

Medicine Timer



Greetings everyone!

If you are caring for someone with Dementia and they independently take their own medicines, you might be worrying if they are taking them on time or at all.

Here is a product that might save you some sleepless nights. This isn't a perfect fit for everyone, but it might be the reasonable solution for your family. **TimerCap**

If your person lives alone and can take their own prescription medicines, this might be a helpful tool. The **TimerCap** comes with its own amber colored bottle and a special cap. The cap doesn't lock and is easy to open. What is special is it has a built-in timer in the lid. When you pick up the bottle with the cap on it, it tells you the last time the bottle was opened. When anyone opens the bottle, the timer will start again when the lid is replaced. And another bonus, there are no complicated ways to open the bottle, it is just like other bottles folks have used in the past.

If your person has low vision or needs a spoken voice for what is on the screen, then this is not the right product for them. The screen is

average size but a little small. Contrast is dark gray on light gray background.

The real bonus is there is nothing to program, and no buttons! Your person just looks at the timer and knows if they took the last dose recently or if they missed it. This feature can prevent overdosing and could keep visitors in the home from "borrowing" medicine.

How reassuring to pick up the bottle and even if the person is experiencing some "mental fog" they can see for themselves that they have or have not taken their last dose.

Cons: this would be a difficult product to use if your person takes many medications, too unmanageable. But if only take one or two, they are portable and can be taken with you during the day for visits or traveling.

For some medication bottles, they will fit inside this amber bottle. For others you take the label off and put in onto the new amber bottle. Never separate the label from the medication – that is a real no-no!

The company does have more sizes of caps and can accommodate these special requests to match your prescription lids. Must contact company.

And the price? As of this writing Amazon sells four lids with 4 amber bottles for just under \$24. They have long use batteries.

FYI: The first picture shows five lids with four bottles. The description says you get FOUR lids.





Here is another type of medicine reminder that fits on your medicine bottle. It is called **Pill Popper – Memory Aid**. It isn't as sophisticated as the

TimerCap but is helpful for a basic memory aid.

This is a weekly timer that has a stretchy band that fits around the bottle near the cap. The device hangs from that loop and is accessible. Again, if someone is low vision, the print may be too small for them. You need to understand that when you retrieve your medicine you manually POP the correct button by that day. There is one main POP button for each day and extra buttons for multiple doses. This configuration is good for one medication



per day but could/would be challenging for multiple doses. Very portable. One thing this device does well – it can be used on liquid or spray bottles.

Let me explain about these POP reminders. Remember all the POP fidget toys we have

seen? That is what this is, you push the convex silicone bubble until it becomes concave. When you finish the week, you press all the bubbles from the back side toward the front. This has more of a memory burden and could/would require more assistance from a caregiver. Could it be a good distraction for someone – yes!

This device is a good learning lesson for those seeking assistive technology for their loved one with dementia. Can the device you are considering be read clearly? Are there many steps to learn to use the device or is it like one they used in the past? Will someone be around to give support while your person is learning it? Remember, a frustrated person with dementia AND frustrated caregiver will both give up and not use a great device if there isn't support. Patience is required! Do you have a young person in your life who can assist with electronics like cell phones or tablets? Super!

That's it for this time. Enjoy!

Share this resource with your friends, they don't have to be a caregiver!

Have questions? Please contact us by phone or email (see below).

[For those of you reading this outside the Lower Shore of Maryland – please contact your local Area Agency on Aging for assistance.]

Be well. Take care of you!



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

Let us know if you would like to receive this Information Newsletter in your email. We will be glad to send it to you. Send an email to llewis@macinc.org

Janet Parke has over 25 years' experience working with people with disabilities

Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy or treatment. We are not endorsing companies.