

QUICK START GUIDE

FOR FACILITATORS

1. Download the Ake App from the iOS or Google Play app store

Search for 'ake app' on your device's native app store and download the app.

2. Log into the app using credentials for a Coach account

Launch the Ake app on your smartphone and log in with the email and password associated with your Coach account. Confirm that no one else is currently using this account!

We suggest updating your account's name, email, and password by accessing it through the Ake website at akeapp.com.

3. Take note of the Users assigned to your Coach account

Each Coach account has several User accounts listed in your organisation's file. Coaches can view user activity and communicate via push notifications and discussions. Copy these Users and their login details for later distribution to participants.

4. Explore the app and become familiar with the features

The Ake home page has an interactive compass with four emotional sections. Users can select their feelings to receive content recommendations. All content is accessible via the side menu. Coaches can initiate discussions, monitor user activity in 'Client Activity,' and send immediate push notifications to selected users.

5. Give your participants each a login during the next session

Request your participants to install the Ake App on their smartphones and log in using the credentials provided for the User accounts tied to your Coach account. Ensure that each participant has a unique login. Participants can update their email, name, and password by visiting akeapp.com.

6. Demonstrate how to use Ake

Ake contains valuable resources aimed at enhancing your participants' experience in the program and promoting family well-being and safety. Encourage them to explore Ake outside of sessions and watch a piece of content recommended by the app.

7. Moving forward

Incorporate Ake into the program workflow by referencing topics, resources, and mid-week discussions within the app. Utilize the 'Client Activity' page to assess engagement with content and track emerging trends. Foster help-seeking behaviors and facilitate discussions among group participants both during and outside of sessions.

Helpful Resources

Ake website:

akeapp.com

Wiki and Support:

docs.akeapp.com

iOS app:

<https://apps.apple.com/nz/app/ake-app/id6471437626>

Google Play app:

<https://play.google.com>