



Technology Tips for Living Well with Dementia



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For Individuals Living with Dementia, their Families, Friends, and Care Partners

This sheet was co-created with individuals living with dementia from the **National Council of Dementia Minds**, and aims to assist in finding technology that helps make life easier. For more information visit dementiaminds.org and agingme.org

Everyday Technology Basics

Use a Calendar.

A physical calendar or phone calendar is essential to remembering to-dos! Make sure to keep this updated with the help of a care partner.

Try Amazon's "Alexa."

It's a great tool for weather, reminders, fact checking, spelling, music, brain games, and guided meditation. It might take some time to set up, but it's worth it! Visit the Amazon "Alexa Features" for more information.

Know Your Phone in a New Way.

If you have a smartphone, check out the Reminders, Notes, or Calculator function. Rearrange your phone apps to know exactly where your most used resources are.

Create a Physical Password Book.

Keep your usernames and passwords handy and in one place with a binder or notebook.

Explore Artificial Intelligence (AI.)

CoPilot or ChatGPT can help with writing and research.

Find a Community.

There are individuals experiencing similar cognitive issues. Check out the National Council of Dementia Minds at www.dementiaminds.org or the Dementia Action Alliance at daanow.org.

 TAKE A PICTURE OF THIS RESOURCE

1. Start Early!

Find technology that works for you. Early on in your diagnosis is key because it is easier to evolve with it.

2. Implementation Tips

Be Creative! You may find new ways to use technology! Create new habits to go along with the technology. Use it, or lose it.

3. Aid with Brain Health

Discover technology that aids with the 6 pillars of brain health: physical activity, food and nutrition, medical health, sleep and relaxation, mental fitness, and social interaction.

4. Be Flexible

Technology used today might not be useful tomorrow. Technology is always changing. Be open to new and improved applications.



NATIONAL COUNCIL OF
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Insights of Persons Living Well with Neurocognitive Disorders

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Dementia-Friendly Technologies

Safety



Technology can help keep you safe.

Wearable Bracelet:

- Use a customizable physical bracelet or necklace with personal info that provides vital information to first responders.
- **Examples: My ID or Road ID**

Location Sharing Tech:

- Use a smart phone app to share your location with your family members or friends.
- Or attach trackers to your most needed items to track them.
- **Examples: Life360, Find my Friends, Tile**

Motion-Sensors

Mobility Aid:

- Use motion-sensor lights for getting around your home. These are available for floors, bathrooms, sinks, and even toilets!

Exercise



Exercise is an important part of quality of life!

Smart Watch:

- Use a bracelet that connects to a smart phone to count steps, calories, etc.
- Use it to set healthy exercise goals.
- **Examples: Fitbit, iWatch, Garmin**

Pedometers:

- Use low-cost step-counters to track your activity.

YouTube:

- Search YouTube for a variety of free exercise programs.
- **Example: Yoga, Pilates, Chair Exercises, Indoor Walking, Dancing**

Fitness Subscriptions:

- Access thousands of classes on a fitness app.
- **Examples: Peloton, Mirror, FightCamp**

Food



Food and nutrition is an essential part of daily life.

Food Tracker:

- Use a food tracker app to eat healthy.
- **Examples: Lose It!, MyFitnessPal**

Grocery/Food Delivery App:

- Purchase your groceries online with delivery.
- Or purchase meals from your favorite restaurants.
- **Examples: Walmart, Instacart, Uber Eats, or Door Dash, etc.**

Stay Hydrated:

- Phone app for alerts to stay hydrated.
- **Example: Water Reminder**

Timer:

- Use phone, physical timer or an Alexa to stay alert when using ovens and/or stovetops.

Nature



Nature can help with brain health, lower stress, and overall wellbeing.

Gardening App Aids:

- Use an app to provide house-plant care reminders or gardening plans.
- **Example: Planta, AIGardenPlanner**

Bring the Outdoors In:

- Enjoy nature videos and apps.
- Connect a bird feeder with a smart device.
- **Example: BirdBuddy, ZinniaTV, Memory Lane TV**

Outdoor Photography:

- Bring a camera outside to take photos of the foliage, plants or wildlife.
- Create a photo album in your phone to reference later!

Dementia-Friendly Technologies

Mental Fitness



Mental fitness, meditation and mindfulness is important for our mind, body and spirit.

Guided Meditation Tech:

- Use meditation apps to help to unwind, fall asleep or reduce anxiety.
- **Examples:** **Insight Timer, Calm**

Brain Health Aids:

- Help monitor your cognitive performance, assess your brain health, and use games to enhance your cognition.
- **Examples:** **Lumosity, BrainTrack**

Reading Apps:

- Listen to Ebooks with note-taking, highlighting and playback capabilities.
- **Examples:** **Audible, Kindle**

Social Interaction



Maintaining social interactions with friends and family is essential for anyone, and especially important for persons living with dementia.

Digital Photo Frame:

- Use a physical frame that displays photos from a Phone app.
- Give access to friends and family to share photos with you.
- **Example:** **Frameo, AluraTek**

Photo Books:

- Use an app. to upload photos to create a physical photo album of friends and family and have it shipped to your door.
- **Example:** **Shutterfly, Walmart Photo, SnapFish**

Reminders:

- Use iPhone or Smartphone reminders to reach out to friends and family.
- **Examples:** **Remind Me**

Keep in Touch Through Video Calls:

- Use Phone or desktop app to engage with friends and family when not in the same location.
- **Example:** **Zoom, Skype, Microsoft Teams, FaceTime**

Accessibility



Many technologies have functions that make them more accessible.

Smart TV Tips:

- Use headset capabilities to listen to TV programs
- Use apps that allow family and friends to view dance recitals, baseball games, etc.
- Use a simplified TV remote.
- **Example:** **Flipper, Life Streaming Apps like GameChanger**

SmartHome Tips:

- Program Alexa to turn lights on and off.
- Use programmable thermostats.
- **Examples:** **Ring Camera, Alexa, Honeywell Home**

Medication Reminders:

- Use a medication dispenser that connects with a phone app, or tell Alexa to give a reminder to take medication.
- **Example:** **E-Medication Dispenser, Alexa, or Phone Reminders**



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Accessing Apps & Websites

This sheet provides written links or descriptions to help find the technologies listed on pages 1-3. To use this page, type the websites into your browser.

Safety:

- roadid.com
- getmyid.com
- life360.com
- tile.com
- Motion-Activated Lights – Explore Amazon or Walmart
- Motion Activated Cane Attachment – Explore Amazon or Walmart

Exercise:

- fitbit.com
- garmin.com/en-US/
- Pedometers - Explore Amazon or Walmart
- onepeloton.com
- mirror.co
- joinfightcamp.com

Food:

- Timer - Explore Amazon or Walmart
- instacart.com
- walmart.com
- doordash.com
- ubereats.com
- Water Tracker - Explore App Store

Nature:

- getplanta.com
- aigardenplanner.com
- mybirdbuddy.com
- zinniatv.com
- watchmemorylane.com

Mental Fitness:

- insighttimer.com
- calm.com
- luminosity.com
- dementia.org.au/brain-track-app
- audible.com
- read.amazon.com

Social Interaction:

- frameo.net
- shutterfly.com
- snapfish.com
- aluratek.com
- zoom.us
- skype.com
- remind.com

Accessibility:

- flipperremote.com
- gc.com
- honeywell.com
- alexa.com



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The National Council of Dementia Minds gives a voice to persons living with dementia.

Visit dementiaminds.org for information about Dementia Minds groups, resources and upcoming events.



AgingME GWEP aims to create a more age-friendly health system by better preparing an age-capable workforce and empowering older adults.

Visit agingme.org for more information.