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## **How Tech Tools Can Help Caregivers During Pandemics and Social Distancing**



Caregiving for your loved one is especially challenging during pandemics such as for COVID-19. The **Caregiver Tech Tool Finder (CTTF)** gives you independent, unbiased recommendations for the best caregiving apps, devices and other tech to help ease the burden of care. The finder was funded by a grant from the [Consumer Technology Association Foundation](#).

We've highlighted some of our **Caregiver Tech Tool Finder** options that you may find helpful. [CLICK HERE](#) to explore all of the apps, tech tools, and websites.

### **Caregiver Apps and Tech for Caregiver Wellness and Self-Care**

It's incredibly stressful to care for a loved one who is ill or has a disability while trying to keep them – and yourself – safe. The Caregiver Tech Tool Finder features apps that promote caregivers' self-care, helping reduce anxiety and stress. These include apps to help you with stress, anxiety, meditation, and sleep, like **Calm**

, **Headspace**, and **Sanvello**.

- [Explore tech for \*\*Caregiver Health & Self-Care\*\*](#) for up-to-date resources and information.
- Additional tools include online exercise videos on [YouTube](#) and the [Exercise and Physical Activity](#) page from the NIH National Institute on Aging.

### **Caregiver Apps and Tech for Social Connectedness**

Quarantine rules and social distancing mean everyone's feeling isolated and lonely right now, especially caregivers and the people they care for. Apps can restore social connections for caregivers and the people they care for by helping them find community resources and programs as well as communicate with friends and other caregivers.

- [Explore tech for \*\*Social Connectedness\*\*](#)
- Find [Facebook Groups](#) where you can connect with people that share your interests, share knowledge, or get support. One we recommend is the [AARP Family Caregivers Discussion Group](#).
- Read articles that **NextAvenue** has developed to help you during this time of social distancing on [mental health](#), maintaining [care for a loved one](#) and how [digital tools are facilitating human connections](#).
- Additional options for connecting with others include [FaceTime](#) and [Zoom](#).

### **Caregiver Apps and Tech for Coordinating Care**

Feeling like you just can't keep up with work, family and caregiving demands? Family coordination apps help ease the burden by allowing family members, friends, and others to contribute what's needed. Apps can provide safe and secure options for sharing health news, coordinating help and organizing health information. Daily caregiver resources help with basic needs: making to-do lists, scheduling in-home care, understanding Medicare and more. Some apps like **WebMD** and **First Aid from the American Red Cross** have added COVID-19 information you may find helpful.

- [Explore tech for \*\*Family Coordination\*\*](#)
- [Discover tech that provides \*\*Daily Caregiving Resources\*\*](#)

## Caregiver Apps and Tech for Healthy Aging

It's more important than ever to invest in your own wellness. Our curated list of the best apps for healthy aging includes apps designed to improve mental acuity and focus; apps that connect you to trustworthy health information and communities of people who share your conditions; and apps that make it easier to manage specific health challenges, like diabetes. Also, apps like **Lumosity** and **Elevate Brain Training** might be especially important during this time.

- [Explore apps that promote \*\*Healthy Aging\*\*.](#)

## Caregiver Apps and Tech for Medication Management

Helping a loved one follow a prescribed medication schedule is tough, especially if you're a long-distance caregiver. Tech solutions can help by offering pill reminders and tracking, information on drug interactions, alerts when a prescription needs to be refilled, pill identification guides, and more. Some apps, like **MediSafe**, are offering additional support during COVID-19, including webinars led by health professionals.

- [Explore apps for \*\*Medication Management\*\*](#)

## Smart Home Devices for Caregivers

If work obligations or physical distance means you can't always be with the person you're caring for, technology can help monitor their health and safety. The smart home devices selected for the Caregiver Tech Tool Finder offer a variety of features and functions. These include sounding an alarm when a door is opened, calling for help in an emergency, monitoring medication, alerting a caregiver when a stove is turned on, and even helping locate misplaced glasses.

- [See a list of recommended \*\*Smart Home Devices\*\* for caregivers](#)
- [Explore \*\*Remote Monitoring/Companion Technology\*\* options](#)

## Caregiver Apps and Tech for Alzheimer's and Dementia

People with memory loss may find social isolation especially overwhelming. Routines are disrupted, visitors are few, and caregivers are stretched thin. The Caregiver Tech Tool Finder lists highly rated apps for helping caregivers of people with Alzheimer's

and dementia. These apps include coaching for caregivers, resources for understanding dementia, and advice for dealing with stress.

Wearable tech can also help caregivers ensure their loved ones' health and safety. Our picks for the best wearable personal tech include options that can track someone's location with GPS, detect falls, and guard against nighttime wandering.

- [Explore apps for caregivers of people with \*\*Alzheimer's & Dementia\*\*](#)
- [Explore \*\*Wearable Personal Tech\*\* for caregivers](#)

## **About the Caregiver Tech Tool Finder**

Technology has the potential to make caregivers' lives easier and help support the dignity and well-being of the people they care for. Useful tech includes things like medication reminders, caregiving coordination apps, remote monitoring, and smart home devices. But how do you know which tech options are right for you?

VirginiaNavigator and [The Lindsay Institute for Innovations in Caregiving](#) worked closely with state and national partners, as well as experts on aging, to review apps and other technology. All offerings listed in the tool have received high ratings for being easy to use, meeting caregiver needs, having reasonable costs (if any purchases are required), and being recommended by family caregivers. (VirginiaNavigator receives no compensation or other benefits for making recommendations).

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