



# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

December 2023



Did you like the devices from last month? Well, here are five more to check out!

When setting up a camera in the home to look after your loved ones we are asked the question a lot, "Where would be the best place to set it up, so we can see more?" Well, the *360 Degree Lightbulb Camera* can be set up so you can view all around you without blind spots. It offers 2-way communication and a SD card for recording, giving the caregiver a little piece of mind!



After eating all the holiday cookies no one really wants to step onto a scale, but for those who have Diabetes or have any form of neuropathy, the *Diabetic Scale* is a fantastic device! Not only will it weigh you, but the angled mirrors and light allows a diabetic to view the bottom of their feet; looking out for any skin issues they may have missed. How beneficial!

Question, how would you put toothpaste on your toothbrush if you only had use of one arm? The *iHave Toothpaste Dispenser* enables you to load your toothpaste into the device and with the push of your brush, on the lever, the toothpaste is automatically applied. Hassle free!



Imagine your loved one, who has dementia and lives alone, and they decide to bake something. It is now nighttime, and they have completely forgotten they even turned the oven on. This scenario is occurring more often than it should. The *FireAvert Electric Auto Stove Shut-Off* safety device can be a life changing device. Plug the device into the wall then plug your oven into the device and if it's left on longer than 10 hours, the FireAvert will turn the oven off, preventing a possible fire.



You have finally been able to wash your back, but how do you dry off if you have any type of shoulder issues or decreased range of motion? The *Weighted Mobility Towel*, with the weighted area located at the base of the towel allows you to maneuver it around to dry off, without having to bend or reach or ask for help. Increasing your independence!



Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / [sgay@macinc.org](mailto:sgay@macinc.org) or ext 146 - Katie Clatterbuck / [kclatterbuck@macinc.org](mailto:kclatterbuck@macinc.org)

*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. We are not endorsing companies. Product description / information provided by manufacturers.*