



Technology Can Simplify Caregiving

Caring for a loved one is not an easy job, but there is technology available to help ease the day-to-day issues that arise when caring for a family member or loved one.

Safety is a primary concern for caregivers. Today's technology offers a variety of Personal Emergency Response Systems to meet very specific needs of your loved one. These devices alert you to an emergency in real time so that help can be sent right away. Some of the features include panic buttons, fall detection, two-way communication and GPS location. Fire prevention, activity monitoring and elopement notification devices are additional safety measures that can be helpful when providing care.

Coordination of care is another challenge for the caregiver. There are apps available to help with coordinating schedules, providing caregiver support, tracking health-related data and researching prescription medications. These apps allow for time spent together to be quality time. Medication reminders and dispensers can provide a caregiver with peace of mind knowing that medications are being taken safely.

If you are currently caring for a loved one and are interested in learning how technology can help with this important role, call the SilverSmart™ Technology Center at (724) 452-3619, or stop and visit us in the Abundant Life Center at Passavant Community.