



*Presenter:*

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Specialist**

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**Eastern Carolina Council**

Area Agency on Aging



# Technology For Older Adults & Caregivers

*Redefining Technology*



# Think OUTSIDE THE BOX





**CORONAVIRUS (COVID-19)**

# Where Are We Today?

Decreased care availability

Decreased access to products

Decreased socialization and physical activities

Increased anxiety, stress, loneliness and depression

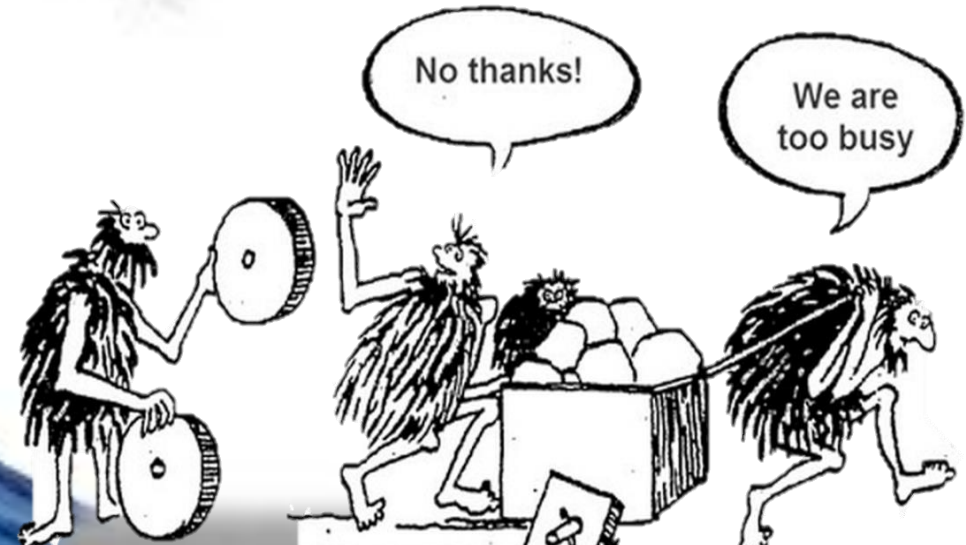
# CHANGE!!!



# Technology

“It is not the strongest of the species that survives, nor the most intelligent.

It is the one that is the **most adaptable to change.**” *Charles Darwin*



# WHAT IS TECHNOLOGY??

## “Your Dictionary” states that technology is:

- The science or knowledge put into practical use to **solve problems or invent** useful tools.
- A method, process, etc. for handling a specific **technical problem**

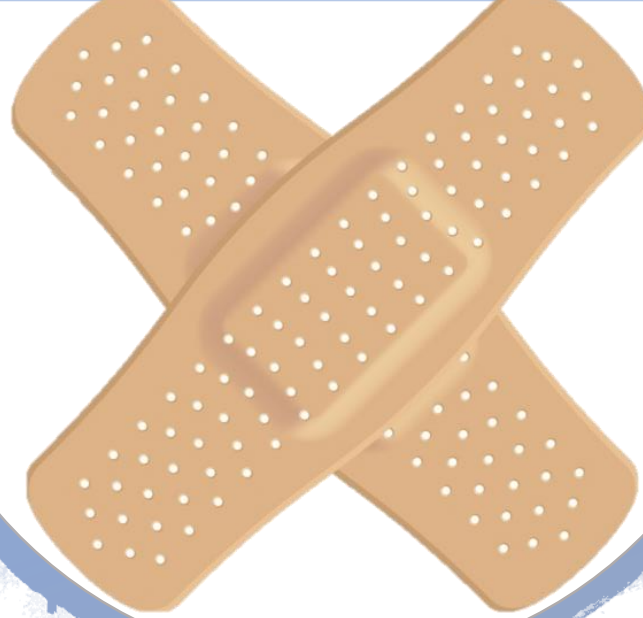
<https://www.yourdictionary.com/technology>





# Low Technology VS High Technology

	<b>Low Tech</b>	<b>High Tech</b>
<b>Definition</b>	Technology that is designed to be as simple as possible.	New technology with advanced features.
<b>Advantages</b>	Lower cost, practical, easy to operate, meets basic needs.	High cost items, advanced features, increased capabilities.
<b>Disadvantages</b>	Lack of multiple features.	Complex, cost, potential for difficult use and maintenance.



# Band-Aid

1920

100 years old  
OUCHY!!!

15  
RETURN  
FILE COPY  
#281A

## J & J BAND-AID

FOR CUTS AND MINOR INJURIES

The New First Aid—Have You Tried It?

Cut off piece you need

Remove protective covering

Apply to the wound

An Adhesive Bandage with an Absorbent Center

Economical Handy Aseptic

1921



# What Are Older Adults' & Caregivers' Needs?

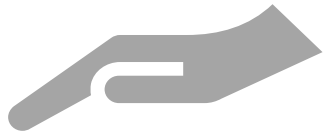


Every problem  
has a solution.  
You just have  
to be creative  
enough to  
**FIND IT.**

*-Travis Kalanick-*

# Where To Start?

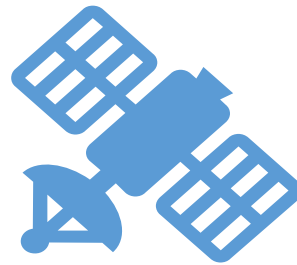
- ✓ **What is your need?**
- ✓ **What is your knowledge level on technology?**
- ✓ **What type of level of product will work for you?**
- ✓ **Research products that will meet your needs?**
- ✓ **Do you have the capability in the home to utilize the product?**



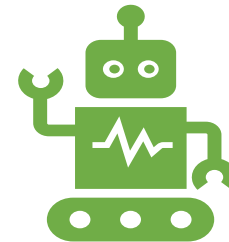
**Safety**



**Alarms**



**GPS**

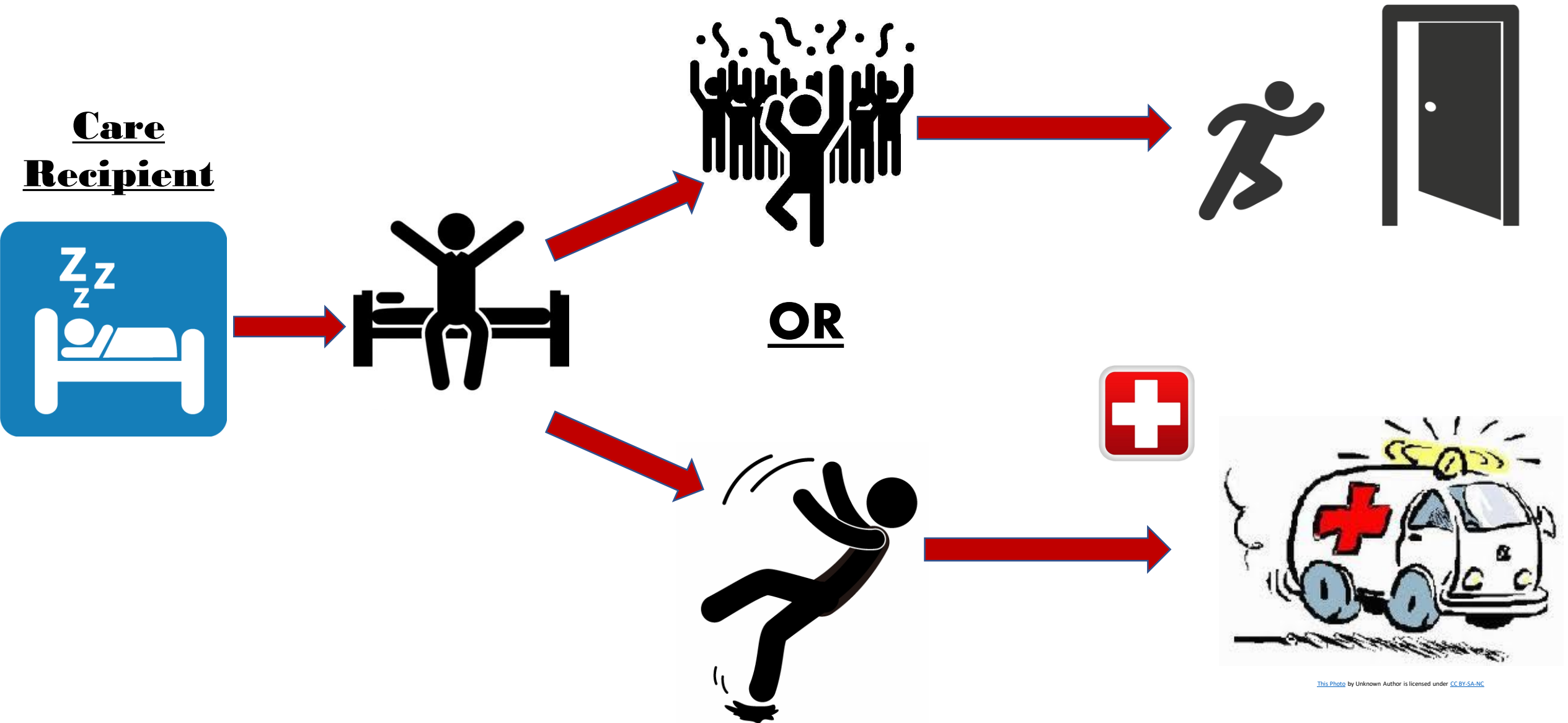


**AI**



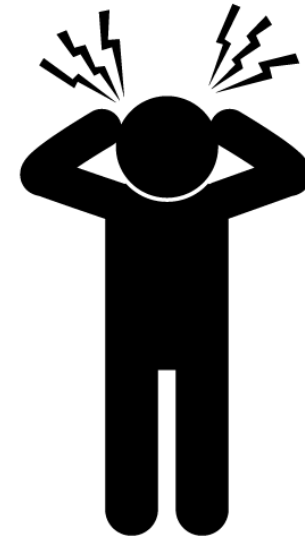
**Medication**

# REALITY AND CAREGIVING



# REALITY AND CAREGIVING

Family  
Members



# Technology Solutions

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*DON'T FORGET*

*There's a tool  
for that!*



# Sit to Stand

**Couch Cane  
Lifted Toilet  
Lift Chairs**





# Bathroom Safety

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# Alert Systems

- Call bell systems
- Baby camera
- Motion detectors
- Bed/chair/mat alarms



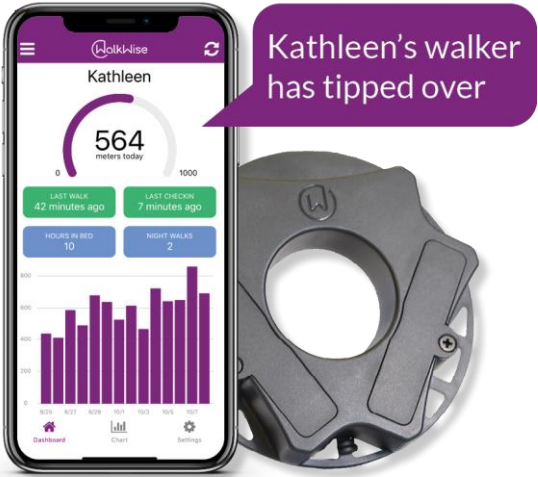


# Proactive Technology

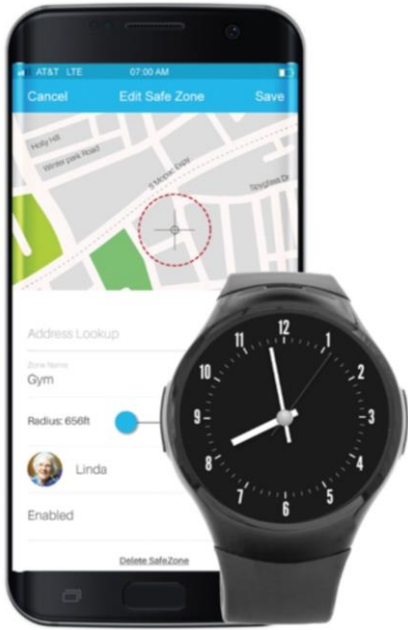


This Photo by Unknown Author is licensed under [CC BY-SA](#)





The Alzheimer's Store



<https://www.alzstore.com/gps-tracker-watch-elderly-p/0950.htm>

AngelSense



<https://www.angelsense.com/>

GPS  
**Smart**  
satellite monitoring and real-time tracking  
**Sole**



<https://gpsmartsole.com/gpsmartsole/>



# Safety Devices

- Magnetic cabinet locks
- Stove knob covers
- Modified phone devices
- Medical alert wearable items



# HERO




**pria**  
 BY  
**BLACK+DECKER**



# Frequently Lost Items

- Keys
- Glasses
- Wallet
- *Dentures*
- *Remote Control*
- Cell or cordless phone





**Occupant with  
ALZHEIMERS**

- \*At risk of wandering
- \*May appear confused
- \*May resist help



## *Car Safety*

- Medical seat belt covers
- Seat cushion rotator
- Seat belt lock
- Informational window decal
- Car cane and window strap



# The List Is Endless

## Power On/Off Devices

### The Clapper



### Wireless Remote Control Outlet Switch



## Home Maintenance

### Lawn Mowers & Vacuum Robotics



## Assistive Technology





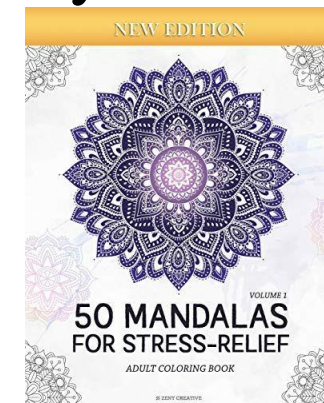
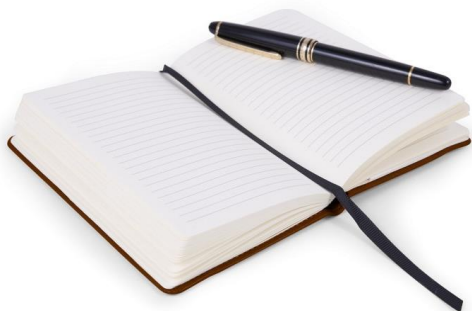
Invite your **whole family** to share their daily life with your loved one.



## Activities

- Exercise
- Games, puzzles
- Journaling
- Scrapbooking
- Listen to music
- Pen Pal program
- Adult coloring books
- Write your life story
- Family newsletter

<https://www.famileo.com/famileo/en-EU/>





## Electronic Activities

Tell me your story

Reminiscing over Zoom

Live animal & zoo cams

National Park, museum, & zoo tours

Intergenerational Programs

Audio books & online book clubs

Virtual meet ups (AARP, Big & Mini)

Gaming (online or gaming devices)

Virtual Reality Tours (Oculus Oust/Rift, MyndVR, PS4 VR)



# Activities & Sensory Devices



# ECCAAA Pet Therapy Program

A special thank you to Wayne County Services on Aging- Holy Williams FCSP



# Virtual Technology

- Help lines and counseling lines
- Blogs and social media
- Online games
- Video education and classes
- Virtual support groups and social groups
- Virtual tours
- Exercise classes
  - AARP
  - National Institute on Aging
  - Local Senior Center Facebook Pages
- Education
  - AARP: <https://aarp.org/>
  - Senior Planet: <https://seniorplanet.org/>



# Aging & Technology

- The age Tech market is expected to reach **\$2 trillion** in the next year.
- **50%** of older adults were online.
- By 2030, nearly 132 million Americans age 50 and older will spend about **\$84 billion a year** on technology products.
- 7 in 10 adults 50+ are on social media.

[www.aarp.org](http://www.aarp.org)



# Video Games

- Interactive
- Relationship building
- Improved mental capabilities
- Memory
- Positive interactions
- Increased eye and hand coordination
- Fitness





are with Any Frame



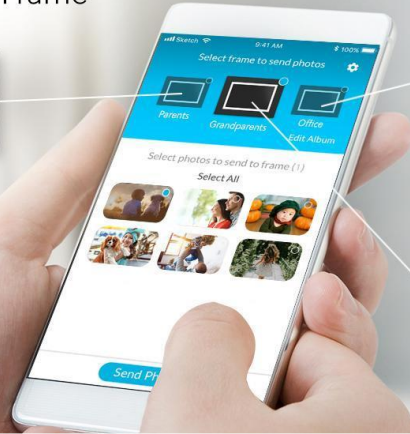
Parents



Office



Grandparents



# Making the Connections





# Technical Language

## “What is an app?”

### Introducing Technology to Seniors

- Take it slow
- Use easy language
- Explain the benefits of the device or product
- Use technology that is user friendly or already set-up
- Write it down or give clients cheat sheets
- Give them confidence
- Get them used to the technology

**Patience is key!**

# Easily Accessible Devices



**MindCare Phone**  
Cell Phone For Seniors



# Smart Speakers Systems

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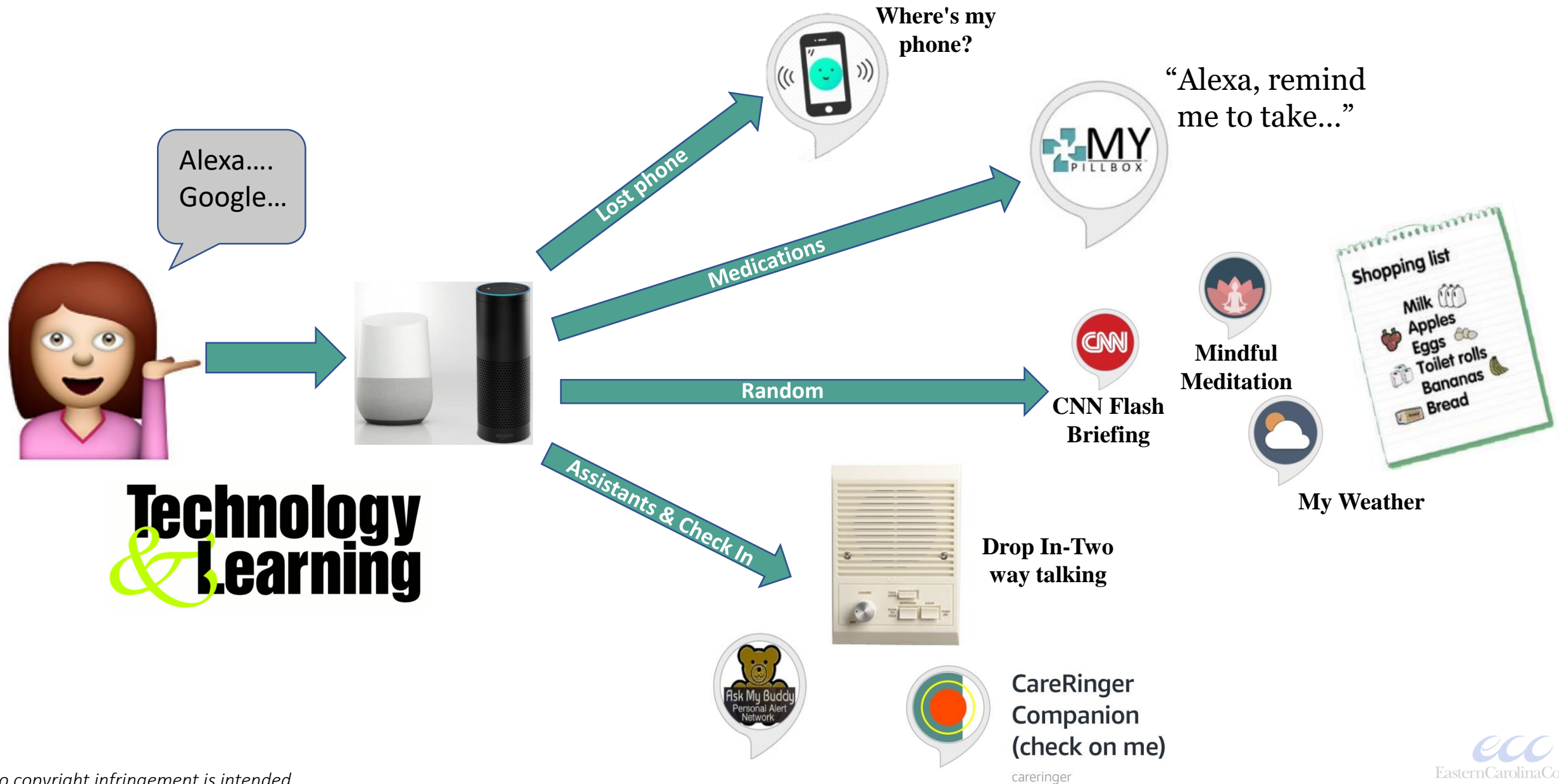


*"Alexa, call my family on Skype."*

# Visual Communication



# What Can A Smart Speaker Do?



**Technology & Learning**

\*No copyright infringement is intended

# SMART HOME



Stove Sensor



Lights

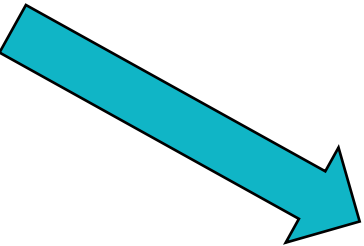
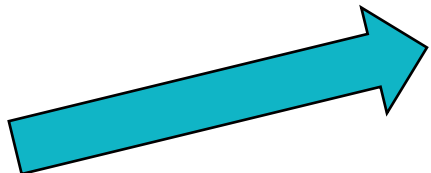


Water Leak Sensor



Thermostat

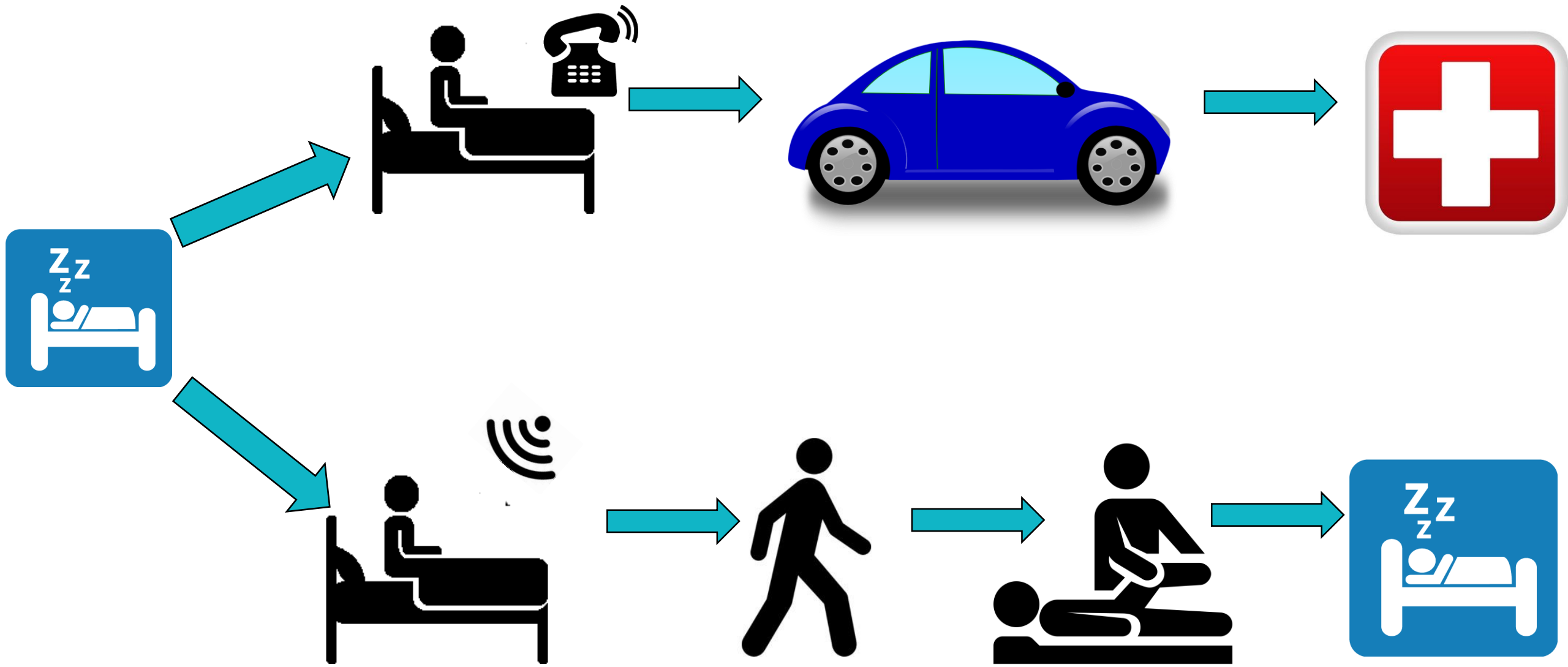
# Care Recipient Interventions-TEST



**OR**

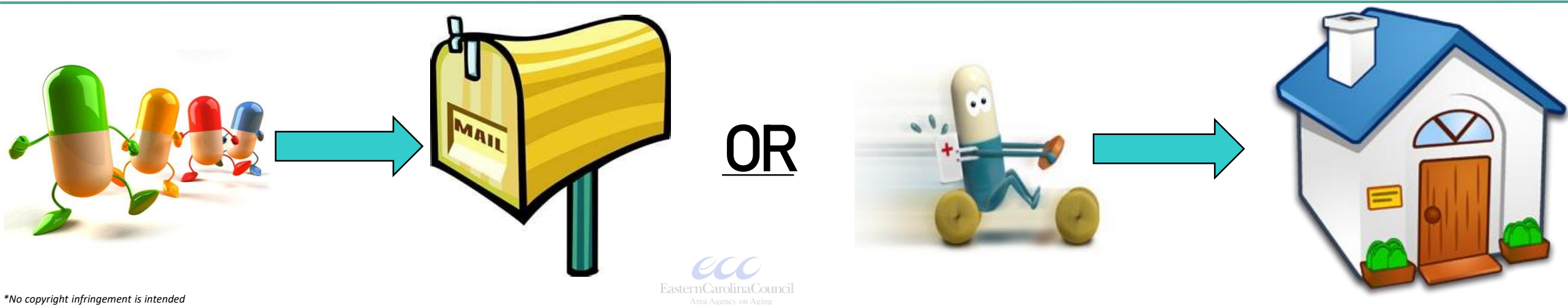
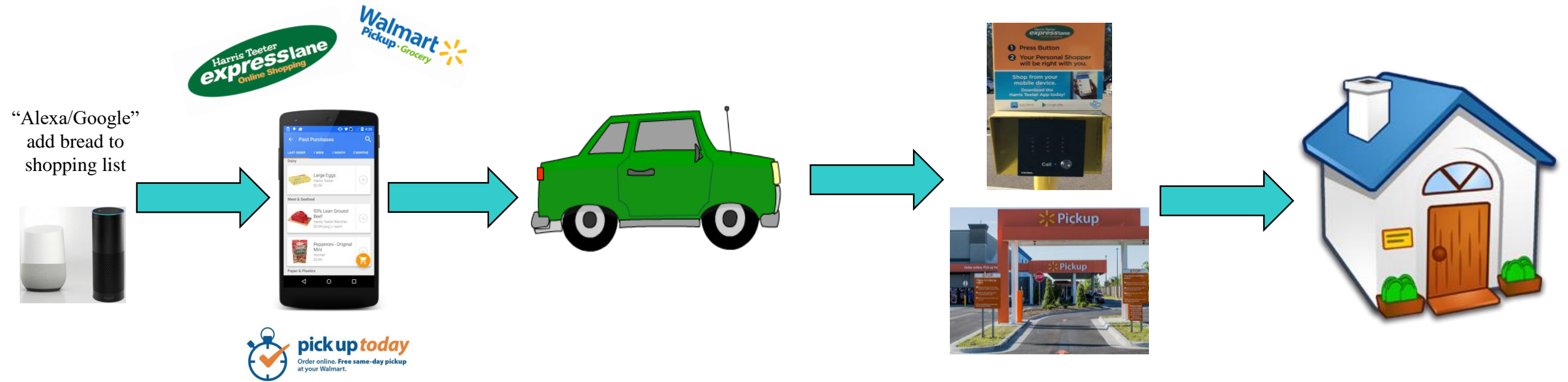


# Caregiver Interventions





# SHOPPING DURING COVID 19



\*No copyright infringement is intended

# What Will Be In The Future?



# Caregiver & Older Adult Educational Sheets

## Amazon ALEXA

### WHAT IS ALEXA?

The Echo, known commonly as Alexa was developed by Amazon and was first released in 2014. The Amazon Echo product line is a family of devices that connect to Alexa and can be controlled by an individual's voice. Alexa is an intelligent, cloud-based voice service. Alexa devices let you use your voice to control Echo devices by speaking commands. Echo devices connect to Alexa to play music, make calls, control your smart home, and provides information, news, and weather. Users must have Wi-Fi, a smartphone or tablet to set up devices and there are no monthly fees.

### Devices and Price:

- Echo Flex: \$24.99
- Echo Dot: \$34.99 (3rd generation)
- Echo Show: \$79.99 (Echo Show 5, 5.5 smart display)
- Echo Smart Speaker-\$89.99 (3rd generation)
- Echo Show 8-\$99.99 (Show 8; 8" HD screen)



Photos provided by: www.amazon.com

For further information on devices visit: [www.amazon.com](http://www.amazon.com)

Products are also available through: Best Buy, Staples, Office Depot, Lowes, Target, Belk, etc...

### How Can Alexa Assist?

The emerging concept of aging in place supports older adults in their independence, socialization, and the right to choose to live at home and in their communities. With the growth of technology, aging in place is becoming more of a reality for older adults. Embracing technology allows individuals and their caregivers a resource for home safety and routine management. Devices allow individuals to communicate with the ease of a verbal commands, such as: asking questions; setting appointment/medication reminders; turning on the lights; turning up/down the thermostat; turning on/off the T.V.; making phone calls; or using the system as a two-way intercom.

### Things Alexa Can Do

- "Alexa, what is Tylenol used for?"
- "Alexa, call 252-121-3434"
- "Alexa, what time is it?"
- "Alexa, what day is it?"
- "Alexa, tell me a story."
- "Alexa, play a game."
- "Alexa, what is the weather today?"
- "Alexa, set a timer for ...."
- "Alexa, play songs by ...."
- "Alexa, call my phone."
- "Alexa, tell me a joke."
- "Alexa, start meditation."
- "Alexa, add bread to my shopping list."

<https://www.eccog.org/>

### Wandering Assistive Technology Strategies

**Door Alarms**  
Battery operated, Motion Detector, or door sensor. No WiFi needed, easily mounted, magnetic sensor alarms when doors open, and on/off switch availability.  
Google Nest, Open WiFi Sensor, Ring Photo Viewer  
Google Nest Detects keep track of doors opening in your home. Nest Detect detects motion in a room or hallway. A Nest Guard is required for Nest Protect products. (Available through Google.com, Lowes.com, or Amazon.com)  
Google WiFi Door Sensor: Smart Door Motion Sensor Works with Amazon Alexa, Apple Control and Email Alert Functions, 2-Door Open Alarm and 1 Wi-Fi Gateway (No Sound), No Monthly Fee - Device's Required \$25  
Ring Motion Detector System: Alerts individuals when motion is sensed. Requires the ring alarm base station system. Mobile alerts.  
Amazon Door Sensor (For TV Cams)  
Available at: Google.com, Best Buy, Lowes, Walmart, Target, Amazon.com, etc.

**Camera Systems**  
Video Baby Monitoring Devices  
WiFi Internet camera Devices: Remote access viewing from a smart phone, tablet, or computer.  
• Google Nest Guard Cam system  
• Ring Indoor Cam system  
• Arlo Q Indoor camera  
• Blink XT system  
• D-Link Pan and Tilt Wi-Fi camera  
Available at: Google.com, Best Buy, Lowes, Walmart, Target, Amazon.com, etc.

**Bed, Chair, & Mat Alarms**  
Mat Alarms: connected mat that alerts caregivers when an individual attempts to leave a room.  
Chair Alarms/Bed Alarms-Systems alert caregivers when an individual attempts to stand up. Sensor pad is positioned under the individual and when that individual attempts to vacate the bed or chair, removing pressure of the pad, a startling alarm noise begins until pressure is reapplied to the sensor pad or turned off by the caregiver.  
Nest Guard, Photo Viewer  
Floor mat alarm  
Available at: Google.com, Best Buy, Lowes, Walmart, Target, Amazon.com, etc.

### Anxiety & Agitation Assistive Technologies

**Fidget Boards, Boxes, Blankets, & Sleeves**  
Fidget items are innovative tools for sensory stimulation that may decrease agitation or anxiety while occupying the individuals. They allow participants to play with doors, knobs, hinges buttons, zippers, and things that are familiar.  
Maze Games  
The maze is light weight and has high color contrast to help player with visual impairment. Maze games are a great tool to provide stimulation, engagement and enjoyment to people with cognitive impairment.  
<https://www.active-adults.org/>  
Joy for All Companion Pets  
Joy for All Companion Pets are designed to bring comfort, companionship and socialization. Their presence can help reduce the effects of anxiety, agitation, irritability, depression, and loneliness.  
<https://joyforall.com>  
Baby Doll Therapy  
Babies can be calming and soothing. Caregivers can use doll therapy for cognitively impaired individuals to give a loved one the sense of responsibility, socialization, and purpose. Dolls can decrease stress, agitation, and anxiety.  
<https://www.ashokahill.com>  
Weighted Blanket  
Weighted blankets or lap sat provide deep pressure therapy. Pressure therapy can calm and sooth individuals. Decreasing agitation and anxiety. They can also improve sleep quality.  
ECC  
EMERGENCY CAREGIVER CENTER  
www.eccog.org

### Home Safety Assistive Technology Strategies

**Chair Standing**  
Caretz, Carex  
EZ Stand-N-Go, Couch Care, Lift Chair  
Car Care, Car Caddy  
Available at: Amazon.com, Google.com, Walmart, Target, Durable Medical Equipment Stores, etc.

**Stand and Sit Assistive Devices**  
Chair standing assistive devices  
• Carex Uplift, Carex Premium Power Lift Assistant, Up Easy  
• Lift Chair/recliner  
• Couch Care  
• EZ-N-Go Stander- [www.parentgiving.com](http://www.parentgiving.com)  
Vehicle standing/sitting assistive devices  
• Car Care  
• Car Caddy  
Available at: Amazon.com, Google.com, Walmart, Target, Durable Medical Equipment Stores, etc.

**Bathroom Standing/sitting assistive devices**  
• Shower Chair, Portable shower bench  
• Jober, Zc655-shower step  
• Drive Bathub Safety Rail  
• Portable Lifeline Grip Grab Rail  
• Toilet chair with arms and raised toilet seat  
Available at: Amazon.com, Google.com, Walmart, Target, Durable Medical Equipment Stores, etc.

**Call Bell Systems**  
Call bell systems allow in home notification when an individual needs assistance with the easy of pushing a button. No WiFi required.  
• Penck Caregiver Wireless Call Bell System  
• Davtech Caregiver Pager Wireless Call Button  
• Lithium wireless Caregiver Call Button  
• CallTol Wireless Caregiver Pager System-wall plug in  
Available at: Amazon.com, Google.com, Walmart, Target, Durable Medical Equipment Stores, etc.

### GOOGLE Home

**WHAT IS GOOGLE HOME?**  
Google Home became available in November 2016. Google Home is a voice-controlled cloud-based voice service that answers questions, plays music, delivers the news, delivers weather reports, make calls, interacts with smart home devices and performs many other tasks. Google Home works through Wi-Fi and there are no monthly fees. Users must have Wi-Fi and a smartphone or tablet to set up devices.  
Devices and Price:  
• Nest Mini speaker: \$35 (2nd Generation)  
• Google Home speaker: \$79  
• Google Home Max speaker: \$299  
• Nest Hub: \$99 (7-inch HD touchscreen)  
• Nest Hub Max: \$229 (10-inch HD touchscreen with built in Nest Cam)  
For further information on devices visit: [https://store.google.com/us/product/google\\_home](https://store.google.com/us/product/google_home)  
Products are available through: Google, Best Buy, Staples, Target, The Home Depot, Best Bath & Beyond, Walmart...

**How Can Google Home Assist?**  
The emerging concept of aging in place supports older adults in their independence, socialization, and the right to choose to live at home and in their communities. With the growth of technology, aging in place is becoming more of a reality. Embracing technology allows individuals and their caregivers a resource for home safety and routine management. Devices allow individuals to communicate without a handheld device and with the ease of a verbal commands, such as: asking questions; setting appointment/medication reminders; turning lights on/off; turning thermostat up/down; turning the T.V on/off; and making phone calls.  
Things Google Home Can Do  
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• "Hey Google, play a game."  
• "Hey Google, what is the weather today?"  
• "Hey Google, set a timer for ...."  
• "Hey Google, play songs by ...."  
• "Hey Google, call my phone."  
• "Hey Google, make me laugh."  
• "Hey Google, add bread to my shopping list."

### Smart Home Assistive Technologies

**Artificial Intelligence (AI) Devices**  
Product line of devices that are controlled by an individual's voice. WiFi required.  
• Amazon Alexa  
• Google Home  
• Facebook Portal  
Available at: Amazon.com, Google.com, Target, Walmart, Lowes, etc.

**Smart Bulbs, Plugs, & Switches (WIFI)**  
WIFI Light Bulbs, plugs, and switches: Control your lights and set up light routines with your voice or through device apps. Remotely access your home system.  
• Phillips Hue light systems  
• GE light systems  
No WIFI needed  
• The Clapper  
• Plug remote control systems  
• Motion Sensor Lights  
Available at: Google.com, Amazon.com, Walmart, Lowes, Target, etc.

**Thermostat**  
WIFI Thermostat Sensor System  
• Nest thermostat sensor  
WIFI Thermostat Systems-Control/monitor your home temperatures, create schedules, turn on/off/adjust system remotely  
• Nest System-app controlled  
• Hive Smart Thermostat (Hub required)-app controlled  
• Ecobee Wi-Fi Thermostat-voice/ app controlled  
• Emerson Sensi Automatic Thermostat-app controlled  
Available at: Google.com, Amazon.com, Walmart, Lowes, etc.

# Technology In Our Future Is A Partner In Graceful Aging And Independence

**People + Technology =**



# Resources

- **NC Assistive Technology:** Raleigh (919) 859-8360
  - <https://www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program/ncatp-staff>
- **NC Services for the Blind:** 1-800-422-1877
- **NC Independent Living:**
  - <https://www.ncdhhs.gov/assistance/disability-services/independent-living-for-people-with-disabilities>
- **NC Regional Centers for the Deaf and the Hard of Hearing:** Raleigh Regional Center:  
(919) 859-8526
  - <https://www.ncdhhs.gov/divisions/dsdhh>
- **The Alzheimer's Store:** Products and assistive technology devices for individuals with cognitive impairment.
  - <https://www.alzstore.com/default.asp>
- **Senior Planet:** Free educational trainings for seniors.
  - <https://seniorplanet.org/>
- **DORT:** Tech made easy for seniors with instructional guides.
  - <https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>



# Questions??



**For addition information contact:**

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