842?mt=8>

**Target Audience:** Individuals with executive function challenges; professionals and caretakers of children and young adults with all abilities and cognitive/executive function challenges.

Michelle Ranae Wild is the President/CEO of Brain Education Strategies and Technology (BEST) a non-profit the mission of which is to develop research and disseminate the best practices for teaching strategies and technologies for the benefit of people with conditions that affect the brain. In addition, she is a professor at Coastline Community College and has taught in Coastline's Acquired Brain Injury Program for 30 years. She has authored Making Cognitive Connections workbooks on the use of Apple-based and Android-based smart devices as cognitive prosthetics. She provides a series of online app trainings currently being used by schools and VA hospitals. The app trainings are for both individuals with cognitive challenges and the professionals who work with them.

Michelle will be accompanied by Kristi Pero, a retired substitute teacher, who works as a co-curriculum designer and trainer for BEST. Following a brain injury herself, she enrolled in Coastline Community College's Acquired Brain Injury Program. Although not tech-savvy before her accident, Kristi soon saw how the strategies she mastered in Michelle's class were vital to her maximizing her own independence, and she found her passion for helping others living with brain injury to use technology in their everyday lives.

**Pre-Registration is Required Online at:** <http://www.lesd.k12.or.us/workshops/index.html>

Lane Co. TBI Liasons - FREE. All others - \$15.00 Cash or Check at the door. No credit cards.

Call Carol Skondin at 541-461-8251 if you need any special accommodations.