



Technology Tools for Family Caregivers

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www.caregiver.org



Determining Your Needs

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





Cost

- What is the purchase price?
- Is there a monthly fee?
- Will this technology save you money?





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?
- Who can you call for assistance?
- 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.”



Choosing a Technology

- Finding what's available:
 - Internet search
 - Other caregivers, aging-services providers and websites
- Does the company seem reputable?
- Will it meet my caregiving needs?
 - What are the limitations and abilities of person using it?
 - What purpose do I want it to fulfill?



Choosing a Technology

- “Lending Libraries”
 - Try before you buy
 - Senior Centers
 - Independent Living Resource Centers
 - AT Exchange:

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

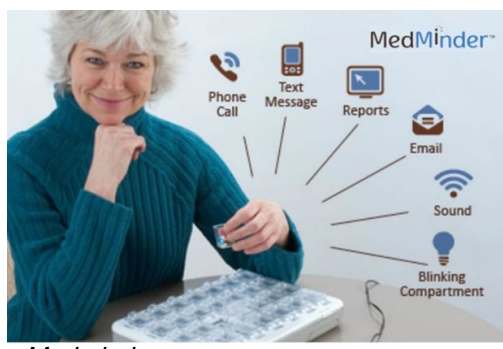
Available for Loan Central Coast Center for Independent Living Monterey, San Benito and Santa Cruz Counties Salinas, CA

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.

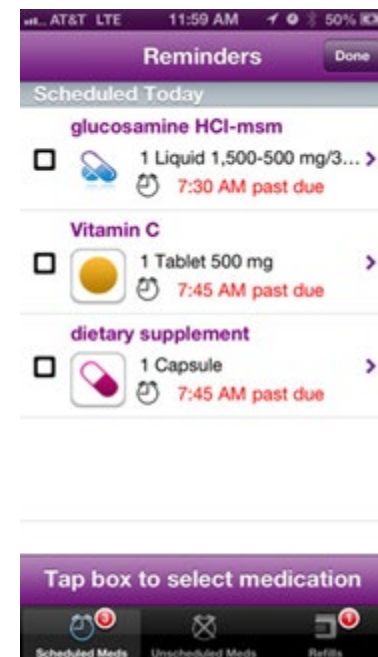


Direct Care

- **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

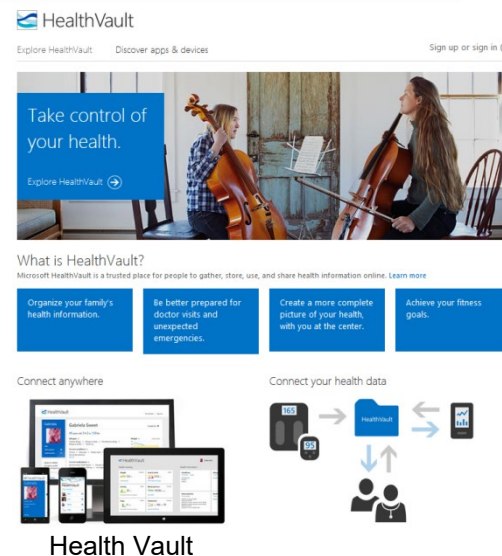


Direct Care

- **Health Care Management**
 - Monitoring vitals signs
 - Online health information
 - Telehealth
 - Activity monitors
- **Personal Health Records**
 - Maintain health information
 - Communicate/share records



Glucose Buddy



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

Direct Care

- **Entertainment**

- Reminiscing with photos
- Music
- Old movies/TV shows



Grey Matters

- **Exercise**

- Online videos
- Senior center classes online





Direct Care

- **Daily Tasks**

- Home delivery for meals, medications, supplies
- Transportation
- Personal care tasks

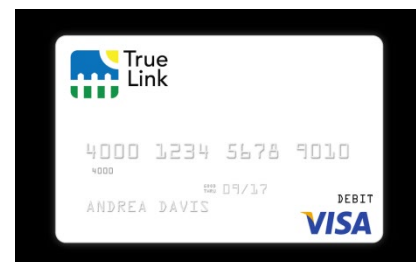


- **Finding In-Home Care**

- Attendant registries

- **Finances**

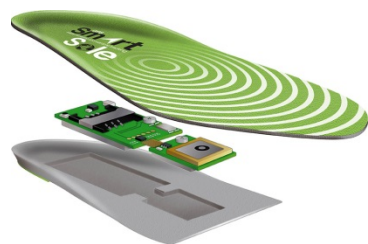
- Pre-paid debit cards
- Online bill paying





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

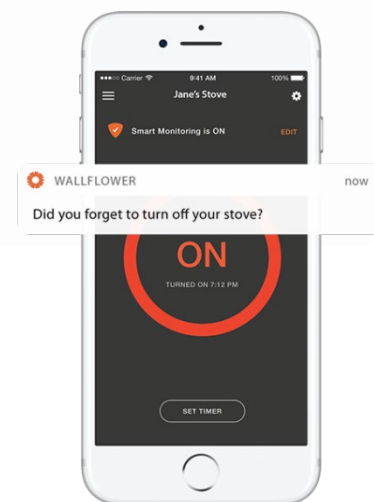




Home and Safety

- **Cooking**

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





Community

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



Cozi



Lotsa Helping Hands



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

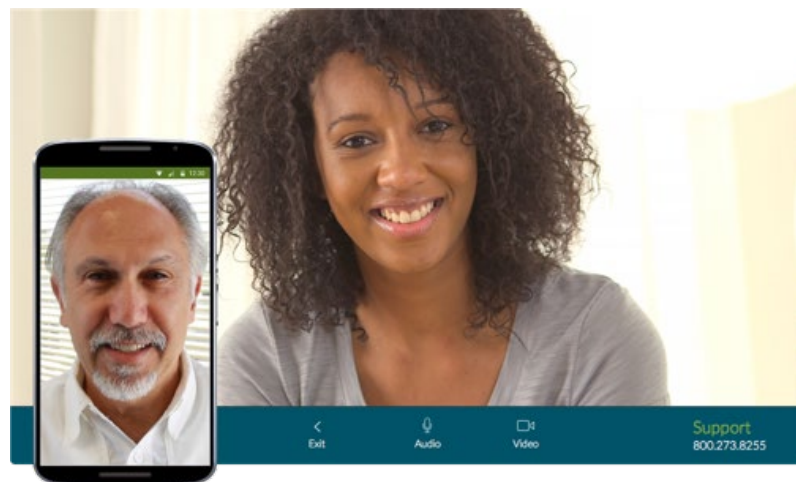


Breathe 2 Relax



Caregiver Support

- **Telehealth Counseling**
 - Online or phone based
 - HIPPA compliant/Privacy concerns
 - State by state licenses
 - USC Telehealth

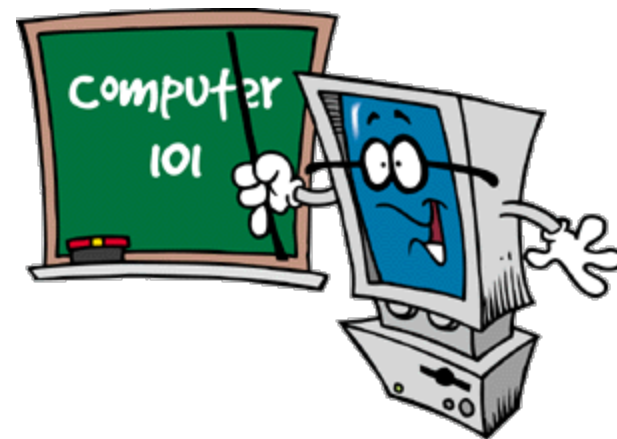


Breakthrough – MD Live



Where to Get Help

- Local senior center classes
- Public library
- Lifelong learning centers





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For 40 years Family Caregiver Alliance (FCA) has supported and sustained the important work of families and friends nationwide who care for adult loved ones with chronic, disabling health conditions.

- ▶ [Subscribe to FCA newsletters](#)
- ▶ [Online support groups for caregivers](#)
- ▶ [Share your caregiver story](#)
- ▶ [WE CALL IT caregiving](#)
- ▶ [Visit FCA's 40th Anniversary page](#)

FCA CareJourney
video and join/
login access

Best practice
caregiving | Guiding organizations
to dementia programs
for family caregivers

Best Practices for Professionals

An easy-to-use, data-rich resource that offers providers detailed information on more than 40 proven dementia care giving programs located across the U.S.:

- ▶ [Compare programs by feature](#)
- ▶ [Select programs that best match your client](#)
- ▶ [Learn from key research studies & real-world experiences](#)

[Visit Now](#)

Online Learning Center



Welcome to FCA CareNav, a secure online service 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.

Learn more about CareNav
with this short interactive
video and demonstration.

[Play Video](#)

Ready to start your CareNav?



The FCA Learning Center is our new home for caregiver education! With resources from FCA's vast library of caregiving knowledge visit the Learning Center to read, watch, listen, and learn online from anywhere at anytime. [Drop in now!](#)

**FAMILY CARE
NAVIGATOR**
[Click on
Your State](#)



DASHBOARD

- FCA Resource Specialist
- Resources
- Messaging begins for those eligible

Nicole's Dashboard

Welcome back!

Based on your CARE REVIEW responses we have provided some suggested resources and support options in the "My Resources" box on the right.

An FCA Resource Specialist will be assigned to support you.

You can also reach an FCA Resource Specialist at the number under "My Support Team" if you need more immediate assistance.

Inbox

New Message

Search




My Support Team

Collapse

-  **Caregiver**
Nicole Caregiver
-  **Currently Caring For**
Dad Michael
-  **FCA Resource Specialist**
415.434.3388
800.445.8106

My Resources

Collapse

-  PLANNING FOR CARE
Legal Planning for Incapacity
-  SELF CARE
Emotional Side of Caregiving
-  DIRECT CARE
Caregiver's Guide to Understanding
Dementia Behaviors
-  GENERAL
About Family Caregiver Alliance (FCA)
-  RESOURCE LOCATOR
National Care Resources
-  SMART PATIENTS



FCA Learning Center™

[Learn](#)[Search](#)[About](#)

Read

Articles, fact sheets, and tips
online or printed



Watch

Webinars, videos, and slide
shows



Listen

Meditations and teleconferences



Attend an event

Upcoming events, in-person
classes, support groups,
webinars, and conferences



Take a class

Sign-up for and take online short
courses on important caregiving
topics

Welcome to the FCA Learning Center, an online learning community offering information, training, classes and more on your schedule. We have consolidated our information across print, audio and video to make it easier to find and use our educational resources.

Some caregivers find it difficult to attend an educational event so we brought the classroom to you by taking our most popular education programs and putting them online. The FCA Learning Center will be continually adding classes, training videos and materials. With your FCA Learning Center registration, we can notify you when new materials, classes and webinars are added.

Recommended Reading

PLANNING FOR CARE

**"How to Find Care
for LGBT Seniors": A
New PBS**

SELF CARE

**"Parenting" Your
Elderly Parents**

Marv, a 54-year-old

PLANNING FOR CARE

**10 Tips for Hiring
In-Home Help
Through an Agency**

SELF CARE

**A Caregiver's Bill of
Rights**

I have the right ... To



Family Caregiver Alliance is a public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through [education](#), [services](#), [research](#) and [advocacy](#).

Contact us:

Toll-free: (800) 445-8106

SF Office: (415) 434-3388

101 Montgomery Street, Suite 2150,

San Francisco, CA 94104

<http://www.caregiver.org>

Social Media Channels:

[Facebook](#)

[Twitter](#)

[YouTube](#)

[LinkedIn](#)

• **FCA established the [National Center on Caregiving \(NCC\)](#)**, to advance the development of high-quality, cost effective programs and policies for caregivers in every state in the country. The NCC sponsors the [Family Care Navigator](#), a state-by-state resource locator designed to help caregivers locate support services in their communities.

• **FCA also operates the [Bay Area Caregiver Resource Center](#)** in the six-county San Francisco Bay Area. The staff of family counselors works closely with families caring for ill or elderly loved ones. Our services, education programs and publications are developed to offer these families direct support, vital information, and effective tools to manage the complex and demanding tasks of caregiving.