

# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

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In the Assistive Technology Center a common topic of interest is a dementia-related diagnosis. A common concern is the loved one wandering away from the home. How do you keep your loved one safe without having your eyes on them every second of the day, and how do you, as a caregiver, get a decent night's rest for fear of them wandering? Let's discuss a few options!



One thing you can do as the caregiver, is alarm the doors to the home. You can go with a fancy alarm system, if your budget allows or you can pick up a pack of door alarms that stick to the door and frame. When the seal is broken by the door opening, an alarm will sound, alerting you that the door has been opened. These alarms are inexpensive and are best applied to the upper corner of the door.

Another option for knowing when your loved one is attempting to roam, is using a bed alarm. Again, you can choose a fancy system through an alarm company, if your budget allows. Or you can opt for this alarm pad that fits under the bedsheet. When the pressure of a body is removed from the pad, an alarm sounds.



Just a couple of inexpensive ways to keep your loved one safe, while allowing you the time to get some much needed rest.

Bed Alarm:



Door Alarm:



*Assistive Technology is not one size fits all. It is about personal choice and what best fits your loved one's needs.*

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)

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