

Technology and Caregiving

Family Caregiver Support Webinar Series

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PRESENTED BY APRIL IBARRA

PRESENTERS



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OBJECTIVES

Describe barriers to older adults using technology

List 10 technology products to help caregivers in the home

Describe the importance of smart and safe technology use

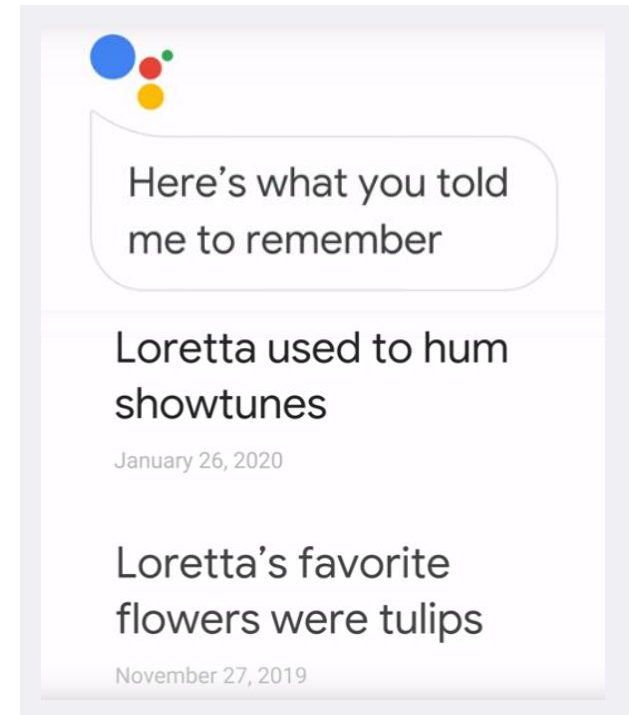
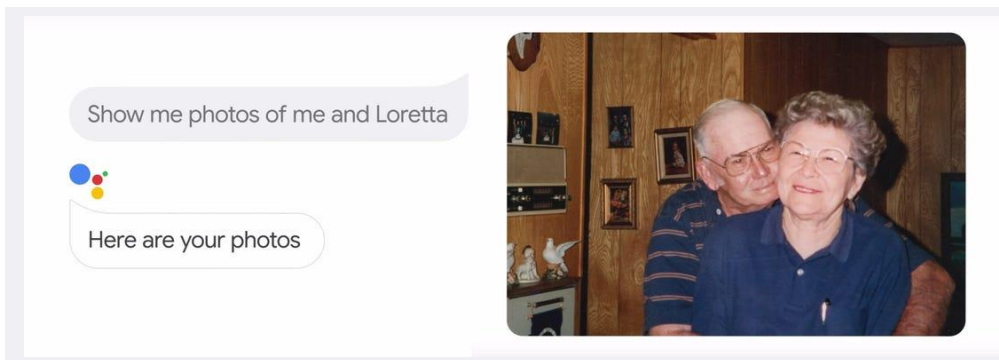
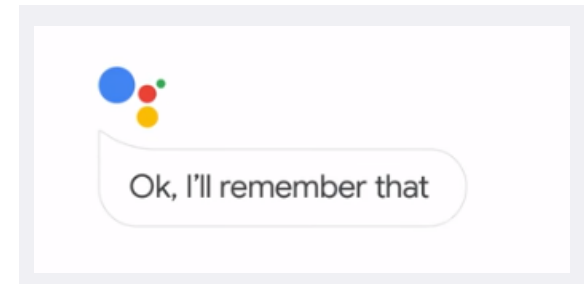
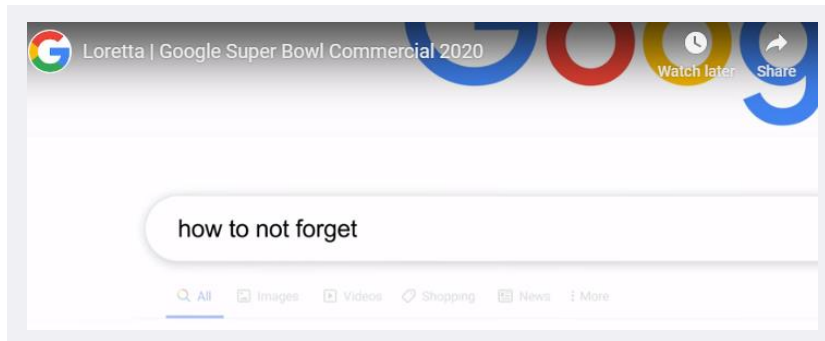
Discuss the importance of combining technology with the human touch

GERONTECHNOLOGY

The study of aging and technology for ensuring good health, full social participation, and independent living through the entire life span.



Super Bowl GOOGLE AD





Purpose of **GERONTECHNOLOGY**

“Increasingly, we’re seeing technology designed with older adults in mind. This doesn’t mean big buttons and loud audio; it means putting older adults at the center of the design process and aiming to meet their needs and aspirations.”

- The Gerontechnologist

Source: Etkin, K. (2019)

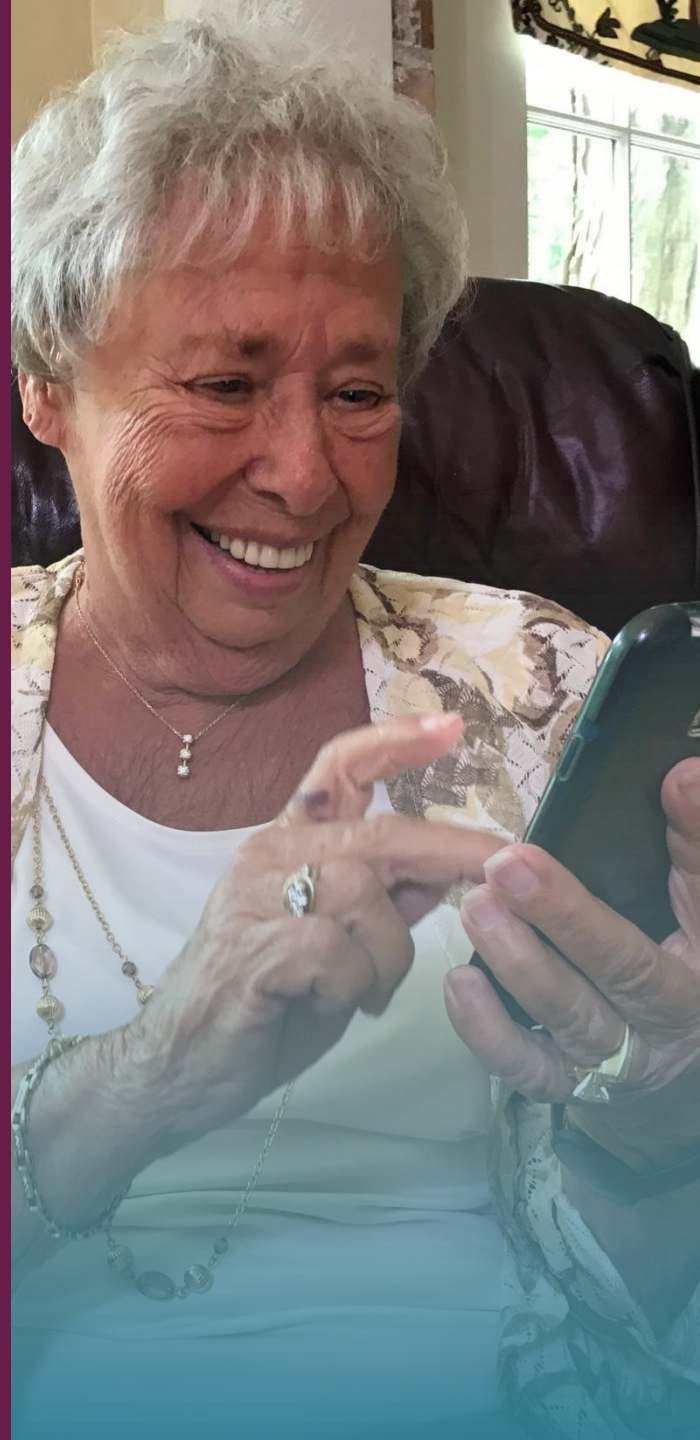
Purpose of **GERONTECHNOLOGY**

- Innovative technology should serve as an enabling role for aging adults by:
 - Maintaining independence
 - Supporting well being and health
 - Promoting cognitive and memory health
 - Realizing individual and collective/social ambitions and needs
 - Keeping embedded within changing socio-cultural environment
 - Connecting socially and communicating
 - Enhancing dignity
 - Supporting caregivers

Source: National Science and Technology Council. (2019). International Society for Gerontechnology

Older Adults TECHNOLOGY ADOPTION

- **42%** of those 65+ report owning smartphones
 - Up from just 18% in 2013
- **67%** of older adults use the internet
 - A 55% increase in just under two decades
- **Half** of older Americans have broadband at home
- Substantial differences in technology adoption based on factors such as:
 - Age
 - Household income
 - Educational level





Older Adults TECHNOLOGY ADOPTION

Of adults 50 and older:

- **92%** use a laptop or desktop
- **70%** use a smart phone
- **43%** use a tablet
- **23%** use an e-reader
- **7%** use a home assistant

Health & Wellness

TECHNOLOGY SOLUTIONS

There are many options to help manage health and most are designed to prevent, monitor, and manage the health and safety of individuals.

- Fall Detection
- Telehealth
- Smart Homes
- Mobile personal emergency response system (PERS) or GPS device
- Medication Management
- Vital Signs Tracking
- Wearables

Caregiving TECHNOLOGY SOLUTIONS

- On-Line Care Coaching
- Voice Activated Reminders
- Mobile Care Coordination
- Activity Tracking Home Sensor Systems





Social and Cognitive **TECHNOLOGY SOLUTIONS**

- Companion Apps
- Virtual Reality
- Brain Games
- AI (artificial Intelligence)
 - Example: Alexa, Amazon Echo or Google Home

Source: Etkin, 2019

Independence

TECHNOLOGY SOLUTIONS

- Mobile personal emergency response system (PERS) or GPS device
- Magnifier and reader apps
- Grocery delivery
- Food delivery kits
- High-tech durable medical equipment (DME)
- Low-tech adaptive tools
- Ride share services
 - Example: Uber or Lyft



Considerations for **TECHNOLOGY & AGING**

- Technology is often created on perceived needs of older adults
- Little consideration is given to:
 - User perspectives and preferences
 - Real-world constraints
- Areas of concern for older adults include:
 - Visual appearance
 - Functionality
 - Affordability
 - Platform sustainability and interoperability
 - Privacy concerns

Considerations for **TECHNOLOGY & CAREGIVING**

- Areas of interest to caregivers are technologies that help:
 - Deliver, monitor, track or coordinate their loved one's medical care
 - Find care options (example: home care, senior living communities)
 - Connect to real-time professional guidance
 - Seek advice from fellow caregivers and others with similar experiences
 - Learn how to better deliver care to their loved one

Key Barriers to Adoption

WHAT'S IN IT FOR ME?

- Technology usability
- Technology literacy
- Data management and privacy
- Technology design and lack of top-down design
 - Only 26% of internet users 65+ feel very confident when using computers, smartphones or other electronic devices to do things online
 - 48% need someone else to set it up or show them how to use it

Technology **ACCEPTANCE**

To encourage technology acceptance, caregivers should keep in mind:

- Perceived usefulness
- Perceived ease of use





Caregiver **TECHNOLOGY SOLUTIONS**

- GrandPad (senior designed tablet)
 - www.grandpad.net
- Eldercheck (app)
 - www.elderchecknow.com
- BRI Care Consultation (care coaching)
 - www.benrose.org/-/for-older-people-and-families/bri-care-consultation
- Lifepod (two-way voice assistant)
 - www.lifepod.com
- Mobile PERS
 - Apple Watch: www.apple.com
 - MobileHelp Smart: www.mobilehelp.com
 - Philips Lifeline GoSafe: www.philipslifeline.com

Caregiver TECHNOLOGY SOLUTIONS

- Medication solutions
 - SimpleMeds: www.simplemed.com
 - MedMinder: www.medminder.com
- End of life planning
 - EverPlans: www.everplans.com
 - Cake: www.joincake.com
- Rendeever (virtual reality)
 - www.rendeever.com
- Transportation
 - Go Go Grandparent: GoGoGrandparent.com
- Caregiver apps to manage schedules, documents and tasks:
 - www.caringvillage.com
 - www.carezone
 - www.lotsahelpinghands.com

Being a Smart **TECH CONSUMER**

- Do your research about the innovation
 - How long has the company been in business?
 - Is it a start-up company?
 - Is the product available or still in testing?
 - Who has the products been designed and tested for?



Being a Safe **TECH USER**

- Use strong passwords
- Use privacy settings
- Report abuse
- Share with care
- Be aware of scams
- If it's too good to be true, it probably is

Family Care TECHNOLOGY NEEDS

- Convenient solutions to help balance caregiving demands
- Peace of mind by providing extra safety and security
 - *“I can be connected when I want to be...it helps me know what’s going on...it makes me feel more secure.” -Family Caregiver*
- More say and control over care
 - *“I can stay up to date in real time. That leads to better care by getting more immediate care. You can make better decisions.”*
- Help to bridge the gap when in-person care is not feasible
 - Example: video chats to brighten a loved one’s day

Source: Home Instead Inc. focus group (2019)

Irreplaceable **HUMAN TOUCH**

- People need people
- No technology can take the place of human interactions
- Older adults are open to using technology, but often need help to learn
- Technology is an important tool to enhance the care and support of aging adults



RECOMMENDED RESOURCES

- [ProtectSeniorsOnline.com](https://www.ProtectSeniorsOnline.com)
- [TechEnhancedLife.com](https://www.TechEnhancedLife.com)
- Age Tech Market Map 2019
 - [TheGerontechnologist.com](https://www.TheGerontechnologist.com)
- Able Data: Tools & Technologies to Enhance Life
 - abledata.acl.gov
- Assistive Technology Industry Association
 - www.atia.org
- [AgeInPlaceTech.com](https://www.AgeInPlaceTech.com)
- GrandPad
 - www.grandpad.net
- Home instead
 - www.HomeInstead.com



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websites

HomeInstead.com

CaregiverStress.com

HelpForAlzheimersFamilies.com