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Technology For Older Adults & Caregivers

Redefining Technology

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Think OUTSIDE THE BOX
Where Are We Today?

Decreased care availability
Decreased access to products
Decreased socialization and physical activities
Increased anxiety, stress, loneliness and depression

CHANGE!!!
“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

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

1920

100 years old

OUCHY!!!
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?
REALITY AND CAREGIVING

Care Recipient

OR

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REALITY AND CAREGIVING

Family Members

Street 1
Street 2
Technology Solutions

DON’T FORGET
There’s a tool for that!
Sit to Stand

Couch Cane
Lifted Toilet
Lift Chairs

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Bathroom Safety
Alert Systems

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

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Proactive Technology

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Safety Devices

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

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Frequently Lost Items

- Keys
- Glasses
- Wallet
- Dentures
- Remote Control
- Cell or cordless phone
Car Safety

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

Occupant with ALZHEIMERS
* At risk of wandering
* May appear confused
* May resist help

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The List Is Endless

Power On/Off Devices

- The Clapper
- Wireless Remote Control
- Outlet Switch

Home Maintenance

Lawn Mowers & Vacuum Robotics

Assistive Technology

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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)

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Activities & Sensory Devices

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ECCAAA Pet Therapy Program

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

https://joyforall.com/

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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
Making the Connections

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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

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Smart Speakers Systems
Visual Communication

“Alexa, call my family on Skype.”
What Can A Smart Speaker Do?

- Alexa....
- Google...

Lost phone

Medications

Random

CNN Flash Briefing

Mindful Meditation

My Weather

Drop In-Two way talking

“Alexa, remind me to take...”

CareRinger Companion (check on me)

careringer

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SMART HOME

- Stove Sensor
- Lights
- Water Leak Sensor
- Thermostat
- Motion Detector
- PTZ IP Camera
- Indoor Siren
- Power On/Off Switch with Power Meter
- Smoke Detector

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Care Recipient Interventions-TEST

OR

[Image of various medical devices and scenarios]

[Image of ambulance and patient]
Caregiver Interventions
Shopping During COVID 19

“Alexa/Google” add bread to shopping list → Phone → Car → Store → Home

OR

Medication delivered to doorstep → Mailbox → Home
What Will Be In The Future?
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 Prices:
- Echo Flex: $24.99
- Echo Dot: $34.99 (3rd generation)
- Echo Show: $79.99 (Echo Show 5, 5.5 smart display)
- Echo Smart Speakers-$89.99 (3rd generation)
- Echo Show 8-899.99 (Show 8, 8" HD screen)

For further information on devices visit: www.amazon.com

Products are also available through Best Buy, Staples, Office Depot, Lowe's, Target, Best Buy, 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 a virtual assistant, who can perform tasks such as setting appointments, setting reminders, calling friends, ordering groceries, playing music, and more. Alexa can be a valuable tool for older adults who want to stay connected to their families and communities.

Things Alexa Can Do:
- “Alexa, what is Tylénol used for?”
- “Alexa, call 252-121-3414”
- “Alexa, play songs by…”
- “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…”

Caregiver & Older Adult Educational Sheets
https://www.eccog.org/
Technology In Our Future Is A Partner In Graceful Aging And Independence

People + Technology = Priceless
**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:**  

- **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.  
Questions??

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