

Tools & Technology for Family Caregivers

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My Care Companions

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My Care Companions

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Certified Care Manager

This presentation is for informational purposes only and is not to be considered legal, financial or health advice.

Certified Senior Advisors (CSAs) have supplemented their individual professional licenses, credentials and education with knowledge about aging and working with seniors.



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Your Caregiving Toolkit



Tool 1: Family Information Organizer

Find a system that works for you...

Storage

- Physical
 - Files
 - Binders
- Electronic
 - Computer
 - Cloud
 - Storage Device



Sharing

- Prepare, Store and Secure
 - Selectively Share
 - Share Everything
- Update at least once a year
 - Reshare
- **Have a backup plan**



Question: What percentage of caregivers die before the people they care for do?

30% of Caregivers die before the people they care for do.

Family Information

- Personal Profiles
- Emergency Contacts
- Family & Friends
- Pet Information
- Community & Volunteer Affiliations
- Employment

Household Information

- Home Information & Access
- Utilities & Services
- Insurance Coverage
- Personal Service Providers
- Subscriptions & Memberships
- Websites and Passwords

Health Information

- Health Conditions and Allergies
- Medications and Pharmacies
- Physical and Mobility Aids
- Physicians and Preferred Facilities
- Health Insurance
- Long-Term Care Plans
- Care Management
- Advance Directives
- End of Life Pre-Planning

Financial & Legal

- Professional Advisors
- Bank Accounts
- Retirement & Investment Accounts
- Properties & Mortgages
- Vehicles
- Credit Cards
- Business Assets
- Legal Documents, Wills and Trusts
- Guardian & Conservator

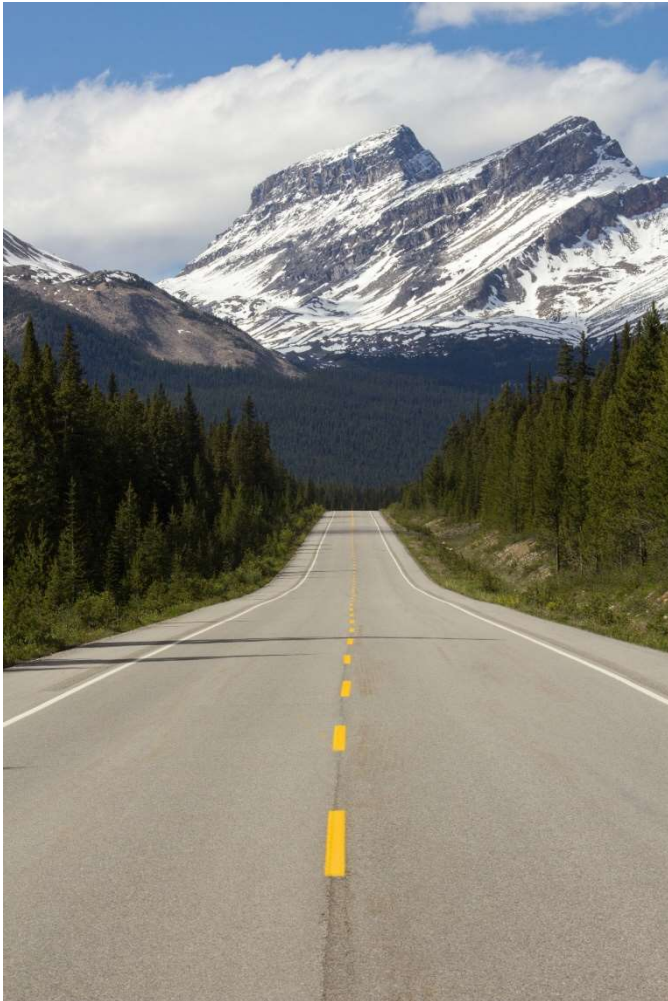


Family Information Management Solutions

My Criteria	Paper	Web Based Solutions			Software Solutions	
		Mobile App	Point Solution	End to End	Local Software	Portable Software
Complete	✓			✓	✓	✓
Integrated	✓			✓	✓	✓
Secure					✓	✓
Available		✓	✓	✓		✓
Up to Date		✓	✓	✓		✓
Sharable				 	 	 
Affordable	\$	\$	\$	\$\$\$\$	\$\$\$	\$\$
TOOLS IN THE MARKET	Caregiver's Toolbox	Follow My Health Online Banking	CareTree.Me Elect Health Records Investment Portals	Legacy Shield Everplans	Future File	My Data Diary+ 



Tool 2: Electronic Health Records



- We have a LONG road ahead before we see integration from a patient point of view.
- Tips for managing many different Electronic Health Records across multiple systems for your family:
 1. Enable HIPAA permissions across profiles where appropriate
 2. Download or print important documents and file by family member
 3. Consider health record consolidation tools such as:

Follow My Health



Lydia



Tool 3: Power in the palm of your hand



Camera

- Prescription Bottles
- Health Insurance Cards
- Identification



Shared Calendars

- Appointment Coordination
- Medication Reminders



Free Apps from the App Store



Document Scanning: **GeniusScan**



Photo Scanning: **PhotoMyne**



Listmakers: **To Do**

Tool 4: Digital Tools & Services

Digital Tools



- Online Shopping
- Mobile Banking
- Grocery Pick Up & Delivery
- Prescription Delivery
- House Calls and TeleHealth
- Personal Safety & Health Tools
- Transportation Services
- Restaurant Meal Delivery
- Entertainment & Engagement

Experts & Advisors

- Accountant
- Attorney – Estate & General
- Insurance Agent
- Retirement Advisor
- Aging in Place Specialists
- Senior Housing Advisors
- Home Health & Hospice
- Medicare Specialist
- Social Security Specialist
- Geriatric Care Manager
- Guardians
- Conservators
- Daily Money Managers

Technology for Care



Lockitron



Blood Pressure Cuffs



Thermometers



Blood Glucose Monitors

HEALTH CARE FOCUSED TECHNOLOGY



Caption Call



Floor Mat Alert
w/remote Chime



Care Cane



External Female Catheter

HEALTH CARE FOCUSED TECHNOLOGY



Apple Watch - Affib



Stay Active Monitoring



Echo Show



Alexia Echo

HEALTH CARE FOCUSED TECHNOLOGY

Technology Resources

Candoo – Tech Concierges

<https://www.candootech.com/services>

Tech-enhanced Life – technology and apps

<https://www.techenhancedlife.com/>

MindSense Cognition

<https://www.health-sense.org/mindsense/Enrichment>



Special Offer for LEARN

My Data Diary+

Family Information Management Software



Only \$50
per household

www.mydatadiary.com



Subject matter provided by Darra Wray, CSA



Darra Wray is a business professional from Boise, Idaho. She has more than 25 years of practical business and finance experience and an MBA from the Anderson School at UCLA. Darra also has over 25 years of personal experience as a family caregiver and patient advocate and has had a life-long interest in healthcare. She developed a true passion for family care giving and elder care services through her personal life experiences.

As the CFO of a large non-profit organization, Darra saw how reliant businesses have become on immediate and secure access to information. Yet, as the CEO of her family, she discovered that she often did not have the information she needed to manage and support her family.

In 2018, Darra became a Certified Senior Adviser (CSA) and left her role as a finance executive to launch **My Care Companions**. Darra developed the **My Data Diary** family information management tool and set out on a mission to change the family information management paradigm. **My Care Companions** provides education, tools and resources to caregivers so they can focus more of their time and energy caring for their loved ones. She invites you all to join her revolution to liberate your data!



My Care Companions

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Subject matter provided by Dee Childers, MA, CMC



Dee founded Life Changes Elder Care Consulting after experiencing the challenges of helping her parents move from an independent lifestyle to assisted living due to infirmity and memory loss. She saw very clearly what many others have seen — the lack of readily available information and resources for helping a senior family member. It became clear to her that with our aging population, many others would also find themselves feeling clueless and overwhelmed with the responsibilities of senior care giving.

Her training and background in both counseling and human resources management and first-hand experience with her changing role in family inspired Dee to turn her experience into a way to help others in similar situations. Life Changes Elder Care Consulting was founded to help those needing guidance and support on senior care issues by providing professional geriatric care management that helps with planning and coordinating the care of the elderly to improve their quality of life and maintain their independence for as long as possible. Life Changes works with families around the country to assess, select and manage the specific needs of our elders while giving family caregivers the professional help you need to manage and support the needs of those they love.

Dee is a NACCM Certified Care Manager (CMC), earned a BS in Psychology from the University of Utah and a MS in Marriage and Family Therapy from the Phillips Graduate Institute. She comes to this profession from 30 years in corporate America as a Human Resources Executive with extensive experience in interpersonal dynamics, crisis management, conflict resolution, mediation, benefits, and health and safety. She worked as a Marriage and Family Therapist for six years. She has been a caregiver for many years to her parents and others, and personally understands the demands and emotional turmoil of care giving and the tolls it takes on you, your aging loved one and the family. She is a court ordered Guardian and Conservator, experience with the legal and medical system. She is a certified Elder Mediator and volunteer for the Alzheimer's Association. Dee is currently the President of the board for the Idaho Guardians and Fiduciary Association. She previously served on the board for Friends in Action, a non-profit providing respite caregiving; JAVA, the Justice Alliance for Vulnerable Adults. She is an Advanced Professional member of the Aging Life Care Association™.

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