

MAC's Smart Aging



Tips and Tricks from the *Caregiver Resource Center*

November 2023



It's the most wonderful time of the year!

Deciding what to get your loved ones for Christmas can be a tough decision. There are just so many options and ideas. Lucky for you we have come up with a very handy and *smart* list to make that decision a little easier. I will split the wish list up so there will be more to come next month!



The *Sengled WiFi Color changing bulbs* offer voice and remote control features to activate the lights in your home. Set your lights to routines or control them while you're away for better home safety. All you need is a smart phone and the Alexa app and you're good to go!

To ensure that your loved ones are safe at home, the *Blink Mini camera* can be your eyes and ears when you aren't there. You can set up the camera anywhere in the home and the motion detection and 2-way audio features will alert the caregiver if anything occurs. Giving you and them a little piece of mind!



Can you hear me now? No more blaring the TV volume all through the house, bring the sound to you! The *Sereonic Portable Wireless Speaker* allows you to keep your television at a more manageable volume while the portable Bluetooth speaker goes where you go!

The *Handithings Hand Weight Glove* is a simple tool/device for those with any type of hand tremor. The weight of the glove when placed on the back of the hand can reduce your tremor without compromising your comfort. Also available in sleeve form.



Say when! Pouring your hot coffee in the morning or filling a juice cup can be difficult when your vision is impaired. How do you know when it's full? Instead of using your finger, place the *Say When Liquid Level Indicator* on the rim and it will do the trick! An alarm will sound letting you know that you've reached the top. Simple yet effective!

And remember next month we will have 5 more gift ideas!

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 or ext 146 - Katie Clatterbuck / 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.