



Caregivers Resource Center (CRC) at MAC

Technology Choices to help Seniors & Caregivers
March 10, 2021

Asking for Help

Anywhere and at anytime during your journey as a Caregiver for someone with Dementia, someone may turn to you and say something like this: **Is there any way I can help?**

They are being generous and sincerely want to offer some time, their talents, or a helping hand. And what do we do? We give them the deer-in-the-headlights look. Caught off balance and we just don't know how they can help you so we reply with something a little on the lame side – “I can't think of anything right now...but thank you for offering.” And that golden moment is gone. So later on, in the middle of the night, you think of something small that would help but by morning that great idea is gone.

So here comes that great piece of low tech assistance to your rescue. A small spiral



pocket-sized notebook.

That's it! Nothing fancy, but super useful. Keep it handy because you never know when that great

original idea will happen.

Is it something simple like these:

- Sit in the house while my spouse/family member is napping and I can take a walk, garden, work on bills, clean the refrigerator out, and the list goes on and on.



- Can they take your spouse/family member for a walk or walk them around the grocery store while you shop.

- Can they take a box to the post office for you.
- Can they read to your loved one for 10-20-30 minutes once a week.
- Can they play checkers (with any new rules they want) for a little while once a week.
- Can they come and listen to music and chat.
- Can they come and talk fishing, hiking, sports.
- Can they bring a cheerful child who can sing, dance, read to your loved one.
- [My opinion only] Children adapt easier than we do, they are often very loving and smile bunches. Who doesn't love a little one with a big smile and when they share a toy, a story, an activity – it is the best!



- Can they bring their well-behaved pet who can charm your loved one?

- Can someone bring a drone and demonstrate what it can do and then show several short videos of their work. Only works in drone approved city areas and almost always in the country.

- Can they come and make a no baking required treat with your loved one.



But let us talk about the **goals** behind these interactions with the outside world or our extended family.

- Do you need a few minutes to recuperate and get a few minutes to yourself?
- Do you need to complete an indoor or outdoor activity without worrying about your loved one?
- Do you need to gradually introduce the needs of your loved one to others so the volunteer can take on a larger role later?

You may not know all your goals at the beginning, but you will learn as you go what benefits your loved one and you gain from these interactions. Who knows, maybe you need that human interaction more often and these mini

meetings serve that purpose. But in the end, **these short helpful interactions help everyone**. Spread the need to others who will help you carry the load.

So keep that **low tech spiral notebook** handy and write ideas down so that the next time someone offers help, you can pull out that list and offer them choices. Be sure to ask what specific day they can come – this week! Don't leave their offer of help dangling – **schedule it!**

You might find yourself with less stress and more smiles. Be well.



Do you have an idea to share? Please send me your favorites. I love mail! **Till next week...**

If you have suggestions for upcoming newsletter topics, problems you are experiencing, please call or send me an email. I love challenges!

Give us a call or email and we will be glad to answer questions about the resources we have. **Please call** and ask at 410-742-0505, ext. 118 – Cindy Robinson **Or, email** Janet Parke at jparke@macinc.org

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