

MAC's Smart Aging

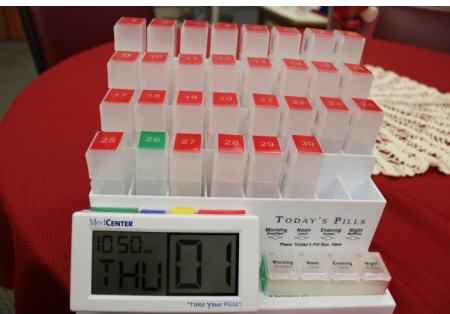
Tips and Tricks from the *Caregiver Resource Center*

February 2024



A *Caregiver* helps someone, not for the credit or recognition, but because they care for their loved one and want to make their loved one's life a little easier. Sometimes the unsung heroes are the ones doing whatever they can for their family member. Here, at the Assistive Technology Center, we have a wide variety of devices to make the *Caregiver's* life a little easier and give them some piece of mind.

Smart home technology has come a long way, and the **Amazon Echo Dot** is one device that has become more advanced from a safety perspective. Not only does it play music and monitor your calendar events, but its safety features are exactly what a caregiver needs. The echo devices allow for drop-ins for 2-way communication at any time. Also, if there is an emergency the loved one can tell their Echo dot to call their “emergency contact” for help.



Medication management is one of the most common discussions we have with our *Caregivers* because it is one of their biggest concerns. Topics such as: medication dispensers, locked systems verses not-locked and strategies that can help them. We often hear, “my mom is forgetting to take her morning pills,” or “we are worried dad is not taking his medicine at the right times.” One of the devices that can help is the **Med Center: Today's Pills**. Not only does it cover 31 days, allowing the caregiver to only refill/reload once a month but the most beneficial feature for a *Caregiver's* piece of mind, is the “talking clock.” When you set the alarms, instead of the alarm only going off one time, it will continue to go off until their loved one acknowledges it and takes their medications safely and on-time.

Med Center:
Today's Pills:



Amazon Echo
Dot:



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.