

Technology Tools for Caregivers

Examples of Available Tools

Family Caregiver Alliance

The world of technology changes quickly and new tools and apps are created regularly. Below are some examples of tools that currently exist, but this is by no means an exhaustive list. Prices are listed where applicable and were accurate at the time this handout was updated. FCA doesn't endorse any specific product or service.

Direct Care

Medication Management

- Medminder - Automatic medication dispenser ; \$50/month and up depending on features; www.medminder.com (Product)
- Medisafe – Medication reminders; Free app for Android and iPhone; www.medisafeapp.com (App)
- ScripTalk – Audible prescription bottle system; may be free from pharmacy; www.envisionamerica.com/products/scriptability/ (Product)
- MedReady Inc – Automatic medication dispenser; \$150 and up for equipment, no monthly cost for non-monitored, \$16/mo for monitored; www.medreadyinc.net, (Product)
- PillPack – Medication delivery service that presorts meds; regular copays if they accept your insurance; www.pillpack.com, (Service)
- Reminder Rosie – Voice-controlled reminder system; \$80 and up; simpltec.com/reminder-rosie (Product)

Health Care Management

- Symple –Tracks symptoms and other health signs; Free for basic version; iPhone; www.sympleapp.com (App)
- Heal – Telehealth medical visits; accepts some insurance and Medicare plans or \$79; heal.com (App or Website)
- Doctor on Demand – Video conference with doctor, therapist, psychiatrist; some insurance and Medicare plans accepted or \$75 and up/visit; www.doctorondemand.com (App or Website)

Personal Health Records

- WebMD Health Manager – Online health record; www.webmd.com/phr
- Everplans – Online financial and legal planning document storage; \$75/year; www.everplans.com
- MyDirectives – Digital platform for advance care planning; free; website and iPhone app; www.mydirectives.com

Communication Aids

- TV Ears – Hearing amplification tool for tv; \$130 and up; available at electronic stores/online (Product)
- Pocketalker – Personal hearing amplification; \$140 and up; available at electronic stores/online (Product)
- Telephone amplifiers - \$20 and up from electronic stores (Product)
- The Bean Quiet Sound Amplifier – in ear sound booster; \$230 and up; www.etymotic.com (Product)
- California Telephone Access – Free specialized phones; www.californiaphones.org
- Verbally app – Speech-generating app; free for iPad; Premium version costs \$99 (App)

Entertainment

- Grey Matters – Free iPad app; upload pictures and create music playlists; \$5 monthly subscription; www.greymatterstous.com (App)
- SingFit – App designed for iPhone or iPad; sing along with or record songs; free to download app with limited songs but \$4.99/mo for full song library; www.singfit.com/ (App)
- Joy For All Companion Pet – Robotic cat or dog that purrs; \$65-130 joyforall.hasbro.com, (Product)
- Well Connected – Telephone or online senior activity program; free; www.covia.org/services/well-connected (Phone or Online)
- Miigen – Digital time capsules; free app for Phone or iPad; www.miigen.com/ , (App)

Daily Tasks

- Task Rabbit – App for iPhone and Android used to find and hire individuals to perform chores and tasks; cost varies by task; www.taskrabbit.com; (App and Service)
- Instacart – Website and app for iPhone and Android; order from local stores for delivery; costs based on prices of product, order size, and delivery time; www.instacart.com (App and Service)
- Shortcut – App for iPhone and Android; find a barber or hairstylist that will do home visits; limited locations; cost varies by cut but starts at \$40-50; www.getshortcut.co (App and Service)
- GoGo Grandparent – Phone based service to connect seniors to on-demand ride services; cost is price of ride plus \$0.27/minute for concierge; gogograndparent.com (Service)
- Liftware – Stabilizing utensils; \$195 for starter kit, \$35 for additional attachments; www.liftware.com (Product)
- Gillette Treo – Razor designed for assisted shaving; \$8 for a 4 pack; www.gillettetreo.com (Product)

Home Care

- CareLinx – Home care provider registry and service; cost varies depending on provider; 20% service fee covers payroll and tax processing as well as background checks; www.carelinx.com/ (App and Service)
- Care.Com – Home care provider registry and services; cost varies depending on provider plus monthly subscription fee; www.care.com (Service)

Home and Safety

Fall Detection

- Mobile Help – PERS; \$25/month and up, www.mobilehelp.com (Product)
- Sensor Pad Alarms – Fall detection/motion pads; some have remote alarms; \$120 and up; medical supply stores and websites (Product)
- Wheelchair Alarms – Fall detection; \$35 and up; medical supply store and websites (Product)
- Safe Wander – Small button sensor worn on patient sends alert when person gets up; \$200; requires app on phone also; www.safewander.com/ (Product)

Wandering/Exit Seeking

- Theora Care GPS Locator Watch - \$370 for watch, \$35/mo for monitoring; Alzheimer's Store (Product)
- GPS Smart Sole – Insole for shoes; \$300 per pair; \$30/month; www.gpssmartsole.com (Product)
- Life 360 – App for Android and iPhone; tracks other phones that are in your network; free for basic (App)
- iTraq – Tracking device with app for iOS or Android to track motion; geofencing; SOS button; \$130 upfront and \$8/mo; www.itraq.com/ (Product)
- Simpl Alerts – Door alarms and motion sensors with remote alarms; \$40 and up depending on features; simpltec.com/wander-alert (Product)

Home Monitors/Sensor Systems

- Motion Detector with Remote Alarm – \$60 and up; home improvement stores and www.alzstore.com (Product)
- Tru Sense – Home sensor system; includes Amazon Echo Dot; can add GPS devices also; \$299 and up for product; \$40/month; www.mytrusense.com (Product)
- Safe In Home – Home sensor system; \$80/month and up; www.safeinhome.com (Product with app)
- Ask My Buddy – Service that connects with Alexa or Google Home to call for help from contact list; free for 10 messages then \$3-6/month for more; must have Amazon Alexa or Google Home; www.askmybuddy.net/ (Service)
- Presence Family – Home sensory system; \$300 for system and \$100/month; presencefamily.com (Product)
- teleCalm – Prevents incoming calls unless from an approved list; replaces existing phone service; \$50/mo; www.telecalmprotects.com/ (Product and Service)

Stove Safety

- CookStop – Uses motion sensors to determine if someone has left the kitchen unattended for too long a time period and will then shut off the stove; electric stove only; \$389 and up; www.cookstop.com/
- Wallflower – Sounds alert behind the stove when it has been left on for longer than normal, also sends alert to phone; electric stove only; \$149; wallflower.com
- iGuard – Uses motion sensors to determine if someone has left the kitchen unattended and will shut off the stove; available for gas and electric but gas stove product has additional step to initiate use; \$595 for electric, \$695-725 for gas; iguardfire.com

Community

Care Coordination

- CareZone – Free site with app for Android and iPhone: carezone.com/home (Website and App)
- Lotsa Helping Hands – Free site with app available; www.lotsahelpinghands.com (Website and App)
- Cozi – Free site with app for Android and iPhone; www.cozi.com (Website and App)

Video Chatting

- Skype – Free; www.skype.com
- Google Hangout – Free; hangouts.google.com/
- Facetime – Free; iPhone, iPad or Mac; www.apple.com/mac/facetime/

- Amazon Echo Show – Allows video calls between 2 devices; Drop-In feature connects to another device linked in your account automatically; \$130 and up; www.amazon.com (Product)

Online Communities

- Alzheimer’s Association – Message boards; www.alzconnected.org/
- Family Caregiver Alliance – Online support groups via email; www.caregiver.org/support-groups
- Smart Patients – Online support group communities grouped by diagnosis and caregiving; www.smartpatients.com

Caregiver Support

Stress Management

- Breathe2Relax – Deep breathing app; free for Android and iPhone (App)
- Virtual Hope Box – Self-care tools and activities that can be personalized; on Android and iPhone (App)
- Sanvello – Meditation practice app; also features journaling and symptom tracking features; free to download and use but some features require subscription of \$9/month; on Android and iPhone; www.sanvello.com/ (App)
- UCLA Mindful Awareness Research Center – Free guided meditations; www.marc.ucla.edu (App and website)
- T2 Mood Tracker – Monitor and track moods; Free app for Android and iPhone (App)
- Penzu – Free private online journal with apps available for Android and iPhone; www.penzu.com
- Daily Caring – Website and newsletter with tips for caregivers; www.dailycaring.com

Physical Health

- My Fitness Pal – Track exercise and food; free app for Android and iPhone (App)
- Sleep Blue App (iPhone) and Twilight app (Android) – Adjusts level of blue light on your phone to help reset circadian rhythm; has white noise or sound features (App)

More Information

Where to Browse Products

- Tech Care - techcarehq.com/
- Alzheimer’s Store - www.alzstore.com
- Tech Enhanced Life - www.techenhancedlife.com

Where to Get More Help

- Check out your local library or senior center. Most offer classes or groups on using computers or technology.
- California Department of Aging – Resources to Bridge the Digital Divide; aging.ca.gov/covid19/Digital_Divide/