

DUKE DEMENTIA FAMILY SUPPORT PROGRAM

Caregiver Connections

An Educational Webinar Series With The Experts

**The presentation will begin shortly.
Thank you for your patience!**

dukefamilysupport.org

919-660-7510



Graying With Grace

Tech Tips for Dementia Caregivers

A Review of Technology for People Living With Dementia...
and the People Who Care for Them!



Introduction

- More than 20 years experience in the Home Medical Equipment Industry
- Certified Senior Advisor (CSA)®
- RESNA-certified Assistive Technology Professional
- Certified Rehab Technology Specialist
- Founder & Editor GrayingWithGrace.com
- Father of 4 daughters, 3 grandkids.
- Dog dad to Bella, my 10 year old Border Collie mix

What is “Technology”?

According to Merriam-Webster:

- a. the practical application of knowledge especially in a particular area.
- b. a *capability* given by the practical application of knowledge

Examples of Technology

Telephones

Tape

Tablets

Sticky Notes

Computers

Signs

Apps for Devices

Calendars

Medical Equipment

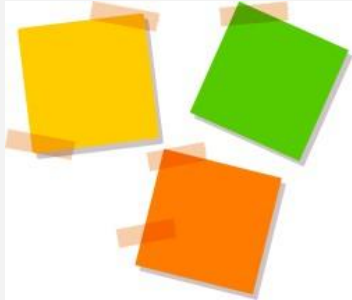
Outlet covers

Various Electronic Devices

Caregivers?

“Low-Tech” vs. “High-Tech”

- Each type has pros and cons
- Depending on stage of dementia
- No solution is right for every situation
- Internet-access and Home WiFi can be a limiting factor
- Can interfere if technology is “too much”
- Amount of tech vs. needs



Source: herohealth.com

Medication Management

Low-Tech:

- Sticky-Notes
- Reminder Calls
- Daily Calendar Checklist
- Caregivers
- Simple Pill Box

High-Tech:

- Alexa Reminders
- Pill Box With Alarms
- Pill Box With Apps
- Phone and Tablet Apps
- Automatic Pill Dispensers
- Hero Health Dispenser

Examples:

- Sagely Smart Active Weekly Pill Organizer
- MedCenter Monthly Medication Organizer With Reminder
- MedReady 1700 Medication Pill Dispenser
- Hero Automatic Pill Dispenser





Kitchen Safety

Low-Tech:

- Unplug and/or remove
- Child locks and latches
- Unbreakable dishes & utensils
- Tall kitchen chair or stool
- Manual “egg” timers
- Electronic timers
- Stove Locks
- Induction burners
- Fire extinguisher/ Fire avert

High-Tech:

- Simple appliances like toaster ovens
- Electric cookers
- June Life Oven
- Smart detectors
- Smart outlets
- Automatic extinguishers
- Smart microwave ovens

Examples:

- FireAvert System
- SmartPlugs
- KnobStopper
- Super Pot
- June Life Oven





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Bathroom Safety

Low-Tech:

- Contrasted surfaces
- Night lights/motion lights
- Non-slip rugs and mats
- Handrails and medical equipment
- Shelves in shower
- Handheld shower heads
- Tall seats or stools
- Signs
- Outlet covers

High-Tech:

- Motion-sensor light switches
 - Temperature-limiting faucets
 - Smart faucets
 - Bath lifts
-

Examples:

- Yodel Temperature Controlled Faucet
- Drive BellaVita Bath Lift
- GE Motion-Sensing Switches & Lights





Fall Prevention & Detection

Low-Tech:

- Declutter
- Footwear
- Visual contrast
- Safety gates
- Night lights
- Motion lights
- Glowing switches

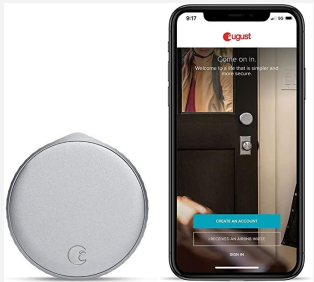
High-Tech:

- Fall prevention mattress
- Motion sensors
- Call buttons
- Pads and alarms
- Fall alert watches
- Medical Alert Systems
- Smart Speakers

Examples:

- Skil Care Bed Bolsters
- Smart Caregiver Bed and Chair Alarm Pads
- Caregiver Call Buttons and Alarms
- Lively Wearable 2
- Monitoring Products





Wandering Prevention

Low-Tech:

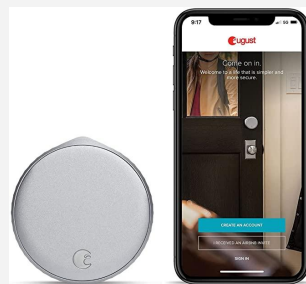
- Hide keys
- Child-proof knobs
- Child locks
- Safety gates and barriers
- “Do Not Enter” signs
- Camouflaging doors
- Door wedges

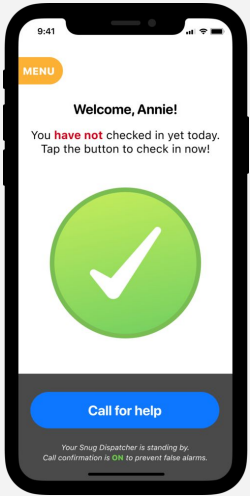
High-Tech:

- Door guardian
- Door alarms
- Motion sensors
- Pads and alarms
- Smart locks

Examples:

- Alerta Patch and Wandering Alarm
- SMPL Alert System and Wandering Alarm
- August WiFi Smart Lock
- AlzStore Door Murals
- AlzStore Signs & Barriers





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Remote Monitoring & GPS Tracking

Low-Tech:

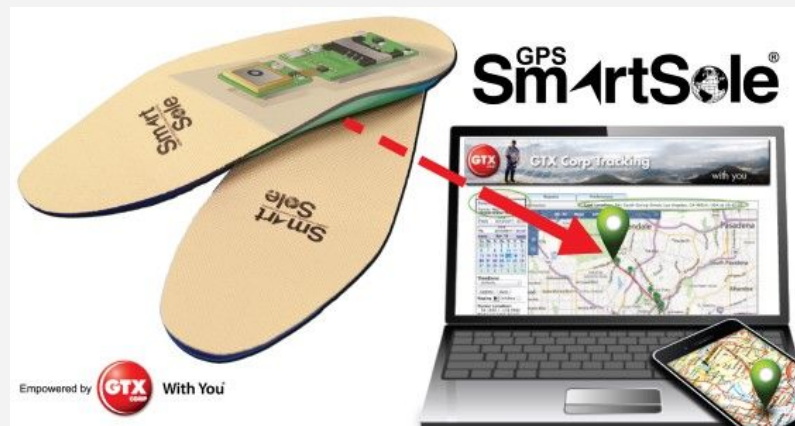
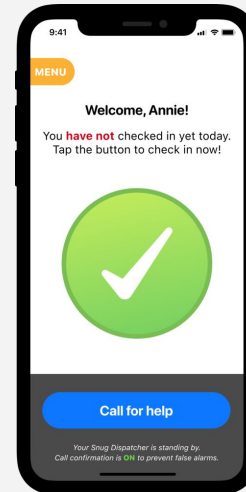
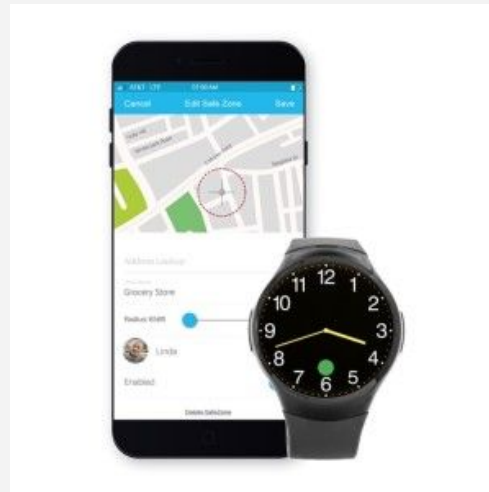
- Daily Check in app

High-Tech:

- Medical alert systems
- GPS tracking watches
- Vehicle trackers
- “Discreet” trackers
- In home camera systems

Examples:

- TheoraCare Tracking Watch
- Snug Safety Check-In App
- Invisawear Jewelry
- Smart Soles
- Vyncs Vehicle Tracker
- Ring Indoor camera



Phones and Communication



Low-Tech:

- Phone lists
- Large button phones
- Emergency buttons
- Photo dial buttons
- Corded phones
- Cordless handset pagers
- Flashing ringers

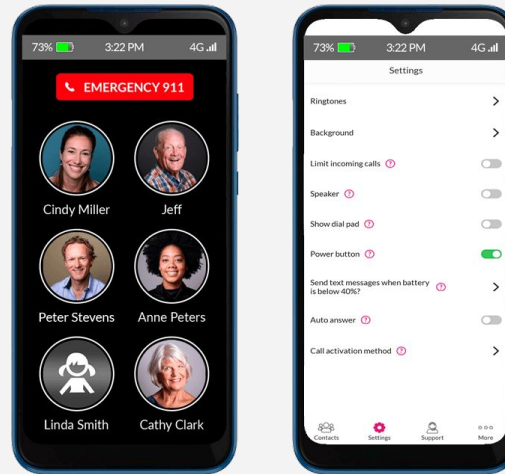
High-Tech:

- Jitterbug
- RAZ Mobility
- Samsung Phones on Easy Mode
- Video Chat Apps and Devices



Examples:

- RAZ Memory Cell Phone
- SMPL Photo Phone
- Samsung Easy Mode
- ViewClix Smart Frame



Computers and Tablets

Examples:

- Wow Computer
- Birdsong Life Tablet
- GrandPad



Entertainment and Daily Living Aids



Low-tech:

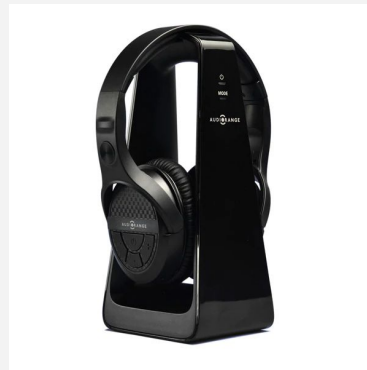
- Basic remote controls
- TV Speakers
- “One-button” radios
- Lightweight vacuums
- Touch lamps
- Simple alarm clocks
- Electronic calendars
- Voice recorders

High-tech:

- Smart Doorbells
- Audiobook players
- TV headphones
- PSAPs
- Bluetooth-enabled hearing aids
- Smart thermostats

Examples:

- Electronic Calendars
- MaxiPro Listening System
- Rosie Reminder System
- Audio Range TV Headphones
- Sensi Smart Thermostat
- SMPL One Button Radio



Wrapping Up

- Consider “low tech” as well as “high tech” options
- Adapt the technology to the user not the other way around
- Look for a solution that fits in the current routine
- Discuss it with the person first
- Consider the ethical concerns of “invasive” technologies

Questions?

For More Information:

GrayingWithGrace.com/dementia-caregiver-resources/

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Thank you for joining us today!

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