



FAMILY CAREGIVER ALLIANCE®

A Sample of Current Tech Tools for Caregivers

May 2012

Tool Name &/or Provider	Online Location (URL), &/or Platform Designed For	Description	Cost & Comments	Tech Skill Level
Coordinating Care				
Lotsa Helping Hands	http://caregiver.lotsahelpinghands.com/eldercare/home/	Online social network for coordinating care	No Cost How-To video tutorials	Easy/Moderate
Tyze	http://www.tyze.com/	Online social network for coordinating care	Fee. No cost trial. May be available at no charge from some SF senior service orgs.	Moderate
Carerunner	http://www.carerunner.com/	Online social network for managing care	No Cost Provide recommended medical supply sources	Easy/Moderate
Managing Appointments & Tasks				
Google Calendar To your calendar:	(About Google Calendar:) http://support.google.com/calendar/bin/answer.py?hl=en&answer=2465776 iPhone, Android, & Blackberry	Share schedules, customize reminders, track rsvp's	No cost	Easy
Cozi	http://www.cozi.com/iphoneapp.htm iPhone, iPad	Multiple users can maintain a single calendar and to-do list	No cost	Moderate
Medication Management				
Pillbox	http://pillbox.nlm.nih.gov/	Rapid identification of pills. Links to drug information and drug labels.	No cost	Easy
Med Minder	https://play.google.com/store/apps/details?id=com.garland.medminderfree&hl=en Android	Reminders and remote monitoring	No cost	Easy
RxMind Me	iPhone	Comprehensive prescription	No cost	Moderate

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		reminder	Password protected Access to FDA database	
Pain Care	http://itunes.apple.com/us/app/pain-care/id347787779?mt=8 iPhone, Android, & Blackberry	Comprehensive, visual pain scale ideal for those who have difficulty	No Cost Doctors find useful, says reviewer	Easy/Moderate
Health Record Tracking				
Health Vault	http://www.microsoft.com/en-us/healthvault/	Organize, store and share records		
WebMD Health Manager	http://www.webmd.com/health-manager	Organize, store and share records. Health issue monitoring.		
Social & Emotional Support				
Family Caregiver Alliance - Groups	http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=347	Online peer support groups for Caregiver, LGBT Caregiver, Link2Care and Huntington's disease	No cost	Easy
Alzheimer's Association - Alzconnected	https://www.alzconnected.org/	Online peer support	No cost	Easy
Take a Break - Guided Meditations for Stress Relief (by Meditation Oasis)	http://www.meditationoasis.com/smartphone-apps/iphone-application-support/ (iPhone/iPad app)	Guided meditations with options for music or nature sounds.	Free	Easy
Strength for Caring - CareConnector	http://strengthforcaring.com/careconnector/index.html	Includes health record, prescription history, journal and links to caregiver message boards.	Free	Easy-Moderate
PTSD Coach	http://www.ptsd.va.gov/public/pages/ptsdcoach.asp iPhone	Research-based PTSD management tool	No Cost Highly rated	Easy
Information & Education				
Family Caregiver	http://www.caregiver.org/caregiver/j		No cost	Easy

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Alliance	sp/home.jsp			
Alzheimer's Association	http://www.alz.org/		No cost	Easy
VA Caregiver Support	http://www.caregiver.va.gov/	Resources for Caregivers of US Veterans	No cost	Easy
Morningstar Ministries	http://www.mmlearn.org/index.php	Provides caregivers with online training and education (videos), that improve the quality of care received by older adults.	No cost	Easy
Next avenue	http://www.nextavenue.org/ ... 'where grown-ups keep growing'	Provides content for those in the 50+ "Adult Part2" stage of life that helps them navigate the physical, health, work, and financial shifts that accompany this stage in life.	No cost	Easy
Safety				
Tell My Geo	http://www.tellmygeo.com/ Android	GPS locator between two phones	Fee Requires two Android phones	Moderate/Skilled
Google Chat	http://www.google.com/talk/	Two-way audio & video	Free	Easy/Moderate
Skype	http://www.skype.com/intl/en-us/home	Two-way audio & video	Free and fee versions	Easy/Moderate
Exercise & Nutrition				
My Fitness Pal	http://www.myfitnesspal.com/mobile iPhone			
Pedometer	http://itunes.apple.com/us/app/pedometer-free/id362306160?mt=8 iPhone, Android, & Blackberry			
Quitter	http://itunes.apple.com/us/app/quitter/id284944935?mt=8 iPhone & iPod Touch	Tracker and motivator for quitting bad habits	No Cost	Easy
Fit 4 Rhythm	http://itunes.apple.com/us/app/fit-for-rhythm-	A wellness app with one-minute exercises for the caregiver on-	No Cost Looser fitting clothes	Easy

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	unlocked/id399373518?mt=8 Android & iPhone	the-go	necessary	
AllRecipe Dinner Spinner	http://allrecipes.com/features/applications/dinner-spinner/ iPhone, Android, & Blackberry			
Joy Bauer Food Cures	http://www.joybauer.com/iphone-app.aspx iPhone	Health and nutrition app relating food to common chronic illnesses	No Cost Daily Food	Easy
Specialfork	http://about.specialfork.com/ iPhone, Android, & Blackberry	Mobile web recipe site for quick & easy meals	No Cost Includes videos & blogs	Easy
Entertainment & Brain Games				
Scrabble	http://itunes.apple.com/us/app/scrabble-free/id408492483?mt=8	Digital version of the classic word game		Easy
AARP Free Brain Games	http://www.aarp.org/health/brain-health/brain_games/	Memory, problem-solving and language skill games	No cost	Easy