

Amazing Tools to Lighten the Caregiver Load **Presented by Loretta Woodward Veney**

Tools to Get You Organized

Springwell Caregiver's Notebook - www.springwell.com/docs/Resources/Caregiver_Notebook.pdf

Tools for Comfort

Weighted blankets – avail on Amazon and other outlets

Dementia Therapy Dolls – available on Amazon

Tools for Safety and Security

Bed handler and cane – to help loved ones pull up and sit up in bed – available on Amazon

Swivel seats – to help getting into and out of cars and chairs – available on Amazon

Seat Belt Guards – prevents loved ones from unbuckling seat belts – available on Amazon

Grab and Pull Seat Belt Puller – make putting on seat belts easy – available on Amazon

Tools for Wandering

ID bracelet with name / address / phone number

GPS Watches and GPS trackers that attach to clothes or personal items

GPS trackers for wandering – available on Amazon

Tools to Stay Organized

Tile - Item Finders – Tags to put on item with a transmitter to locate them when lost. Great to locate phones, keys, remotes, purses etc

28 Day Automatic pill dispenser – with lock, sound and light - available on Amazon

Memory Phone with Photos – loved ones don't have to remember phone numbers. They push the photo of the person they want to talk to. Available on Amazon

Talking Clocks – speak and displays time, time of day (morning, afternoon), day of the week etc

Tools for Engagement and Entertainment

Robotic dogs and cats – called Joy for All by Hasbro – available on Amazon

Alexa or Google – can do a variety of tasks for loved ones – tell time, read books, turn lights on and off, give instructions to take meds etc.

Dementia Puzzles – jigsaw puzzles with large pieces – available on Amazon

Fidget toys & blankets – to keep hands and minds busy www.dabblesack.com

Grand Pad – a less complicated version of an Ipad that makes it easy for loved ones to send email, check weather, make calls – all from one device. <https://www.consumercellular.com/caregiving/>

Skylight – photo frame with individual email address allowing family to email photos directly to the frame to keep loved ones including in family memories.

OuiSi – game of photo cards that helps make connections www.shopouisi.com

Apps for Relaxation and comfort

Relax Melodies – apps where you can create “music” with sounds such as water, piano, wind, flute etc. Save the songs you like. Greatest feature is a timer which plays sounds until you fall asleep.

Calm App – for meditation – has stories for bedtime, spoken and musical meditation, and beautiful photos and sounds to bring about calmness.

Mandala Coloring App – beautiful mandalas which are designed to promote calmness and relaxation.

Mindfulness Meditation App – musical and guided meditations that are 15 minutes or less, perfect for busy caregivers.

Tools for Independence

Grabber reacher tool available on Amazon

Carex Upeasy Seat Assist Plus - Chair Lift And Sofa Stand Assist - Portable Lifting Seat For Persons 200 Pounds to 340 Pounds, Provides 70% Assistance

Adaptive utensils – for parkinsons and dementia - available on Amazon and Gyenno bravo spoon <https://www.gyenno.com/bravo-twist>

Adaptive clothing - <https://adaptiveclothingshowroom.com/> also available on Amazon

Favorite Websites for products and information

AARP - www.AARP.com

Daily Caring - <https://dailycaring.com/>

The Alzheimer’s Store - <https://www.alzstore.com/shop-alzheimers-store-s/2054.htm>