

# Top 7 Stroke Recovery Apps to Get Valuable Therapy for Free

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Stroke recovery apps are a great way to get your reps in.

And by “reps,” we mean the repetitions necessary to rewire the brain and heal your stroke side effects. Whether you’re struggling with dementia, cognitive difficulties, or aphasia... there’s an app that can help! Let’s dig into the best ones.

## Best Stroke Recovery Apps for Dementia Recovery & Cognitive Fitness

We recently wrote an article on using practice to recover from dementia. And apps are the perfect way to get your practice in!

Here are our favorites, starting with the least obvious one...

## 1. [Aura](https://www.aurahealth.io/) (https://www.aurahealth.io/)



Aura is a meditation app (try to stifle that yawn – there’s good reason to try this!) that provides you with a different 3-minute meditation every day.

**A daily meditation habit has been [proven](#) to help:**

- **Improve attention, emotion regulation, and mental flexibility**
- **Reduce depression, tiredness, and fatigue**
- **Grow your brain and improve information processing**

Sound useful for stroke and dementia recovery? YOU BET! So don’t skip this easy and highly-rewarding habit.

**Read:** The Game-Changing Habit You Need: Meditation for Stroke Rehab article – Feb 8, 2016

## 2. [Lumosity](https://www.lumosity.com) (https://www.lumosity.com)

Lumosity is a “brain training” app designed for adults of all ages. While it’s not intended for stroke recovery, we think it’s a perfect fit! This app is enjoyable and easy to use, which makes it much more likely that you’ll stick with it!

And since repetition and consistency are key for rewiring the brain, we think Lumosity is a great addition to everyone’s stroke rehabilitation regimen.

### 3. [What's the Difference](https://itunes.apple.com/us/app/whats-the-difference-spot-it/id820452091?mt=8) (<https://itunes.apple.com/us/app/whats-the-difference-spot-it/id820452091?mt=8>)



Some symptoms of dementia and cognitive decline are difficulty with thinking, reasoning, and problem solving. Luckily, practicing those skills will help you get better at them; and the "What's the Difference" app is a fun way to get that practice in!

The app challenges you to spot the small difference between two almost-identical photos. **Our best advice is to try to play the game for a small amount of time every day.** Consistency is key for rewiring the brain.

## Stroke Recovery Apps for Aphasia

Aphasia is a stroke side effect that impairs your language skills, like speaking and understanding words. The best way to recover from aphasia is by working with a speech language pathologist. However, when budgets are tight, or when you're looking for something to do between visits, you can do your own therapy with these apps.

Unfortunately, none of them are spectacular. We tried them all, and nothing is quite as cool as Lumosity or Aura. However, most of them are either free or offer a free trial, so they're worth a shot! And if you use them consistently, they can really improve your aphasia. Again, consistency is key!

### 4. [Tactus Therapy](http://tactustherapy.com/scientific-evidence-research-ipad-apps-work-aphasia-therapy/) (<http://tactustherapy.com/scientific-evidence-research-ipad-apps-work-aphasia-therapy/>)

Tactus Therapy is designed specifically for stroke survivors with aphasia. Research showed that doing Tactus Therapy for 20 minutes a day, 4 times a week, can improve aphasia up to 250%!

## 5. [Lingraphica SmallTalk Oral Motor Exercises](https://www.aphasia.com/smalltalk-apps/)

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We like Lingraphica's motor exercises app because it provides the opportunity for you to get some seriously useful reps in! While it's not very entertaining, it's extremely practical. If you have high discipline, then it can greatly improve your aphasia with Lingraphica's apps.

## 6. [Constant Therapy](https://constanttherapy.com) (<https://constanttherapy.com>)

You can use Constant Therapy by yourself or with the help of a therapist. The app and/or your clinician will build a program for you based on the areas that you need to strengthen. Some exercises involve naming, matching, and pattern recreation to challenge memory and language skills. You can try it free for 14 days and then upgrade to a paid version after that.

## 7. [Lingraphica SmallTalk Aphasia](https://www.aphasia.com/smalltalk-apps/) (<https://www.aphasia.com/smalltalk-apps/>)

This app uses a text-to-speech function to help you communicate with others. Meaning, it lets your phone do your talking for you! **This is especially useful when you need to tell someone that you have aphasia but you can't say that yet!**

This is a compensation technique, though, because it doesn't solve the root problem, it just lets you work around it. Which is totally fine – in the short-term. In the long-term, be mindful of using compensation techniques.

While they can provide safety and convenience, it's important to keep working to improve your aphasia so that you can eventually wean yourself off the compensation techniques for good.

## Start Downloading!

And there you have it!

These top free stroke recovery apps will help you get the practice you need to rewire your brain and recover from stroke.