Technology for the 21st Century Caregiver

By:
Brandi Mason
Home Instead Senior Care
Objectives

1. Understand how to use technology to educate Caregivers and Healthcare Professionals
2. Learn how to use technology to have access to a variety of resources.
3. Discover how technology can help family caregivers become partners in care.
4. Identify websites, apps and devices that are instrumental in supporting day-to-day care.
5. Understand how remote monitoring works for long distance caregiving.
Until now, technology has only played a modest role in supporting Caregivers.

Can advances in technology play a more meaningful role?

In April 2014, a roundtable convened to explore these questions through the National Alliance for Caregiving.
Overview

3 areas got a lot of attention:

– An “Intelligent Family Care Assistant”
– Wearable Technology- with sensors to help monitor a person’s health and overall well-being
– Connections between family caregivers and healthcare professionals
Overview

Technology-based solutions have the potential to lighten the load of family caregivers.

Overall feeling is that we feel like we’ve barely scratched the surface of what might be possible.
Home Instead Senior Care received the 2015 Queen’s Award for Innovation. This clearly shows the importance of elder caregiving in today’s world, where the 85+ demographic is the fastest growing in countries across the world, including the UK, the US, Japan, China and broadly Europe. Equally, it is noteworthy that the Queen chose home care — perhaps the ultimate people-based service business — to receive her innovation award.

Source: www.huffingtonpost.com
Online Education

Education for family caregivers and healthcare professionals:

• There is broad information
• Disease specific
• Online communities
Education: Disease Specific

- Alzheimer's Association
- National Multiple Sclerosis Society
- American Heart Association
- American Stroke Association
- ALS Association
- National Mental Health Association
- Parkinson's Association
- Crohn's & Colitis Foundation of America
- American Diabetes Association

This information is proprietary & confidential. Unauthorized use is prohibited.
CareSolver is a Free Online Tool to make caregiving easier!

- Learn more about the aging process
- Manage To-Do Lists with a task manager/calendar
- Manage Medication- virtual schedule/ side effects
- Resources on a variety of topics/quizzes

www.caresolver.com
Family Caregiver Alliance is first and foremost a public voice for caregivers.

**Family Care Navigator**, FCA's custom state-by-state resource locator, will connect caregivers to resources closest to them.

**Research Registry** connects caregivers to clinical trials & research on behalf of themselves and the loved ones they care for.

**Caregiver Stories** is the story-telling corner of our website . . . learn from the wisdom of experienced caregivers, or just be reminded you're not alone in this task.

www.caregiver.org
- Senior Care Research
- Resources to Share with Your Client
- Professional Development Training Videos
- Family Caregiver Support Webinar Series for Professionals
- Tips for Professional Development
Online Resources

Access to resources:
• Finding facilities and homecare

Caring.com

a place for mom

CareInHomes®
Coordination

Helping family caregivers become partners in care through better communication and coordination.

- Low tech - Google Calendar
- More advanced options…
Coordinating Care:
• Need a place where family, friends and neighbors can go to find out how they can help you with caregiving?
• Post information for people to stay updated about life and care issues?
• Offer a calendar where members of your group sign up to provide transportation to doctor appointments or come by for a visit and more…
CareZone is an app that makes it easier to stay organized and effective when caring for a parent, child, or someone in need. From your computer, smartphone or tablet you can safely organize files, contacts, and medications, and coordinate with family and other caregivers using a shared calendar and journal.

www.carezone.com
Coordination

With the Help Calendar, you can post requests for support - things like meals for the family, rides to medical appointments, or just stopping by to visit.

www.lotsahelpinghands.com
Care management software allows our families to login to our ClearCare portal.
Websites, apps and innovative products that are instrumental in supporting day-to-day care.

- Task Mgmt. Apps
- Assistive Technologies
- General Purpose
Transportation

In San Francisco, CA

www.lifthero.com
Home Instead’s Alzheimer’s/Dementia App

Tips

- Behaviors and Situations (e.g., aggression, bathing, medication, mealtime, wandering, etc.)
- Get Emotional Support (e.g., taking care of yourself, inspiring quotes, stories from others)
- Resources and Kits (e.g., emergency contact kit, living will, visiting the doctor, etc.)

A Home Instead Senior Care® Resource for Family Caregivers

Alzheimer’s & Other Dementias

DAILY COMPANION

An extension of the book

www.helpforalzheimersfamilies.com
This memory picture phone has 10 frames for 10 pictures of friends and family and red button for 911.
Day-to-Day Support

Simple Meds by Home Instead

- Free Home Delivery and Packaging
- Do not have to be a Home Instead Senior Care client

www.simplemeds.com
Day-to-Day Support

• MedCoach app
  itunes or google play store

• TabSafe Med Management
  Verbal & Visual Reminders
  Monthly Rentals about $100

www.tabsafe.com
Day-to-Day Support

U-Step Walker
• Reverse Braking System allows the Parkinson’s patient to have more control
Music & Memory with iPod

Source: www.musicandmemory.org
Telikin is a simple and easy to use family computer that combines video chat, photo sharing, email and many more popular features into a sleek, touchscreen device.

www.telikin.com
TASC-Technology Assistance for Special Consumers

- Education for professionals such as teachers and therapists who use assistive technology to help their clients
- Ways to implement AT
- Ways to reduce costs of AT
- Information on the most current resources available

http://ucphuntsville.org/what-we-do/t-a-s-c/

Email: tasc@ucphuntsville.org
TASC: Technology Assistance for Special Consumers

“Watts for Tots”
• Should I purchase this item?
• Will it be right for my loved one?
• Try before you buy

www.al.at4all.com

http://ucphuntsville.org/what-we-do/t-a-s-c/at4all-lending-library/
Remote Monitoring

- Home Activity Tracking
- PERS
- GPS
Remote Monitoring

Door, bed, bathroom, kitchen, etc. sensors
Passive monitoring

www.healthsense.com
Remote Monitoring

Personal Emergency Response System that includes up to 8 medication reminders each day.

www.electroniccaregiver.org

Their latest Personal Emergency Response System can detect a fall without pushing a button.

www.lifeline.phillips.com
GPS trackers can attach to clothing or be worn on the wrist and tell the caregiver a senior’s exact location. Some can even be set to alert a family caregiver, via phone, text or email, when a loved one goes outside of a certain geographical area.
Family locator app/GPS monitor using your Smart Phone

Life360 is a Family Locator App that lets you locate family members and quickly communicate with them.

www.life360.com
Tile is a tiny Bluetooth tracker that helps find your lost stuff in seconds. Attach, stick, or place Tiles inside everyday items and keep track of them in an easy-to-use app.

www.thetileapp.com
Notify family, friends, neighbors and nearby business locations if someone with dementia wanders from home. It’s like AMBER ALERT for seniors!

www.missingseniornetwork.com
Locator watch designed specifically for Alzheimer’s Patients. (About $1400)

www.keruve.com

Pronounced: ka-roove
**Project Lifesaver:** Citizens enrolled in Project Lifesaver wear a small personal transmitter around the wrist or ankle that emits an individualized tracking signal. If an enrolled client goes missing, the caregiver notifies their local Project Lifesaver agency, and a trained emergency team responds to the wanderer’s area. Recovery times for PLI clients average 30 minutes — 95% less time than standard operations.

**FREE through local sheriff’s department.**

www.projectlifesaver.org
Conclusion

• This presentation is a brief glimpse into the future of homecare and caregiving resources.
• Technology will definitely play an important role in a senior’s safety and ability to remain independent in their home.
• We can only imagine what the future holds!
If you’d like to learn more about our services, or if you’re interested in employment as a Home Instead CAREGiver, please contact my office – a local, independently owned and operated Home Instead Senior Care® franchise.

256-883-3080
www.homeinstead.com/250

Questions and Answers
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