FUNCTION-FIRST CATALOGUE · 2026 EDITION

The function-first guide to assistive technology for MS

A concise reference to technologies and apps for mobility, communication, cognition, participation and independent living.

11-point standard-vision concise edition · Editable Word and tagged PDF · 106 signposted tools

A BeeWellWithMS educational resource with the same searchable symptom index, maturity labels, named examples, app costs and safety principles as the large-print edition. External links, app access and cost models checked 24 August 2026.

> Educational guide. It does not diagnose symptoms, select a device for an individual or replace professional assessment.

How to use the concise edition

Start with the activity that has become difficult. Use the plain-language index or search the PDF/Word file, then compare technology maturity and the safest route to assessment or trial.

> **The BeeWellWithMS approach:** Begin with the function you want to protect or regain, then assess technology in the environment where it will actually be used.

> Search with Ctrl+F on Windows, Cmd+F on Mac, or the magnifying-glass button on a phone or tablet. Try phrases such as ‘foot catches’, ‘brain fog’, ‘speech in noise’ or ‘accessible toilet’.

Open the plain-language search guide

1. Name the task

Describe the everyday activity, not the product you think you need.

2. Compare pathways

Established aids, specialist devices, consumer tools and research prototypes are not equivalent.

3. Trial safely

Fit, fatigue, cognition, skin tolerance, training and the real environment can change the result.

Technology status

Established: Commonly available technology or practice; individual benefit still varies.

Specialist assessment: Usually needs assessment, prescription, fitting or professional training.

Emerging technology: Commercial or early-service technology with limited MS-specific evidence or access.

Research / limited access: Prototype, trial or research-led approach that is not routine care.

Search by what is difficult

Select the statement closest to your situation. Each difficulty links to the relevant catalogue section; the terms also work with the document search button.

What is difficult?	Search terms to try
My toes drag, my foot catches or I trip	**Search terms:** foot drop; toe drag; tripping; ankle weakness; FES; AFO
I want help practising or supporting walking	**Search terms:** gait training; walking rehabilitation; body-weight support; exoskeleton; robotic walking
I cannot walk far enough for everyday journeys	**Search terms:** wheelchair; mobility scooter; power assist; long distance; outdoor mobility
Stairs or uneven ground stop me getting around	**Search terms:** stairs; stair-climbing wheelchair; kerbs; uneven ground; environmental barriers
I feel unsteady, fall or need better seating	**Search terms:** balance; falls; unsteady walking; posture; seating; personal alarm
My hands are weak or I drop things	**Search terms:** hand weakness; weak grip; dropping objects; powered glove; adaptive handles
Tremor or poor coordination makes tasks difficult	**Search terms:** tremor; ataxia; stabilising utensils; typing; cooking; motion filtering
I struggle to read, recognise things or navigate	**Search terms:** low vision; reading; magnification; OCR; object recognition; navigation; smart glasses
I cannot hear conversation clearly	**Search terms:** hearing loss; noisy places; speech in noise; captions; hearing aids; remote microphone
My speech is quiet, slurred or unreliable	**Search terms:** quiet voice; slurred speech; dysarthria; voice amplifier; speech clarification

Search by what is difficult—continued

What is difficult?	Search terms to try
I need another way to communicate	**Search terms:** AAC; eye gaze; text to speech; communication device; voice banking
Brain fog makes remembering or planning difficult	**Search terms:** brain fog; memory; attention; reminders; planning; routines; finding things
Fatigue limits what I can do	**Search terms:** MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking
Heat makes my symptoms worse	**Search terms:** heat sensitivity; overheating; cooling; temperature; weather alerts; smart thermostat
I have bladder urgency, leakage or need a diary	**Search terms:** bladder urgency; frequency; incontinence; continence alarm; bladder diary; pelvic floor
I need to find an accessible toilet	**Search terms:** toilet finder; public toilet; accessible toilet; Changing Places; Toilet Map
I want to control my home or transfer safely	**Search terms:** smart home; lights; doors; voice control; transfers; hoist; bed; environmental control
I need support for work, study or travel	**Search terms:** work; study; commuting; dictation; computer access; adjustments; step-free travel
I want an MS symptom, fatigue or support app	**Search terms:** MS app; symptom tracker; fatigue programme; treatment tracker; peer support
I need an accessibility, communication or travel app	**Search terms:** vision app; hearing app; AAC app; toilet app; rail assistance; step-free planner

Find help by function

Choose the task you want help with. Links work in both the editable Word file and the tagged PDF.

Search using symptoms or everyday difficulties

Everyday question	Catalogue section
How can I clear my foot and support my stride?	Walking and foot drop
Could a robot support practice—or assist the movement itself?	Mobility and rehabilitation robotics
How can I travel farther, protect energy or manage stairs?	Wheelchairs and environmental barriers
What could help me feel safer when standing, walking or sitting?	Balance, falls and seating
How can I grip, hold, type or cook with less effort?	Hands, grip and tremor
How can visual information reach me in another form?	Vision, reading and navigation
How can speech become clearer in a noisy place?	Hearing and conversation
How can I be heard—or communicate by another route?	Speech and communication
How can technology reduce the amount I must remember?	Memory, attention and planning
How can technology protect my limited energy?	Fatigue and energy
How can I stay cooler and plan around heat?	Heat sensitivity
How can I understand patterns and plan toilet access?	Bladder and continence
How can the environment do more of the work?	Home control and transfers
What could help me participate beyond the home?	Work, study and travel
Which MS apps are available in the USA, UK and Europe?	MS-specific apps
Which broader accessibility and travel apps may help?	Function-specific apps

1. Walking and foot drop

← Back to the function finder

How can I clear my foot and support my stride?

Technology can position the ankle, stimulate muscles at the right moment or add powered assistance. The safest pathway begins with a gait assessment, not a product page.



Cionic Neural Sleeve: gait sensing and multi-muscle stimulation in a wearable leg sleeve. Official image source: Cionic, Inc.

ESTABLISHED · Ankle-foot orthosis (AFO)

A fitted brace supports ankle and foot position during swing and stance. Designs range from flexible supports to custom carbon-fibre devices.

Start safely: Ask an MS physiotherapist or GP for an orthotics referral.

Named example: Ottobock WalkOn AFO family—official information

Search terms: foot drop; toe drag; tripping; ankle weakness; gait; FES; AFO

SPECIALIST ASSESSMENT · Functional electrical stimulation (FES)

Timed electrical stimulation can assist foot lift during walking for suitable people with central neurological foot drop. It requires assessment, fitting and follow-up.

Start safely: Ask for a specialist FES assessment; availability varies by NHS area.

Named example: NICE HealthTech guidance 178—official information

Search terms: foot drop; toe drag; tripping; ankle weakness; gait; FES; AFO

EMERGING TECHNOLOGY · Adaptive multi-muscle FES sleeve

A wearable sleeve combines gait sensing with stimulation across several leg muscles. It may support foot drop and aspects of gait, but access and MS-specific evidence remain limited.

Start safely: Cionic currently provides clinician-linked access primarily in the US; check current regional availability.

Named example: Cionic Neural Sleeve—official information

Search terms: foot drop; toe drag; tripping; ankle weakness; gait; FES; AFO

EMERGING TECHNOLOGY · Powered ankle wearable / orthosis

Motorised ankle systems sense gait and add torque at selected moments. Dephy Sidekick assists push-off; it is not a prescribed foot-drop orthosis.

Start safely: Sidekick is sold in the US and is not a medical device. Ask a specialist gait service before considering it.

Named example: Dephy Sidekick powered ankle wearable—official information

Search terms: foot drop; toe drag; tripping; ankle weakness; gait; FES; AFO

2. Mobility and rehabilitation robotics

← Back to the function finder

Could a robot support practice—or assist the movement itself?

Clinical robots create a supported rehabilitation environment. Wearable robots aim to move with the person. Their purposes, access routes and evidence are different.



Andago provides dynamic body-weight support during overground rehabilitation. Official image source: Hocoma, Switzerland

SPECIALIST ASSESSMENT · Dynamic body-weight support

A mobile frame partially supports body weight while a person practises overground walking and balance with a therapist.

Start safely: Available in selected rehabilitation centres, not as a personal consumer device.

Named example: Hocoma Andago—official information

Search terms: walking rehabilitation; gait training; body-weight support; exoskeleton; robotic walking

SPECIALIST ASSESSMENT · Robotic treadmill gait training

Robotic leg guidance and body-weight support can enable intensive, repeatable stepping practice in rehabilitation.

Start safely: Ask a specialist neurorehabilitation service whether robotic gait training is clinically appropriate.

Named example: Hocoma Lokomat—official information

Search terms: walking rehabilitation; gait training; body-weight support; exoskeleton; robotic walking

RESEARCH / LIMITED ACCESS · Soft robotic exosuit

Fabric-based systems apply assistance at selected points in the stride while preserving more natural joint movement than a rigid exoskeleton.

Start safely: Mostly research or clinic-led. ReStore is a clinic product for stroke rehabilitation, not a personal MS device.

Named example: Wyss soft exosuit / ReStore—official information

Search terms: walking rehabilitation; gait training; body-weight support; exoskeleton; robotic walking

SPECIALIST ASSESSMENT · Rigid powered exoskeleton

Powered joints can support standing and stepping in carefully selected users. Training, supervision, bone health, range of movement and practical setting all matter.

Start safely: Access through specialist rehabilitation programmes or approved providers; not routine MS community equipment.

Named example: EksoNR clinical exoskeleton—official information

Search terms: walking rehabilitation; gait training; body-weight support; exoskeleton; robotic walking

3. Wheelchairs and environmental barriers

← Back to the function finder

How can I travel farther, protect energy or manage stairs?

Mobility equipment can increase participation without meaning that walking has been abandoned. Sometimes the most effective intervention changes the environment rather than the body.



Scewo BRO negotiating stairs: technology addressing an environmental barrier. Official image source: Scewo AG

SPECIALIST ASSESSMENT · Active manual wheelchair

A lightweight, fitted chair can reduce propulsion effort and improve posture. Setup, wheel position and seating are as important as the frame.

Start safely: Contact the NHS wheelchair service or a wheelchair-trained OT/physiotherapist.

Named example: QUICKIE Nitrum active wheelchair—official information

Search terms: wheelchair; mobility scooter; long distance; stairs; power assist; outdoor mobility

SPECIALIST ASSESSMENT · Powered wheelchair

Powered mobility can extend range, protect energy and support participation. Controls can be adapted for hand weakness, tremor, head movement or switches.

Start safely: Request a full mobility and seating assessment through the NHS wheelchair service.

Named example: Permobil M3 Corpus power wheelchair—official information

Search terms: wheelchair; mobility scooter; long distance; stairs; power assist; outdoor mobility

SPECIALIST ASSESSMENT · Power-assist wheels or add-on drive

A motor adds assistance to a manual chair for slopes or distance while preserving a familiar seating system.

Start safely: Ask wheelchair services, a rehabilitation engineer or Access to Work when employment is the main need.

Named example: Alber e-motion power-assist wheels—official information

Search terms: wheelchair; mobility scooter; long distance; stairs; power assist; outdoor mobility

EMERGING TECHNOLOGY · Stair-climbing power wheelchair

Integrated tracks and sensors can allow a specialist chair to negotiate compatible straight stairs. Environment, dimensions, training and rescue planning remain critical.

Start safely: Scewo offers assessment and test drives in selected European markets; UK access must be confirmed directly.

Named example: Scewo BRO—official information

Search terms: wheelchair; mobility scooter; long distance; stairs; power assist; outdoor mobility

4. Balance, falls and seating

← Back to the function finder

What could help me feel safer when standing, walking or sitting?

Technology may widen the base of support, provide an extra sensory cue, improve seating or summon help. A falls assessment should look beyond a single device.

ESTABLISHED · Walking sticks, crutches and rollators

Correctly selected walking aids widen support, reduce load or provide a place to rest. The wrong height or pattern can increase effort.

Start safely: Ask an MS physiotherapist or OT to assess the aid in the environments you use.

Named example: Rollz Motion 2.1 rollator-wheelchair—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

EMERGING TECHNOLOGY · Cueing or stabilising rollator

Neurological walkers may add reverse braking, a wider stable base or visual and sound cues. The useful feature depends on the person's gait pattern.

Start safely: Trial through a neurological physiotherapist or specialist supplier; cueing is not appropriate for every walking problem.

Named example: U-Step 2 with laser and audio cueing—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

ESTABLISHED · Falls detection and personal alarms

Watches, pendants and home sensors can alert a chosen contact or response service after a fall or when help is requested.

Start safely: Ask the local council about telecare, or compare mainstream watch and private alarm services.

Named example: Tunstall Lifeline Fall Detector / Vibby Oak S—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

RESEARCH / LIMITED ACCESS · Smart insoles and gait sensors

Pressure and motion sensing can reveal changes in symmetry, foot loading or stability. Most systems are professional monitoring tools rather than treatments.

Start safely: Ask a gait laboratory, rehabilitation service or research team; sensor metrics should not be treated as a diagnosis.

Named example: Moticon ReGo sensor insoles—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

SPECIALIST ASSESSMENT · Wheelchair seating and pressure mapping

Pressure mapping and fitted cushions can improve posture, comfort and skin protection during prolonged sitting.

Start safely: Request a wheelchair seating or posture assessment.

Named example: XSENSOR ForeSite SS pressure mapping—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

RESEARCH / LIMITED ACCESS · Haptic balance cueing

Vibration belts and wearables aim to provide an additional sensory cue for body orientation or movement.

Start safely: BalanceBelt is intended for bilateral vestibular loss, not MS. Treat it as a concept example and seek specialist advice.

Named example: BalanceBelt haptic feedback wearable—official information

Search terms: balance; falls; unsteady walking; posture; seating; personal alarm

5. Hands, grip and tremor

← Back to the function finder

How can I grip, hold, type or cook with less effort?

Assistive technology can enlarge a handle, stabilise a task, add grip force or move control to the voice, head, eyes or switches.

ESTABLISHED · Adaptive handles and utensils

Built-up handles, angled tools, non-slip mats and low-force fastenings reduce grip and precision demands.

Start safely: Ask an OT to trial low-cost adaptations in the real task.

Named example: Universal built-up handles (Living Made Easy)—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

EMERGING TECHNOLOGY · Powered grasp glove

Pressure sensors detect an intended grip and artificial tendons add closing force, helping selected users hold everyday objects.

Start safely: Carbonhand is commercial in parts of Europe and the US; seek an OT-led trial and local supplier information.

Named example: Bioservo Carbonhand—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

ESTABLISHED · Voice access and dictation

Built-in voice control can operate phones and computers when touch, typing or mouse use is tiring or unreliable.

Start safely: Start with the built-in option for the person's device; Access to Work may fund assessment, specialist software and training.

Named example: Windows Voice Access—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

SPECIALIST ASSESSMENT · Switch, head and eye access

Alternative access replaces repeated hand movements with switches, head tracking or eye control.

Start safely: Ask an OT, assistive-technology service or AAC service for access assessment.

Named example: Quha Zono 2 hands-free head mouse—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

EMERGING TECHNOLOGY · Stabilising utensils

Powered or weighted utensils may reduce the functional effect of some tremor patterns, but benefit is task- and movement-specific.

Start safely: Trial through an OT or retailer with a returns policy; do not assume all tremor responds.

Named example: Gyenno Bravo Twist anti-tremor spoon—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

SPECIALIST ASSESSMENT · Robotic upper-limb therapy

Clinic systems can support repeated reaching and hand practice with adjustable assistance and feedback.

Start safely: Available in selected rehabilitation centres rather than for routine home purchase.

Named example: Hocoma ArmeoSpring Pro—official information

Search terms: hand weakness; weak grip; dropping objects; tremor; ataxia; typing; cooking

6. Vision, reading and navigation

← Back to the function finder

How can visual information reach me in another form?

Magnification, optical character recognition, audio description and navigation can create an alternative route to information in the environment.



Camera-enabled Meta AI glasses can provide hands-free assistance for selected visual tasks. Official image source: Meta

ESTABLISHED · Phone magnification and screen reading

Built-in accessibility can enlarge text, increase contrast and read screens or nearby print aloud.

Start safely: Ask a low-vision service or digital-accessibility adviser to configure the phone and a fast accessibility shortcut.

Named example: Apple Magnifier and VoiceOver—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

ESTABLISHED · OCR and visual description apps

A phone camera can read print, identify selected objects and describe scenes. Accuracy varies and safety-critical information needs checking.

Start safely: Trial more than one app because camera handling, voice output and object modes differ.

Named example: Microsoft Seeing AI—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

SPECIALIST ASSESSMENT · Dedicated low-vision wearable

Camera-based wearables can read text or identify selected objects and faces through audio prompts.

Start safely: Seek a low-vision assessment and a real-world trial before private purchase.

Named example: OrCam MyEye 3 Pro—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

EMERGING TECHNOLOGY · Camera-enabled Meta AI glasses

Voice-controlled glasses can provide hands-free camera and AI assistance, including some visual description and text tasks. Features vary by country and software release.

Start safely: Available as a consumer product in supported markets; not a substitute for mobility training or a certified low-vision aid.

Named example: Ray-Ban Meta—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

EMERGING TECHNOLOGY · Display glasses with EMG wrist control

A small in-lens display can show captions, directions or messages; an EMG wristband interprets subtle hand signals. Availability remains limited by market.

Start safely: Check Meta's official availability and arrange a demo where offered.

Named example: Meta Ray-Ban Display—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

EMERGING TECHNOLOGY · Indoor navigation and spatial prompting

Accessible marker systems can provide audio and vibration guidance in participating buildings where GPS is unreliable; the venue must install compatible markers.

Start safely: NaviLens is free for end users, but useful navigation depends on codes being deployed in the place being visited.

Named example: NaviLens accessibility and orientation app—official information

Search terms: blurred vision; low vision; reading; magnification; OCR; navigation; smart glasses

7. Hearing and conversation

← Back to the function finder

How can speech become clearer in a noisy place?

Modern hearing technology can classify the environment, separate speech from noise, stream sound directly and let the user adjust programmes through an app.



Audéo Sphere Infinio illustrates app-controlled, AI-enabled hearing technology. Official image source: Phonak / Sonova

SPECIALIST ASSESSMENT · NHS hearing aids

Digital hearing aids are fitted to a hearing assessment and may include directional microphones, programmes and wireless features.

Start safely: Ask a GP about NHS audiology referral or use local direct-access routes where available.

Named example: NHS hearing-aid assessment and fitting pathway—official information

Search terms: hearing loss; noisy places; conversation; captions; hearing aids; speech in noise

SPECIALIST ASSESSMENT · App-controlled AI hearing aids

Current devices can classify sound environments, reduce noise, stream audio and let users adjust programmes through a companion app.

Start safely: Assessment and fitting by an audiologist or hearing-care professional is essential; the app does not replace the prescription.

Named example: myPhonak companion app—official information

Search terms: hearing loss; noisy places; conversation; captions; hearing aids; speech in noise

ESTABLISHED · Remote microphone

A small microphone placed near the speaker sends their voice directly to compatible hearing aids, implants or receivers.

Start safely: Ask audiology about compatibility, trial and funding; private purchase is also possible.

Named example: Phonak Roger On—official information

Search terms: hearing loss; noisy places; conversation; captions; hearing aids; speech in noise

EMERGING TECHNOLOGY · Live captions and conversation focus

Phones and computers can display nearby speech as text; some devices also amplify a chosen speaker. Accuracy varies with noise and distance.

Start safely: Test in the real environment and ask audiology if a remote microphone would be more reliable.

Named example: Google Live Transcribe—official information

Search terms: hearing loss; noisy places; conversation; captions; hearing aids; speech in noise

8. Speech and communication

← Back to the function finder

How can I be heard—or communicate by another route?

The continuum runs from a simple amplifier to personalised speech generation controlled by touch, switches, head movement or eye gaze.

ESTABLISHED · Voice amplifier

A lightweight microphone and speaker can make a quiet voice easier to hear without increasing vocal effort.

Start safely: Ask a speech and language therapist (SLT) to check whether amplification fits the speech pattern.

Named example: Unex personal voice amplifier—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

ESTABLISHED · AAC apps and text-to-speech

Tablet and computer AAC apps can speak typed text, store messages or support symbol communication.

Start safely: Ask an SLT or AAC service to compare vocabulary, access method, voice, mounting and long-term support before purchase.

Named example: Tobii Dynavox TD Snap—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

SPECIALIST ASSESSMENT · Eye-gaze speech-generating device

A robust communication device can be controlled by the eyes to speak, access Windows and sometimes control the environment.

Start safely: Referral usually begins with the local SLT/AAC service; complex needs may reach a specialised NHS AAC service.

Named example: Tobii Dynavox TD I-Series—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

SPECIALIST ASSESSMENT · Alternative AAC device and Grid software

Grid-based devices support touch, switches and eye gaze, with vocabulary and access configured for the individual.

Start safely: Request an AAC assessment and trial; NHS, education and charitable funding routes vary.

Named example: Smartbox Grid Pad—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

SPECIALIST ASSESSMENT · Voice banking and personalised synthesis

Recorded speech can be used to create a more personal synthetic voice for possible future communication needs.

Start safely: Discuss early with an SLT or voice-banking service while speech remains consistent.

Named example: SpeakUnique voice banking and app—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

EMERGING TECHNOLOGY · AI speech clarification

Software may learn an individual's speech pattern and translate it into clearer audio or text. Performance varies across voices and environments.

Start safely: Trial with an SLT and test privacy, latency and failure handling.

Named example: Voiceitt for non-standard speech—official information

Search terms: slurred speech; quiet voice; dysarthria; AAC; eye gaze; text to speech; voice banking

9. Memory, attention and planning

← Back to the function finder

How can technology reduce the amount I must remember?

Prompts, routines and external memory can reduce cognitive load. The best system is usually the simplest one that still works on a difficult day.

ESTABLISHED · Calendars and location reminders

Shared calendars, repeat alerts and location-based prompts externalise prospective memory.

Start safely: Choose one main system and ask an OT to simplify alerts so important prompts do not disappear into notification overload.

Named example: Microsoft To Do reminders—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

ESTABLISHED · Smart-speaker routines

Voice prompts can guide morning, medication or leaving-home routines without requiring a screen.

Start safely: Start with one routine, review privacy and keep a non-connected backup for essential prompts.

Named example: Amazon Alexa Routines—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

ESTABLISHED · Step-by-step task prompting

Checklist and sequencing apps break an activity into short, repeatable actions.

Start safely: Build the sequence with an OT around a real task, then test it when fatigued.

Named example: Tiimo visual planner—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

EMERGING TECHNOLOGY · AI summarisation and planning

AI tools can simplify instructions, create checklists and summarise meetings, but important outputs need checking.

Start safely: Use an organisation-approved account where relevant; do not enter sensitive health or work information without understanding data handling.

Named example: Microsoft Teams live transcription—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

ESTABLISHED · Item trackers and finding networks

Small tags can help locate keys, bags or mobility equipment through a phone.

Start safely: Match the tag to the phone ecosystem; use with consent and understand location sharing, anti-stalking alerts and battery needs.

Named example: Apple Find My—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

RESEARCH / LIMITED ACCESS · Wearable memory support

Research glasses are being explored for item finding, contextual prompts and timely working-memory support.

Start safely: Research-stage; do not confuse prototype claims with commercially available memory treatment.

Named example: ProMemAssist smart-glasses research—official information

Search terms: brain fog; memory; attention; reminders; planning; routines; finding things

10. Fatigue and energy

← Back to the function finder

How can technology protect my limited energy?

No consumer device measures MS fatigue directly. Technology is most useful when it reduces unnecessary effort, reveals patterns or supports pacing decisions.

ESTABLISHED · Digital pacing plan

Calendars, timers and visual planners can make planned pauses and energy priorities visible.

Start safely: Ask an MS OT or fatigue-management service to build a realistic plan; an app should support pacing, not turn it into a performance score.

Named example: Tiimo visual planner—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

EMERGING TECHNOLOGY · Activity and sleep wearable

Consumer wearables show trends in movement, heart rate or sleep, but they do not directly measure or diagnose MS fatigue.

Start safely: Use trends as a discussion aid, not a score to chase.

Named example: Apple Watch + Apple Health sleep tracking—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

SPECIALIST ASSESSMENT · Power assistance for selected journeys

Using a scooter, power-assist wheel or powered chair for distance can preserve energy for work, family or rehabilitation.

Start safely: Request a mobility assessment based on participation goals, not only indoor walking ability.

Named example: Alber e-motion power-assist wheels—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

ESTABLISHED · Remote and automated environment control

Voice control, smart plugs and remote blinds reduce repeated walking, reaching and manual effort.

Start safely: Start with an OT-led task analysis; use specialist environmental controls for complex access needs.

Named example: Google Home routines—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

RESEARCH / LIMITED ACCESS · Predictive fatigue support

Research combines symptoms, activity and physiology to forecast difficult periods. Reliable individual prediction is not routine care.

Start safely: Consider research studies; do not make medical decisions from an unvalidated consumer forecast.

Named example: MS wearable-sensor fatigue study (iScience)—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

ESTABLISHED · Workstation automation

Macros, dictation, ergonomic peripherals and task automation reduce repetitive effort and cognitive switching.

Start safely: Ask Access to Work for an assessment when the main barrier is employment.

Named example: Microsoft Power Automate for desktop—official information

Search terms: MS fatigue; low energy; pacing; energy conservation; sleep; activity tracking

11. Heat sensitivity

← Back to the function finder

How can I stay cooler and plan around heat?

Cooling products and environmental automation can reduce heat exposure and help plan activities before symptoms temporarily worsen.

ESTABLISHED · Cooling vest or wrap

Evaporative, gel or phase-change products offer different balances of cooling, weight, duration and portability.

Start safely: Trial the product and discuss skin, sensation and temperature regulation with the clinical team.

Named example: KAD Cooling Vest—official information

Search terms: heat sensitivity; overheating; cooling; temperature; weather alerts; smart thermostat

ESTABLISHED · Portable fan and personal cooling

Rechargeable fans, cooling towels and insulated drink systems provide low-cost, flexible support.

Start safely: Available from mainstream or specialist retailers; prioritise safe charging, weight, noise and controls that remain easy when fatigued.

Named example: Shark ChillPill portable fan and cooling plate—official information

Search terms: heat sensitivity; overheating; cooling; temperature; weather alerts; smart thermostat

ESTABLISHED · Smart thermostat, blinds and plugs

Remote control can cool a room before activity and reduce the physical effort of adjusting the environment.

Start safely: Self-purchase or local authority/DFG routes may apply when part of a wider adaptation.

Named example: Hive Thermostat with app control—official information

Search terms: heat sensitivity; overheating; cooling; temperature; weather alerts; smart thermostat

ESTABLISHED · Weather and heat alerts

Forecast alerts can help plan travel or exercise for cooler periods and identify indoor alternatives.

Start safely: Use temperature, 'feels like', humidity and warning information as planning cues rather than precise symptom forecasts.

Named example: Met Office Weather app—official information

Search terms: heat sensitivity; overheating; cooling; temperature; weather alerts; smart thermostat

12. Bladder and continence

← Back to the function finder

How can I understand patterns and plan toilet access?

Digital tools can improve the clinical conversation and support routines, while active clinical devices require individual assessment. New symptoms need review.

ESTABLISHED · Digital bladder support and diary

Digital tools can provide self-care information or record drinks, voids, urgency and leakage; they are not interchangeable.

Start safely: Ask the MS nurse or continence service what to record and whether pelvic-floor exercises are appropriate for the specific bladder problem.

Named example: CONfidence / Squeezy / Bladder & Bowel UK 3-day diary—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

ESTABLISHED · Timed and location-based prompts

Discreet phone or watch reminders can support a clinician-agreed toileting routine and journey plan.

Start safely: Build the schedule with the continence team rather than relying on generic intervals.

Named example: Microsoft To Do reminders—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

EMERGING TECHNOLOGY · Moisture and continence sensors

Moisture-triggered alarms and enuresis sensors can alert a user or carer when wetness is detected. They are alerting aids, not diagnostic bladder monitors.

Start safely: Compare pad, mat and wearable alarms, including reset method, volume, vibration, cleaning, dignity and who receives the alert.

Named example: Health and Care incontinence-alarm range—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

SPECIALIST ASSESSMENT · Neuromodulation

Electrical nerve stimulation is used in selected bladder pathways. The type of device and evidence depend on the clinical problem.

Start safely: Access only through an appropriate continence, pelvic-health or urology service.

Named example: Medtronic InterStim sacral neuromodulation—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

ESTABLISHED · Accessible-toilet maps

Toilet Map lists public toilets. The app directory also links separately to Changing Places for larger facilities with a bench and hoist, and AccessAble for surveyed venue details.

Start safely: Use the map that matches the facility needed, check opening times and confirm essential access directly with the venue.

Named example: The Great British Public Toilet Map—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

EMERGING TECHNOLOGY · Bladder fullness and drainage monitoring

Wearable ultrasound estimates bladder fullness before leakage. Catheter sensors monitor drainage in hospitals.

Start safely: Check local availability with a continence or urology service; these sensors do not diagnose bladder symptoms.

Named example: TENA SmartCare wearable bladder sensor—official information

Search terms: bladder urgency; frequency; incontinence; toilet; continence alarm; bladder diary; pelvic floor

13. Home control and transfers

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How can the environment do more of the work?

Automation, alternative controls and correctly selected transfer equipment can convert physical effort into a voice command, switch press or powered movement.

ESTABLISHED · Voice or app-controlled smart home

Mainstream hubs can control compatible lights, plugs, heating and entertainment through voice, switches or a phone app.

Start safely: Begin with one high-value task, check device compatibility and ensure there is a manual backup.

Named example: Google Home routines—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

SPECIALIST ASSESSMENT · Specialist environmental control

Integrated systems provide reliable control through switches, eye gaze, wheelchair controls or communication devices.

Start safely: Ask a rehabilitation service about the NHS environmental controls pathway.

Named example: Abilia environmental control—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

SPECIALIST ASSESSMENT · Automated doors, curtains and windows

Powered mechanisms reduce reaching and enable independent entry, light and ventilation control.

Start safely: Request an OT/home assessment; local authority or Disabled Facilities Grant routes may apply.

Named example: GEZE Powerturn automatic door drive—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

SPECIALIST ASSESSMENT · Transfer boards, standing aids and hoists

Correctly selected transfer equipment can reduce effort and injury risk for the user and anyone assisting.

Start safely: Do not buy major transfer equipment without OT assessment, space checks and training.

Named example: Etac Molift Transfer Pro—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

SPECIALIST ASSESSMENT · Powered bed, riser chair and wash-dry toilet

Powered positioning and personal-care equipment can support transfers, pressure relief and privacy.

Start safely: Ask the community OT or social care team about assessment and equipment provision.

Named example: Closomat Palma Vita wash-and-dry toilet—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

EMERGING TECHNOLOGY · Telecare and home sensors

Personal alarms and optional sensors can support check-ins or flag unusual activity. Consent, privacy and false alarms matter.

Start safely: Ask the local authority about technology-enabled care or compare private response services.

Named example: Tunstall Lifeline Digital + connected sensors—official information

Search terms: smart home; lights; doors; voice control; transfers; hoist; bed; environmental control

14. Work, study and travel

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What could help me participate beyond the home?

A device becomes meaningful when it helps someone keep a job, complete a course, attend a meeting or travel with less risk and effort.

ESTABLISHED · Access to Work assessment

The UK scheme may fund specialist equipment, assistive software, travel support or workplace assistance related to disability.

Start safely: Apply through GOV.UK and involve the employer where required.

Named example: Access to Work—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

ESTABLISHED · Speech recognition and voice typing

Built-in or specialist dictation reduces keyboard demand and can support written communication.

Start safely: Trial in the actual software environment; check vocabulary, accuracy, editing effort and confidentiality.

Named example: Windows Voice Access—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

SPECIALIST ASSESSMENT · Ergonomic and alternative computer access

Trackballs, compact keyboards, keyguards, switches, head tracking and eye control can reduce hand demands.

Start safely: Request a workplace or OT assessment before purchasing a complete setup.

Named example: Quha Zono 2 head mouse and switches—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

ESTABLISHED · Live captions and meeting transcripts

Video platforms and phones can display speech as text; some services can save a searchable transcript.

Start safely: Enable captions by default and check who can start, view, download or retain a transcript.

Named example: Microsoft Teams live captions—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

ESTABLISHED · Accessible journey planning

Named tools can plan step-free travel, request rail assistance or show detailed venue access information.

Start safely: Verify essential lifts and assistance with the operator because live accessibility data can be incomplete.

Named example: Passenger Assistance app—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

ESTABLISHED · Portable charging and equipment backup

Battery packs, spare cables and a written fallback plan reduce the consequences of device failure away from home.

Start safely: Consumer power banks may suit phones or tablets. For medical equipment, use only approved charging; check airline limits.

Named example: Anker Prime power-bank range—official information

Search terms: work; study; travel; commuting; dictation; computer access; workplace adjustments; step-free

Assessment, trials and funding

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NHS and clinical services

Start with an MS nurse, GP, neurologist, physiotherapist or occupational therapist. Ask for the relevant orthotics, FES, wheelchair, seating, continence, audiology, low-vision, AAC or neurorehabilitation pathway.

Work and education

Access to Work may fund workplace assessment, software, equipment, travel support and training in the UK. Employers and education providers also have reasonable-adjustment duties.

Local authority and community support

Ask about social-care occupational therapy, Disabled Facilities Grants, telecare, equipment services and home adaptations.

Private purchase

Use an assessment and meaningful trial where possible. Check returns, warranty, repairs, training, privacy, subscriptions and performance in the real environment.

Research studies

Universities and rehabilitation centres may test emerging sensors, robotics and AI tools. Trial access is not the same as routine clinical availability.

Seven questions before a trial or purchase

Purpose: Which everyday task should become safer, easier or possible?

Evidence: Is the evidence for this exact use and people like me?

Fit and fatigue: Can I put it on, tolerate it and use it on a difficult day?

Real environment: Does it work on my stairs, surfaces, transport and home layout?

Support: Who trains me, reviews the fit, repairs it and helps if it fails?

Full cost: What are the purchase, subscription, consumable, maintenance and replacement costs?

Privacy: What personal or health data are collected, shared, stored or used to train AI?

MS-specific app directory

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This is a reviewed shortlist, not an app-store ranking. Availability, linked information and prices were checked on 24 August 2026; confirm the current official listing before downloading, paying or sharing health data.

Evidence key: E1 = clinical outcome or validated measurement; E2 = promising evaluation or regulated measurement with limited outcomes; E3 = organisation-backed tracking, information or community support; RESEARCH = trial access, not routine consumer access.

United States and global MS-specific tools

← Back to the function finder

E3 — ORGANISATION-BACKED · My MS Manager—official information

MSAA's symptom, treatment, mood and medical-information tracker can create charts and reports and share selected information with a care team. Useful for organising a clinical conversation; it is not a treatment or diagnostic app.

Market: United States · **Platform:** iOS and Android

Cost and access: Free of charge; no subscription listed by MSAA.

Search terms: MS symptoms; treatment tracker; mood; medical information; reports

E2 — RESEARCH / DECISION SUPPORT · Open MS BioScreen—official information

A UCSF-developed online tool for tracking MS-related information, viewing trends and preparing for decisions with a clinician. It is a discussion aid, not an automated diagnosis or treatment recommendation.

Market: USA; web access may be available internationally · **Platform:** Web

Cost and access: Free online access.

Search terms: MS tracking; trends; clinical discussion; brain health; UCSF

E2 — DIGITAL MEASUREMENT · BeCare MS Link—official information

Game-like activities estimate aspects of motor function, gait, balance, vision, speech, sensation, mood and cognition, then generate a report that can be shared with a clinician. Changes still need clinical interpretation.

Market: United States · **Platform:** Mobile app

Cost and access: Free; the official page states that neurological and cognitive assessments are provided at no cost.

Search terms: remote assessment; motor function; gait; balance; vision; cognition

E1 — VALIDATED MEASUREMENT · SymptomScreen—official information

A rapid patient-reported screen covering 11 MS symptom domains, designed to make symptom burden visible in care and research. Its evidence relates to measurement; it does not treat the symptoms it identifies.

Market: USA and international; multiple translations · **Platform:** Web questionnaire / clinical tool

Cost and access: Free access; not a subscription product.

Search terms: MS symptom screening; patient-reported outcomes; symptom burden

E3 — COMMUNITY · Bezzy MS—official information

A peer-support community for people living with MS, with discussion, connections and editorial content. Community experience can reduce isolation, but posts and ratings are not clinical evidence or medical advice.

Market: USA; English-language access may extend further · **Platform:** iOS and Android

Cost and access: Free; verify the current store listing and data practices.

Search terms: peer support; MS community; isolation; discussion

E3 — COMMUNITY · MyMSTeam—official information

A free MS community with groups, questions, lived-experience discussion and medically reviewed editorial resources. Information shared by members is visible to the community and should not replace professional advice.

Market: USA-based; members join internationally · **Platform:** Web and mobile access

Cost and access: Free membership; review privacy and sponsored-content labels.

Search terms: peer support; MS community; groups; lived experience

E3 — COMMUNITY / AI · BelongMS—official information

Combines peer community, personalised content, a digital medical binder, trial matching and an AI MS mentor. Treat AI answers as general information, verify important claims with the clinical team and avoid uploading records without reviewing privacy terms.

Market: Global · **Platform:** iOS, Android and web

Cost and access: Free; Google Play reports that the app contains ads. No subscription is stated on the official site.

Search terms: peer community; medical binder; clinical trials; AI MS information

United Kingdom and European MS-specific tools

← Back to the function finder

E2 — REGULATED MONITORING · icompanion—official information

Tracks mood, symptoms, treatments, fatigue, cognition and patient-reported disability; users can prepare for visits, link with a clinician and use the web platform for MRI viewing. It is a Class IIa MDR medical device, but regulation is not the same as proof of improved outcomes.

Market: UK, EU/EEA and USA; English, German, French, Dutch, Italian, Spanish and Czech listings · **Platform:** iOS, Android and web

Cost and access: Free, with no in-app purchases or advertising stated in the current App Store listing.

Search terms: symptom diary; fatigue; cognition; treatment; disability; MRI

E2 — RESEARCH-INFORMED SUPPORT · Orbi—official information

A 12-week self-guided, CBT-informed emotional-wellbeing programme for people living with long-term physical health conditions. It is relevant to life with MS but is not an MS-exclusive treatment, and it is intended to sit alongside medical and professional care.

Market: United Kingdom · **Platform:** iOS and Android

Cost and access: £29.99 one-time purchase on the official UK site; no subscription or hidden fees stated. Recheck before purchase.

Search terms: CBT; emotional wellbeing; worry; sleep; stress; healthcare conversations

RESEARCH — TRIAL ACCESS · **REFUEL-MS—official information**

A 16-week app-based fatigue intervention being tested in a UK randomised trial, combining exercise, balance techniques or CBT with trained professional support. First main-trial results are expected in 2027, so it should not be listed as established care yet.

Market: United Kingdom research study · **Platform:** Smartphone or tablet for invited participants

Cost and access: No consumer price; recruitment was initially invitation-only through the UK MS Register.

Search terms: MS fatigue; exercise; balance; CBT; research trial

E1 — PRESCRIBABLE DIGA · **levidex—official information**

A German-language, cognitive-behavioural digital self-help programme prescribed alongside MS care. It is a web application and a permanently listed German Digital Health Application (DiGA); eligibility and contraindications should be checked with the prescriber.

Market: Germany · **Platform:** Web application

Cost and access: No patient co-payment with a German statutory prescription. The official private-insurance form lists €247.81 for a 90-day licence; reimbursement and price can change.

Search terms: German; digital therapy; CBT; self-help; DiGA

E1 — PRESCRIBABLE DIGA · **elevida—official information**

A German-language online programme for MS-related fatigue, using cognitive-behavioural and self-management components across nine interactive dialogues. It is CE-marked and listed as a German DiGA, and should complement rather than replace usual care.

Market: Germany · **Platform:** Web application

Cost and access: Fully covered with an eligible German statutory prescription; private reimbursement should be checked. Official self-pay price: €743.75 for at least 90 days.

Search terms: MS fatigue; CBT; self-management; German; DiGA

E2 — REGULATED TRACKING · **Brisa—official information**

A German MS companion for tracking symptoms and activities, viewing trends, completing questionnaires and exporting reports to a treatment team. It is a Class IIa medical device; the app states that it is not for first diagnosis and does not replace treatment.

Market: Germany · **Platform:** iOS and Android

Cost and access: Currently free under the terms dated 1 April 2025; the provider reserves the right to introduce future charges.

Search terms: MS symptoms; activity tracker; questionnaires; reports; German

Function-specific apps and services

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These broader accessibility, communication, continence and travel tools may support function. Cost describes the model rather than a permanent price; charges, taxes, device bundles and regional licences can change.

VISION AND VISUAL INFORMATION · **Seeing AI—official information**

Reads text and describes documents, products, people and scenes through a phone camera.

Market: Global · **Cost model:** Free

Search terms: blind; low vision; read text; describe scenes; OCR

VISION AND VISUAL INFORMATION · Google Lookout—official information

Uses an Android phone camera to identify text, objects and parts of the environment.

Market: Global where supported · **Cost model:** Free

> **Search terms:** blind; low vision; read text; identify objects; OCR

VISION AND VISUAL INFORMATION · Be My Eyes—official information

Connects a blind or low-vision user to volunteers or visual-assistance services through live video.

Market: Global · **Cost model:** Free

> **Search terms:** blind; low vision; volunteer visual assistance; live video

INDOOR NAVIGATION · NaviLens—official information

Uses high-visibility codes that can be detected at distance to provide navigation and venue information.

Market: Global · **Cost model:** Free user app; venue deployment has separate costs

> **Search terms:** indoor navigation; accessible signs; venue information; wayfinding

HEARING · myPhonak—official information

Controls compatible Phonak hearing aids, listening programmes and selected noise-management features.

Market: Global by device/region · **Cost model:** Free app; compatible hearing aids required

> **Search terms:** hearing aid control; volume; listening programme; noise

HEARING AND CAPTIONS · Google Live Transcribe—official information

Creates real-time captions for speech and surrounding sounds on supported Android devices.

Market: Global where languages/features are supported · **Cost model:** Free Android accessibility feature

> **Search terms:** live captions; speech to text; hearing loss; conversation

AAC · TD Snap—official information

Provides symbol- and text-based augmentative and alternative communication across compatible devices.

Market: UK, USA and other supported markets · **Cost model:** Paid licence; price varies by platform and funding route

> **Search terms:** AAC; symbols; text to speech; communication

AAC · Grid for iPad—official information

Supports symbol communication, text communication and alternative access on iPad.

Market: UK and supported international markets · **Cost model:** Paid licence/subscription options; confirm current local price

> **Search terms:** AAC; symbols; text communication; alternative access

AAC · Proloquo2Go—official information

Provides symbol-based AAC for people who need an alternative to natural speech.

Market: Supported Apple App Store markets · **Cost model:** One-off app purchase; regional store price varies

> **Search terms:** AAC; symbol communication; text to speech

SPEECH CLARIFICATION · Voiceitt—official information

Uses speech recognition trained for non-standard speech and can help clarify selected speakers.

Market: Availability varies · **Cost model:** Subscription or organisation licence; request current pricing

Search terms: non-standard speech; speech recognition; speech clarification

MEMORY, PLANNING AND PACING · Tiimo—official information

Turns plans and routines into visual timelines, prompts and structured daily support.

Market: Global where stores support it · **Cost model:** Free tier plus optional paid subscription; current price varies

Search terms: brain fog; routines; visual schedule; reminders; pacing

MEMORY AND PLANNING · Microsoft To Do—official information

Creates shared lists, reminders and repeatable routines across devices.

Market: Global · **Cost model:** Free with a Microsoft account

Search terms: tasks; reminders; shared lists; planning

BLADDER SUPPORT · CONfidence—official information

Offers UK bladder and bowel information, trackers and preparation for clinical conversations.

Market: United Kingdom · **Cost model:** Free

Search terms: bladder diary; bowel diary; continence; symptoms

PELVIC-FLOOR EXERCISE SUPPORT · Squeezy—official information

Supports pelvic-floor exercise programmes prescribed or recommended by a clinician.

Market: UK and selected markets · **Cost model:** One-off app purchase; current store price varies

Search terms: pelvic floor; exercises; reminders; bladder

PUBLIC TOILETS · Toilet Map—official information

Searches the UK National Public Toilet Map for nearby facilities and available features.

Market: United Kingdom · **Cost model:** Free

Search terms: public toilet; toilet finder; accessible toilet; UK

LARGER ACCESSIBLE TOILETS · Changing Places—official information

Finds larger accessible toilets with equipment such as a hoist and adult-sized changing bench.

Market: United Kingdom · **Cost model:** Free web directory

Search terms: accessible toilet; hoist; changing bench; disabled toilet

DETAILED VENUE ACCESS · AccessAble—official information

Provides detailed, professionally surveyed access information for venues and services.

Market: UK with selected international guides · **Cost model:** Free

Search terms: venue access; accessibility; toilets; parking

RAIL ASSISTANCE · Passenger Assistance—official information

Requests assistance for rail journeys in Great Britain and records accessibility needs.

Market: Great Britain · **Cost model:** Free

Search terms: rail travel; train assistance; wheelchair; station

LONDON STEP-FREE TRAVEL · **TfL Go—official information**

Plans London journeys with live information and step-free route options.

Market: London, United Kingdom · **Cost model:** Free

Search terms: London travel; step-free; Tube; bus; accessibility

Evidence, limitations and image credits

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How this concise edition was assembled

The edition retains all 74 technology entries across 14 functional domains, 13 reviewed MS-specific apps and 19 function-specific apps. It shortens the presentation, not the coverage: each entry still identifies maturity, a safe starting route, a named example and searchable terms.

Technology changes quickly. Verify product status, regional availability, evidence, external links, privacy terms and prices before acting. All 96 external destinations were audited on 24 August 2026; the obsolete MS Society Orbi link was replaced with Orbi's current official site. Suggested next review: February 2027.

Why the app list is curated

A 2023 systematic review found only 13 randomised controlled trials of mobile-health interventions in MS, many of them pilots. A 2024 usability review also found frequent reliance on independent, non-validated questionnaires. Star ratings and download counts are therefore not treated as clinical evidence.

Read the 2023 systematic review of mobile-health interventions in MS

Read the 2024 scoping review of MS app usability

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Matched formats

The BeeWellWithMS catalogue is supplied as an editable 11-point concise standard-vision edition and an editable 16-point reduced-vision large-print edition, each with a tagged PDF. Both retain searchable text, the same plain-language symptom index, internal navigation and safety principles.