



Technology Tools for Family Caregivers

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Determining Your Needs

- What are your major challenges or needs?
 - Direct care
 - Home and safety
 - Community
 - Caregiver support
- What would you want a product or service to do?
- Do you live with the person or are you caring from a distance?
- What level of cognitive impairment do they have?



Other Considerations

- Cost
 - What is the purchase price?
 - Is there a monthly fee?
 - Will this technology save you money? Peace of mind?
- Privacy
 - How much information will be shared?
 - Is the person needing care able to understand and consent?
 - Who will be receiving alerts or messages?
- Ease of Use
 - How comfortable are you with technology?
 - How difficult is it to install and maintain?
 - Do you have the underlying infrastructure needed?



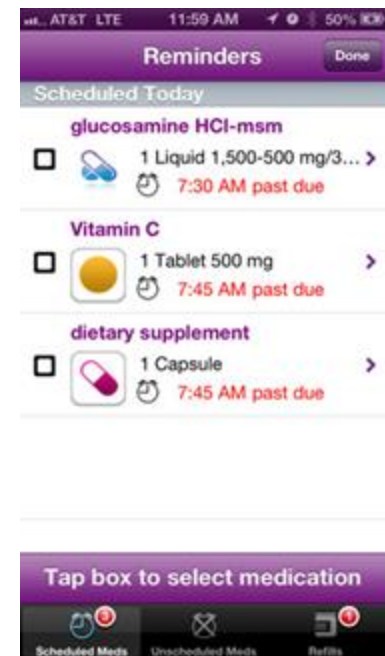
“Sometimes I think it would be nice to have had a child. You know, just for the tech support.”

Direct Care

- Medication management
 - Alarm reminds users when to take medications
 - Keep pill boxes locked until the appropriate time
 - Can send alerts to caregiver
 - Speak the prescription information out loud



Medminder



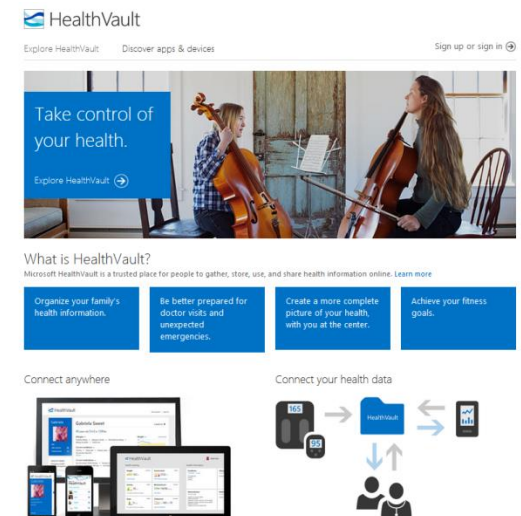
Medcoach

Direct Care

- Health care management
 - Monitoring vital signs
 - Online health information
 - Telehealth
 - Activity monitors
- Personal health records
 - Maintain health information
 - Communicate/ share records



Glucose Buddy



Health Vault

Direct Care

- Communication aids
 - Hearing tools
 - Hearing amplification
 - Visual alarms
 - Low vision tools
 - Magnification software
 - Text-to-speech tools
 - Speech enhancement tools
 - Voice amplifiers
 - Speech generating



Pocketalker



Silver Magnifier



TV Ears

Direct Care

- Entertainment
 - Reminiscing with photos
 - Music
 - Old movies/ TV shows
 - Digital Picture Frames
- Exercise
 - Online videos
 - Senior center classes online



Sing Fit

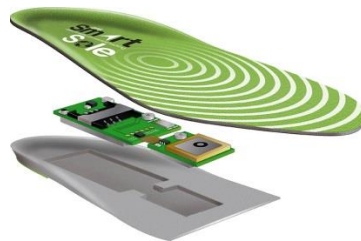
Direct Care

- Daily tasks
 - Home delivery for meals, medications, supplies
 - Transportation
 - Personal care tasks
- Finding in-home care
 - Attendant registries
- Finances
 - Pre-paid debit cards
 - Online bill paying



Home and Safety

- Fall detection
 - Personal emergency response systems (PERS)
 - Sensor pads and wheelchair alarms
- Wandering/Exit-seeking
 - Door alarms
 - GPS products
 - Phone apps
 - Mobile PERS



Smart Sole

CELLULAR CLASSIC

The Cellular Classic System offers traditional in-home medical alert monitoring without the requirement of having a landline.



Base Station



choose two: Wrist Button and/or Neck Pendant

Mobile Help

Home and Safety

- Home monitors
 - Webcams
 - Audio monitors
 - Motion detectors/lights
- Home sensor systems
 - “Smart homes”
 - Environmental and activity sensors

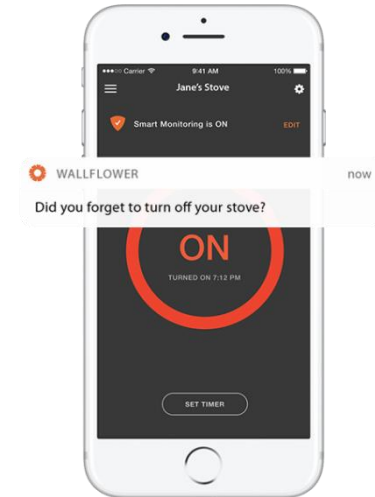


Presence Family Sensors



Home and Safety

- Cooking
 - Automatic stove shut-offs
 - Smart plugs with timers
 - Motion sensors
 - Knob covers



Wallflower Stove App

Community

- Care coordination
 - Information sharing
 - Shared calendars and tasks
 - Web-based sites and/or apps



Lotsa Helping Hands



Cozi

Community

- Video chatting
 - Stay in touch with distant family and friends
 - Visual check with care receiver
 - Web-based sites and/or apps
- Online communities
 - Support groups and forums
 - Social network groups
 - Connect with other caregivers
 - Keep up to date with information

Caregiver Support

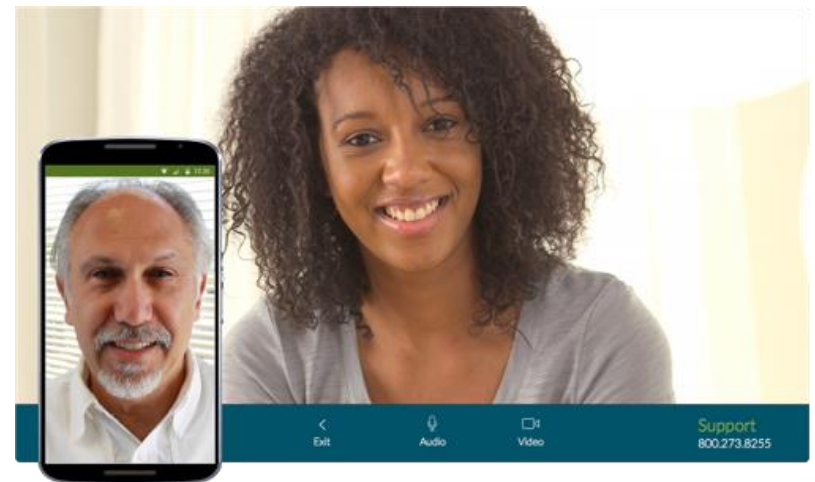
- Stress management
 - Meditation and deep breathing apps
 - Mood monitoring
 - Journaling
- Physical health
 - Exercise and nutrition apps
 - Sleep apps



Breathe 2 Relax

Caregiver Support

- Telehealth counseling
 - Online or phone based
 - HIPPA compliant/ privacy concerns
 - State-by-state licenses
 - USC Telehealth



Breakthrough – MD Live

Choosing a Technology

- Lending libraries
 - Try before you buy
 - Senior centers
 - Independent living resource centers
 - AT Exchange www.exchange.abilitytools.org

Basic Voice Recorder by Olympus DP-201 - 111134

Available for Loan Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Basic Olympus Voice Recorder Note Corder DP-201 has the ability to record 98 hours of High Quality Audio or 202 Hours of Low Quality Audio.



Big Track "Trackball" with switch - 128776

Out: Due Back 04/06/2016 Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Bigtrack is a large trackball mouse. This particular model is switch access ready.



BigKeys Keyboard - 54966

Available for Loan Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

BigKeys KB Qwerty keyboard black/white/colored



Califone Voice Saver PA-282 Voice Amplification Device - 109085

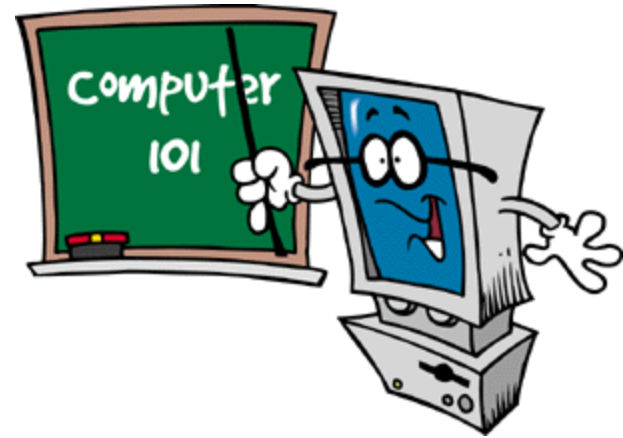
Available for Loan Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

The Califone Voice Saver PA-282 is a Personal Amplification Device (PA) to be used by anyone that wants to project their voice. The Device comes with rechargeable batteries/ Charger and Headset Microphone.



Where to Get Help

- Local senior center classes
- Public library
- Lifelong learning centers
- Technology classes
 - Senior Planet from AARP - <https://seniorplanet.org/>
 - CDA Digital Resources - https://aging.ca.gov/Programs_and_Services/Digital_Inclusion/Digital_Literacy_Resources/



About Us

Family Caregiver Alliance offers education, services, research, and advocacy based on the real needs of family and informal caregivers. Founded in the late 1970s, FCA is the first community-based nonprofit organization in the United States to address the needs of families and friends providing long-term care for loved ones at home.

National Center on Caregiving (NCC) was established by FCA to advance the development of high-quality, cost effective programs and policies for caregivers in every state.

NCC sponsors the Family Care Navigator, a state-by-state resource locator designed to help caregivers find support services in their communities.

Bay Area Caregiver Resource Center — operated by FCA for the six-county San Francisco Bay Area — provides support to family caregivers. FCA's staff of family consultants, through education programs and direct support, offer effective tools to manage the complex and demanding tasks of caregiving.

FCA CareNav is a secure online solution for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

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