

REGION 9 AREA AGENCY ON AGING TECHNOLOGY AND CAREGIVING



“The advance of technology is based on making it fit in so that you don't really even notice it, so it's part of everyday life.”

Bill Gates - Co-founder of Microsoft



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This guide provides some samples of brands, information, and devices, it is not all-inclusive of options available. Region 9 Area Agency on Aging does not promote a specific brand or company.

Ask Yourself:

1. What would you want a product/service to do?
2. Does this simplify my care recipient's life? Is it helpful?
3. Does this simplify my life? Is it helpful?
4. Is it user-friendly or is there a lot of additional work needed for me to get the results I want?
5. Is it safe to rely on?
6. How difficult is it to install and maintain?
7. Is it expensive?
8. Is the cost to obtain it or maintain it worth it?
9. Does it come recommended by people I trust?
10. Who can you call for assistance?

Notes:

**APPROXIMATELY 120 MILLION OLDER
AMERICANS WILL NEED CARE AT HOME.**

OXFORD ACADEMIC



HELPS AROUND THE HOUSE



VACUUM



**FLOOR
CLEANER**



**WINDOW CLEANING
ROBOT**



**SMART
WASHER/DRYERS**



**ELECTRONIC
LITTER**



**AUTOMATIC TOILET
BOWL CLEANING
SYSTEM**



**AUTOMATIC
MICROWAVE CLEANER**



**AUTOMATIC
FEEDERS**

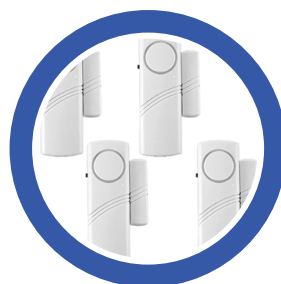
SECURITY/HOME



**SECURITY
CAMERAS
(LOREX, RING)**



**SMART
LOCKS
(YALE)**



**DOOR
ALARMS**



BLINDS



**SMART
LIGHT BULBS**



**SMART
THERMOSTAT**



**SMART
PLUG**



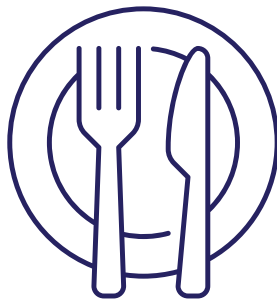
**GARAGE DOOR
OPENERS**

NUTRITION



ONLINE GROCERY SHOPPING AND DELIVERY

Shipt, DoorDash, Meijer Delivery, Uber Delivery and Pickup (Limited Availability)



MAILED PRE-MADE MEALS

Mom's Meals, HelloFresh, HomeChef, BlueApron, EveryPlate



FIND RECIPES

foodnetwork.com
allrecipes.com
onedishkitchen.com

DEMENTIA TOOLS



WANDERING ALARM



ANIMATED PETS



REMINDER ASSISTANT



SIMPLE REMOTE



TRACKING DEVICES



MUSIC

38% OF FAMILY CAREGIVERS DESCRIBE THEIR SITUATION AS "HIGHLY" STRESSFUL.
FAMILY CAREGIVER ALLIANCE



TECHNOLOGY CAN REDUCE THE NEED FOR DOCTOR VISITS



MEDICATION REMINDERS



TELEHEALTH VISITS



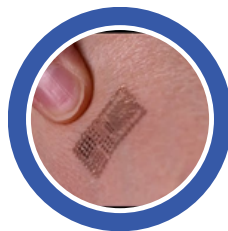
HEALTH TRACKING TOOL



FALL DETECTION



SMART PILL BOTTLES



ELECTRONIC TATTOOS



GLUCOSE MONITORING



EXERCISE VIDEO AND CLASSES



CELLPHONE



SLEEP APNEA DEVICES



PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS)



PATIENT PORTALS

PATIENT PORTALS IMPROVE:

- Make scheduling appointments faster and easier with automated reminders.
- Reduce documentation burden for caregivers by providing better communication through a remote-access web portal.
- Streamline physician referrals with standardized forms.
- Automated visit summaries sent to referring physicians.
- Reduce wait times.
- Communicate with physicians.
- Renew expired prescriptions.

"THE VAST MAJORITY OF HEALTH CARE IS ACTUALLY PROVIDED BY FAMILIES, NOT BY HEALTHCARE PROFESSIONALS."

FAMILY CAREGIVER ALLIANCE



AMAZON ALEXA TOGETHER



\$19.99/month (plus tax) after.

- Remote caregiving service to help family caregivers.
- Set reminders on a loved one's Echo, manage shopping lists, link music services, and more.
- Fall Detection Response.
- 24/7 Urgent Response team.
- Sample product.

HELPFUL TECHNOLOGY



**ONLINE
STORAGE**



**GPS
TECHNOLOGY**



**OLDER ADULT
SMARTPHONE**



**ONLINE
BANKING**



**HOME
MONITORING**



**CAREGIVING
COORDINATION
SYSTEMS**

**72% OF CAREGIVERS GATHER HEALTH
INFORMATION ONLINE.**

A PLACE FOR MOM



ASSISTIVE TECHNOLOGY

Assistive Technology (AT) is any item, product, system, or equipment that improves life for older adults or people with disabilities. Assistive technology can make a difference in family caregivers and seniors' lives by supporting their health, safety, and quality of life.



**MEMORY
PICTURE
PHONE**



**HEARING
AID**



**VIDEO
DOORBELL**



**VIBRATING
ALARM
CLOCKS**



**MOTION
DETECTING
LIGHTS**



**TV
EARS**



**DOOR
LOCK**



**DIAL-LESS
TELEPHONE**



**STAIR
LIFT**



**CHAIR
LIFTS**

ADAPTIVE TECHNOLOGY

Adaptive Equipment is a subcategory of Assistive technology, it refers to something specifically designed for people with disabilities.



**SPEECH
COMMAND**



**SCREEN
READER**



**TEXT TO SPEECH
SOFTWARE**



**SPEECH
RECOGNITION**

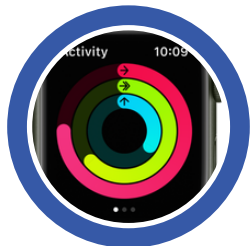


**ADAPTIVE
KEYBOARDS**

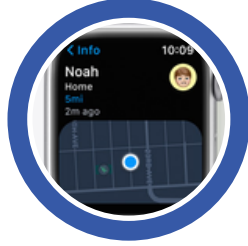


**SPEECH
TRANSLATOR**

HEALTH TRACKING TOOL (APPLE WATCH)



**ACTIVITY
TRACKING**



**LOCATION
SHARING**



**EMERGENCY
SOS**



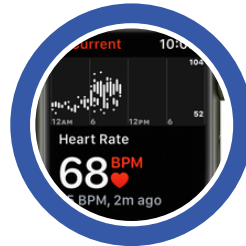
MEDICAL ID



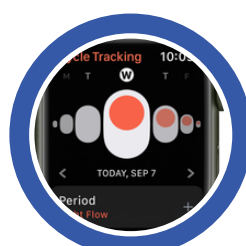
**FALL
DETECTION**



**PROTECT
HEARING**



**HIGH/LOW
HEART RATE
NOTIFICATIONS**



**CYCLE
TRACKING**



**ALARM/
REMINDERS**

Other options: FitBit, Samsung Galaxy Watch, Garmin, or Google Pixel Watch

PODCASTS



**DEMENTIA CARE
PARTNER TALK SHOW
WITH TEEPA SNOW**



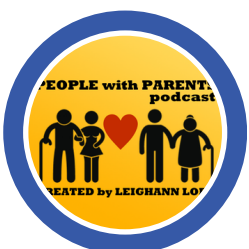
**DAVE, THE
CAREGIVER'S
CAREGIVER**



**ALZAUTHORS:
UNTANGLING
ALZHEIMER'S &
DEMENTIA**



**LET'S TALK
ABOUT
AGING**



**PEOPLE WITH
PARENTS**



**DAUGHTERHOOD
THE PODCAST**



**HAPPY HEALTHY
CAREGIVER**



CELLPHONE APPS

Free apps available for iPhone or Android, to help family caregivers.



CareZone

Helps caregivers easily access and store all medical information in one place.



Headspace

Is a self-care resource for caregivers to reduce stress and sleep soundly.



Alzheimer's Caregiver Buddy

Provides support and information about communication tips, challenging behaviors, and daily routines.



Medisafe

Easy-to-use medication reminder that also provides tips, refill reminders, progress reports and discounted prescription offers.



CaringBridge

Connects multiple caregivers through a single app, providing easy access to appointment dates, new changes in health, and other essential information.



Care.com

Helps family caregivers find paid caregivers based on their personal preferences.

TRUALTA

Trualta is a free online resource to help manage senior care at home. Trualta is packed with educational resources, planning tools, and tips to make you a better caregiver.



- A wide range of topics that are important to you.
- Five-minute educational video modules that can fit in your busy schedule.
- Easy to understand info about challenging care situations.
- Downloadable and printable tip sheets.
- Local event and support resources.

www.Region9AAA.trualta.com

WEBSITES

Here are some helpful websites for family caregivers.



Northeast Michigan Community Service Agency

www.nemcsa.org

Community Action Agency that services twelve counties. With programs such as food, housing, weatherization, and aging.



Family Caregiver Alliance

www.caregiver.org

FCA's purpose is to improve the quality of life for caregivers and the people who receive their care.



Region 9 Area Agency on Aging

www.nemcsa.org/services/senior-services/

Is a support network for family caregivers looking to connect when they need help.



Disability Network

www.dnmichigan.org

Empowers individuals through five core services: information and referral, peer support, nursing facility transitions, advocacy, and independent living skills.



Parkinson's Foundation

www.parkinson.org

Provides educational resources to Parkinson's disease patients and caregivers.



American Diabetes Association

www.diabetes.org

Educates the public about diabetes and to help those affected by it.



AARP Caregiving

www.aarp.org/caregiving

Contains articles, tools, and forums to assist caregivers



AgingCare

www.agingcare.com

Connects people to other caregivers, personalized information, and local resources.



Lotsa Helping Hands

www.lotsahelpinghands.com

Is a support network for family caregivers looking to connect when they need help.



Alzheimer's Association

www.alz.org

Offers information, education, support, practical advice, and tips.



Drug Watch

www.drugwatch.com

Drugwatch provides information on high-risk medical products and health issues, and helps people take legal action if they've been injured.



American Cancer Society

www.cancer.org

Everything you need to know about cancer, from the basics to detailed information on more than 70 different types of cancer.

<https://www>

WWW.NEMCSA.ORG



REGION 9 AAA VIRTUAL PROGRAMS



**CAREGIVER
NEWSLETTER**



TRUALTA



**POWERFUL TOOLS
FOR CAREGIVERS**



**HEALTHY LIVING
WEBINAR**



**CAREGIVER
RESOURCE CENTER**



**DEMENTIA
WEBINAR SERIES**



**CAREGIVER
WEBINAR SERIES**



SUPPORT GROUP



989.358.4616



WWW.NEMCSA.ORG



MAINVILLE@NEMCSA.ORG



**PREPARING FOR
THE DYING
PROCESS AS A
CAREGIVER**



**DEMENTIA:
CONQUERING THE
CHALLENGES OF
CAREGIVING**



**DEVELOPING
ASSERTIVENESS
SKILLS**



**CREATING
HEALTHY
BOUNDARIES**



**CONQUERING
NEGATIVE
THINKING**



**EXERCISES THAT
BOOST MENTAL
HEALTH**

GetSetUp is sponsored by the Michigan Health Endowment Fund. Many other workshops are available.



**TEEPA SNOW
POSITIVE
APPROACH TO
CAREGIVING**



**ALZHEIMER'S
SOCIETY**



**UCLA YOUTUBE
CAREGIVER
TRAINING
VIDEOS**



**SELF-
CARE**



**ACTION
ALZ**



**DEMENTIA
CAREBLAZERS**

RESOURCES



**REGION 9 AAA
CAREGIVER
RESOURCE CENTER**



**FAMILY
CAREGIVER
ALLIANCE
WEBINARS**



**MSU
EXTENSION**



**VIRTUAL
SUPPORT
GROUP**



**MICHIGAN
LEGAL HELP**

Michigan Legal Help has tools and information to help you understand and manage your legal problems.



**LEGAL SERVICES
OF NORTHERN
MICHIGAN**

Legal Services of Northern Michigan (LSNM) is a nonprofit law firm providing free, high quality, legal advice and representation for eligible clients in a broad range of areas including consumer cases, family matters, housing problems, government benefits, and much more.



CONTACT



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The NEMCSA Region 9 Area Agency on Aging (AAA) is pleased to provide you with this guidebook of helpful materials and publications directed toward family caregivers.