Caregiver Connections
An Educational Webinar Series With The Experts

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

dukefamilysupport.org
919-660-7510
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

https://www.merriam-webster.com/dictionary/technology
## Examples of Technology

<table>
<thead>
<tr>
<th>Telephones</th>
<th>Tape</th>
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<tbody>
<tr>
<td>Tablets</td>
<td>Sticky Notes</td>
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<tr>
<td>Computers</td>
<td>Signs</td>
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<td>Apps for Devices</td>
<td>Calendars</td>
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<tr>
<td>Medical Equipment</td>
<td>Outlet covers</td>
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<tr>
<td>Various Electronic Devices</td>
<td>Caregivers?</td>
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</table>
“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
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
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

<table>
<thead>
<tr>
<th>Low-Tech:</th>
<th>High-Tech:</th>
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<tbody>
<tr>
<td>● Hide keys</td>
<td>● Door guardian</td>
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<tr>
<td>● Child-proof knobs</td>
<td>● Door alarms</td>
</tr>
<tr>
<td>● Child locks</td>
<td>● Motion sensors</td>
</tr>
<tr>
<td>● Safety gates and barriers</td>
<td>● Pads and alarms</td>
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<tr>
<td>● “Do Not Enter” signs</td>
<td>● Smart locks</td>
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<tr>
<td>● Camouflaging doors</td>
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<tr>
<td>● Door wedges</td>
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</tbody>
</table>
Examples:

- Alerta Patch and Wandering Alarm
- SMPL Alert System and Wandering Alarm
- August WiFi Smart Lock
- AlzStore Door Murals
- AlzStore Signs & Barriers
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/
DUKE DEMENTIA FAMILY SUPPORT PROGRAM

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Thank you for joining us today!

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