Technology Tips for Living Well with Dementia

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

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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Insights of Persons Living Well with Neurocognitive Disorders

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