



# MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

November 2024



It's that time of year again, where you are making your list and checking it twice!

For our Christmas “wish list” this year, we wanted to focus on those with dementia and the people who care for them. With dementia comes a wide variety of symptoms and behaviors that differ from person to person, so some of these devices and ideas may not work for everyone.

I'm sure everyone has heard of the Alexa app and some of its features such as playing music and weather updates, but Amazon also has a very versatile device called the *Amazon Echo Show*. The Echo Show has many features but there are two very beneficial ones that can help people with dementia and their loved ones. The Show offers video calls that allow a caregiver to “drop-in” and talk with their loved one while also seeing one another, giving them both a little peace of mind. Anxiety and paranoia can sometimes go hand in hand with dementia, and a way that the Echo Show can calm them down is with its photo-scrolling option. This allows a caregiver to load images of “memories” onto the device then have it scroll through on the home screen.

For caregivers the thought of their loved one with dementia wandering off without them realizing it can be very overwhelming and tiresome. For example, they are constantly waking up in the middle of the night trying to leave, worrying the caregiver at all hours of the night. A very quick and inexpensive solution is adding the *Wireless Door Sensor* to the top of your door that sounds an alarm when the door opens alerting the caregiver that someone is attempting to leave. Simple yet very effective!

Wireless Door Chime:



Echo Show:



Interactive Companion Pet:



***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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