

# Using Electronics After an Acquired Brain Injury (ABI)

These tips can help when using a smartphone, a tablet, or another electronic device after an acquired brain injury (ABI).

## Alerts and apps

- Having too many apps on your phone can be overwhelming. Keep only the most important ones.
- Too many pop-up notifications can be distracting. Use your phone's settings to turn off notifications that you do not need.
- Use temporary settings to block alerts for a period of time, like:
  - › Do not disturb
  - › Bedtime mode
  - › Focus



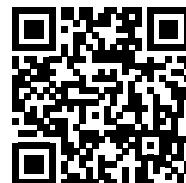
## Screen time and rest

- Taking breaks from screens gives your brain a chance to rest. Set timers, put your phone away, or use settings to limit your screen time.
- To learn more about screen time limits, visit the links or scan the QR codes below:

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)

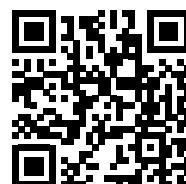
### Android – Google Family Link

› <https://families.google/familylink/>



### Apple® – Screen Time

› <https://support.apple.com/en-us/108806>



## Contacts

- Only give out your phone number to family and close friends, so you will not get overstimulated from extra messages.
- You can add frequent contacts to your home screen with photos to make them easier to find.
- For text messaging, you can pin frequent contacts to the top of your messages.



## Social media

- Delete or limit social media apps until later in your recovery. This can help to:
  - › limit distractions and lower your screen time.
  - › prevent you from posting something or contacting someone you did not mean to.



## Banking apps and online purchases

- If you are concerned about how you deal with money and buying items online, delete or hide all of the banking apps on your phone.
- These may include bank apps (like TD®, RBC®, Apple Wallet® or Google Wallet®), shopping apps (like Amazon®), and food delivery apps (like Uber Eats®).



This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](https://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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