

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

## 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!