



EVIDENCE BASE FOR EFFECTIVENESS OF COGNITOPIA

RESEARCH BASIS

The Cognitopia Platform for Self-Determination has been developed with extensive funding from highly competitive federal grant competitions through several agencies, including most recently:

1. MyLife: Development of a Cloud-Based Transition ePortfolio for Individuals with Cognitive Disabilities. HHS Administration on Community Living (NIDILRR) Field-Initiated Development Award 90IF0080;
2. Goal Guide: A Web-Based Application and Curriculum to Improve Goal Self- Management for Students with Autism. Department of Education Institute for Education Sciences Award R324A160252
3. Goal Guide SBIR Phase I and II: A Mobile and Web-Based System for Self-Management of Everyday Life by Individuals with Cognitive Disabilities. Department of Education (NIDRR) Small Business Innovation Research Phase 1 Award H133S130031. HHS Administration on Community Living (NIDILRR) SBIR Phase II 90BI0008

As a result of this funding basis, Cognitopia deeply incorporates many evidence-based practices that are universally designed to integrate person-centered approaches to enhance self-determination. These include technology-assisted instruction and intervention, visual supports, video modeling, task analysis, self-management, and the Universal Design for learning framework. Click [here](#) for further details.

EFFECTIVENESS DATA – PUBLICATIONS AND PRESENTATIONS

1. Keating, T., Rickard, T., Buckley, J., Barbour, J., & Magee, C. (2015). Making goals meaningful & manageable. EP Magazine, March, 2015, 34-36. Available at: <http://www.eparent.com>, from lead author at tkeating@cognitopia.com, and at <http://www.cognitopia.com>.
2. Keating, T., Rickard, T., & Barbour, J. (2015). Goal Guide: A Web-Based Application for Self-Directed Goal Management by Transition Students with Cognitive Disabilities. Paper presented at CEC Division on Career Development and Transition Annual Conference. Portland, OR, November 5, 2015.
3. Barbour, J., Rickard, T., & Keating, T. (2017). Using Web-Based Portfolios for Student-Directed Transition Planning. Paper presented at Council on Exceptional Children Annual Conf. April 20, 2017. Boston, MA.
4. Keating, T., Rickard, T., Henning, J., Gau, J., & Barbour, J. (submitted) Leveraging Personal Networks through Technology to Team-Source Employment Opportunities. Paper accepted for presentation at APSE 2020 Annual Conference and submitted for publication in a special issue of the Journal of Vocational Rehabilitation.
5. Keating, T. (2018) Technology for IEP-Self Directions by Students with Cognitive Disabilities. (2018) Presented at the 7th Annual Georgia Assistive Technology in Education (GATE) Seminar Conference, December 7, 2018, Atlanta, GA
6. Keating, T., Rickard, T., Henning, J., & Gau, J. (2020) Self-Management of Goals, Routines, and IEP Self-Direction: Positive impact on self-advocacy. Findings from Final Report on IES Award R324A160252. Available from lead author at tkeating@cognitopia.com.

VIDEO ILLUSTRATIONS OF EFFECTIVENESS

The effectiveness of Cognitopia as a tool for self-advocacy and IEP self-direction is vividly captured in a number of videos available on the Cognitopia Youtube channel, including these transition students:

[Self-Directed IEP by Makenna Using the MyLife Tool in Cognitopia](#)

[Kyle Uses MyLife to Run His Final IEP Meeting](#)

[Jack Runs His Own IEP Meeting Remotely on Zoom Using Cognitopia's MyLife Tool](#)

[Using Cognitopia in Independent Living: Supported Living, Learning, & Earning with Autism](#)

COMMERCIAL ADOPTION

Cognitopia has gained over 4000 users since its commercial launch in Fall of 2019. The platform is used in K12 education, postsecondary two and four year college programs, community living, employment, and health self-management programs. It is also increasingly valued as an easy to use, cost-effective hub for management of virtual events such as transition

information nights and training workshops. Our blue chip partnership with CVS Health is also leading to the adoption of Cognitopia by numbers of their partners in transition programs and training centers nationally.

USER SATISFACTION

Dr. Charlotte Brickhouse, Director Of Special Education, The School District of Philadelphia

"We **could not have asked for a better partnership** in terms of communication and providing support for our teachers and our students...During the summer EY program, they supported over 240 teachers, and the **teachers raved about the program. They loved the program. The students loved the program.**"

Dr. Shelly Dason, Director of Student Services, Pleasant & Ridgedale School Districts, Ohio

"Students take ownership of their skills and their desires and wants. It has become very eye-opening because **you can really see the personalities shine** through when they are sharing on Cognitopia."

"This platform came at the right time because we had a way to continue our business the **way of doing school through this platform**, and we were able to share out IEPs remotely. It was a blessing."

Jennifer DeLong, Head of Academics at Tennessee Rehabilitation Center, Tennessee Rehabilitation Center

"I can't scream loud enough how amazing Cognitopia is, not just the app but the team behind it!"

"It's very, very customizable for each individual student's needs."

"They get to Keep what they create. Whatever they created in Portfolios, Routines, or anything else while they were under a subscription, they get to keep access to, so that they can use and refer to it after they move forward."

"One Student said, **'It's fun and easy to make portfolios and routines.'**"

Rick Laferriere, Director, Workforce Initiatives at CVS Health

"It's the Coach you carry with you in your pocket."

Deborah Hammer, Autism/ Low Incidence Specialist, Arlington Public Schools, Virginia

"Self-determination is something that is really critical for our students. The Cognitopia platform **allows teachers to help students achieve those goals**. It's the perfect platform."

Ryan Wennerlind, Associate Director, Center For Autism Spectrum Disorders/Project F.O.C.U.S, UNLV

"We couldn't be more happy with Cognitopia."

Holly Ross, Supported Living, Learning, and Earning with Autism (SLLEA)

"Cognitopia plays such a big role in SLLEA. We collect data, so every week when students complete their chores, they're checking off the steps and then posting a photo showing their hard work and that they've completed their chores. Staff go in and note the cues needed for each step. As time goes on and students get more comfortable and learn the steps, they won't need the same level of support. You can see a bar graph showing how the level of support has changed, and that's even something they can share with an employer to show them how successful they can be with the right tools....

...Probably **my favorite part of using Cognitopia at SLLEA is watching the students be empowered and build the confidence to do these skills independently.** And it doesn't stop with chores. There are so many ways Routines can be helpful, from learning to ride the bus to cooking the perfect hamburger and everything in between. Students have those routines at the tips of their fingers and empower themselves by not always needing someone there because they have the tools and resources they need. It's been amazing to watch that blossom."

CASE STUDIES AND USER STORIES FROM THE COGNITOPIA BLOG

In [Vincent's Story: MyLife Supports Transition Process During the Pandemic](#), Cristen Reat of Easter Seals Houston's [BridgingApps Project](#) describes her experience using MyLife with her son.

[Creating Digital Resumes for Individuals with Limited Communication Skills](#) shows how an early version of MyLife made it possible to build multimedia resumés, a feature that has been amplified in the latest version of MyLife.

[Healthy Cooking Becomes Routine for Residents of Independent Living Program](#) tells how participants in a supported living program used Cognitopia to facilitate a social cooking activity using routines and QR codes for skill development.

[How Autistic Individuals Have Helped Direct Cognitopia's Development](#) describes the many ways in which Cognitopia's development has been anchored in and informed by the lived experience of individuals with autism and intellectual disabilities.