



Technology Tips for Living Well with Dementia



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

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



NATIONAL COUNCIL OF
DEMENTIA MINDS

Insights of Persons Living Well with Neurocognitive Disorders

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.