



# Caregivers Resource Center (CRC) at MAC

*Technology Choices to help Seniors & Caregivers*  
June 2, 2021

## After Conference Thoughts

Here we are just after completing our conference:

### ***Alzheimer's & Dementia Caregivers Conference***

### ***"Compassionate Care During Challenging Times" – May 26, 2021***

This was a virtual event and in part sponsored by MAC, Inc. and ACL plus several other generous sponsors. Thanks to all who contributed! There were just over 300 people registered to attend this free event that included CEUs for those who needed it. Everyone joined us using a Zoom connection so all were safe and didn't have to travel. (Be sure to put this event on your calendar for next year!) Contact person Carol Zimmerman [czimmerman@macinc.org](mailto:czimmerman@macinc.org)

And what did I do? I picked several items from our Caregiver Resource Center room and spoke enthusiastically about the value of technology items to enhance folks' lives. Was I enthusiastic? Oh, yeah.

I love educating folks on items that are new to them or new ways to use an item. What old item? The lowly rubber band! Several years ago I came across an article "52 Ways to Use a Rubber Band". What fun! The one tip I demonstrated was putting that lowly rubber band on a shower gel bottle that I use in the shower. That little extra grip the rubber band gives, allows for less dropping in the shower. And that translates into less falls in the tub/shower. Not every piece of technology must be expensive. Often you hear professionals talking about "low tech", this is a great example of that. It is readily accessible, easily replaced, and low cost. A great tip!

Question 1: My family member lives alone, and they have left the stove on and walked away almost starting a fire. Is there a piece of technology to help?

A: Oh yeah! The FireAvert company is now producing 3 styles of stove shut offs. One for gas, an electric 3 or 4 prong accessory. The electric is so easy to install that even your tech phobic person can do it. The hard part is pulling the electric stove away from the wall so you can get behind it. You should also locate your breaker switch in your home/apt and turn off the electric power to your stove. That is a simple flick of a switch from ON to OFF. Now back to that stove. Take your shut off device from FireAvert and have it handy. Unplug the stove. Plug in the FireAvert. Plug the stove into the



FireAvert. Move the stove back against the wall. Turn on the power at the breaker box from OFF to ON. You are in business! If there is any smoke detected in the room, the smoke detector goes off

and the FireAvert "Hears" the alarm and shuts off the stove! What a smart device! There is no upkeep or maintenance on this device, but you do need to have working batteries in the smoke detector. The guideline is to change the batteries when the time changes in fall and spring, that is a great motto. Keep your loved one safe while they continue to care for themselves independently.

I didn't explain how to install the gas stove accessory, instructions come with the unit and

they say it is accomplished in 20 minutes but there are extra tools you will need included little kids bubbles bottle. Who knew? Putting a few drops around the gas connector (the two parts that screw together) tells you if there is gas leaking out of that connection. The liquid bubbles where this a leak! Please read all the instructions and follow carefully. Go find those wrenches!



What other questions came out of my presentation?

Question: My family member has a really hard time using the TV remote that came with the TV. Any suggestions?

A. Oh, yes! Let's look at nearly free solutions and then I'll show you one that can be purchased.



Before and after! The one on the right could have words written with a fine line permanent marker.



This one above used pink post-its, won't last long but it is useful!



Isn't this clever? Please consider using the blue masking tape or the green variety, they don't leave a residue when removed.

Purchased TV big button remote



The Alzheimer's Store carries the Flipper and so does Amazon. Good luck! Need more choices? Email me!

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

Till next week... a new Topic!

Be well.  
Take care of you!

Sorry! Too many good ideas and I have used up three!  
more space, so all the usual credentials are on page

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](mailto:jparke@macinc.org)

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**Janet Parke**

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