Mobile Caregiving

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Makoto Kotani

• B.A. Public Health, Policy
• Joined Keiro in 2017
  – Grants Program
  – *Iyashi* Care
  – Vitality Forums
Mobile Caregiving
How many of you own a smart device?
Objectives

• Think about your smart device as a powerful tool
• Understand how using apps can supplement care experience
• Try out and research different apps to enhance your current caregiving methods
Outline

• Caregiving at a Glance
• Community Support
• Caregiver Coordination
• Self-Care
• Questions
Caregiving at a Glance
Caregiving at a Glance

“Sandwich Generation”
Caregiving at a Glance

• As a society, we are living longer
• At what cost?
• Caregiving is a difficult responsibility
Where do you go if you have a question about caregiving?
Community Support
Community Support

• The Internet has made caregiving support and resources readily available and not just within local reach
Community Support Resources
Community Support Resources

- **Community Resource Finder** is a website that can help you look for community and medical services

Get easy access to resources, community programs and services.

Get started below by choosing the type of care and the location.

- Alzheimer's Association
  - Programs and Events
- AARP
  - Family Caregiving
  - Programs and Events
- Care at Home
- Community Services
- Housing Options
- Medical Services

https://www.communityresourcefinder.org/
Community Support Resources

- Online support groups are especially beneficial resources for when you are unable to leave the house.

Try a forum like AgingCare’s Caregiver Forum, where people all over connect and answer fellow caregivers’ questions.

https://www.agingcare.com/caregiver-forum
Community Support Resources

The Caregiver Space Community

Caregivers Connect

Caring for Elderly Parents

Alzheimer’s and Dementia Caregivers Support Group
How do you communicate with those who help care for your loved one?
Caregiver Coordination
Caregiver Coordination

• A lot of time and skill is needed to balance caregiving responsibilities fairly between individuals
• It is important to share care work
• Effective communication is key
Caregiver Coordination Resources
Caregiver Coordination Resources

• Some smart devices come with pre-installed apps that can be used to manage caregiving
CaringBridge

• Connects all involved in the care process through your very own website
We had great news coming back from the doctor today! Charlie's reports are looking much better, and he's on the right track for recovery. Thanks everyone for your constant well wishes!

After our visit today, we met up with grandpa to enjoy ice cream from our favorite ice cream shop on Blue Water Road. Grandpa got rocky road and Charlie got his favorite, Superman! We got a few great pictures enjoying ice cream at a nearby park and Charlie got to talk to grandpa about the new friends he made at the hospital.

Charlie has taught us to live in the moment and love each day, as he does. He’s shown us all so many life lessons in his short 11 years on earth, and I continuously look to him for strength and courage. Words fail me as I try to describe my love for him. It’s just truly beyond words.

To keep Charlie from being crushed by what I like to refer to as "the firehouse of love," a core team of us with be gathering all the offers on a single list for Ana and Tim to review and consider and tap into as they’d like.

So, if you have a skill that you want to offer - something you can and/or like to do for people, like cook, clean, haul kids - please leave your name and contact information in the comments below and your offer will be added to the list.

If you want to offer other special things - e.g., take them to a Twins game, pay for a week of camp for kids this summer, offer up a week at your condo in Hawaii, donate airline miles so they can go to the Caribbean to snorkel -- email me sherry.cooper@gmail.com and I’ll add your offer to the list.
Lotsa Helping Hands

Makoto Kotani
Feb 13, 2019 at 9:56am

Getting started
Hi everyone,

Today we will be testing out this application

Lotsa Assistant
You were a volunteer for this event.

Feb 13, 2019 - 2:00pm
Take Grandma to the Doctor
Makoto Kotani
Do you sometimes feel stress as a caregiver?
Self-Care
Self-Care

38% of caregivers consider their situation to be HIGHLY STRESSFUL

(Source: AARP)
Self-Care Resources
Self-Care Resources

• It is recommended to practice simple breath awareness for at least 10 minutes a day
Pacifica

- App for stress, anxiety, and depression based on mindfulness and wellness
**RELAX NOW**
Explore classic methods of relaxation.

- **Deep Breathing** 1m
- **Relax Your Muscles** 9m
- **Peaceful Soundscapes** 10m
- **Positive Visualization** 1m

**MINDFULNESS**
Gain awareness with mindfulness meditation.

- **Your Five Senses** 5m
- **Your Breath** 3m

**GUIDED PATHS**
Audio lessons and activities created by psychologists to help you manage stress, anxiety, or depression.

- **FEELING BETTER**
Learn techniques to deal with anxiety and depression and discover which work best for you.

- **TAKING CONTROL**
Use Cognitive Behavioral Therapy (CBT) techniques to transform your thoughts and manage your emotions.

- **BUILDING CONFIDENCE**
Take the next step in changing your interpretation of your thoughts, beliefs, and experiences to achieve your goals.
YouTube

• Listen to your favorite music or view guided meditations
Food Ordering Apps

• Save time with convenient mobile orders
Wyze
Questions?
Mobile Caregiving In Summary

• Technology has revolutionized and can be used to help with any concern
  – Online Caregiving Support
  – Caregiving Coordination apps
  – Everyday Use apps
In conclusion

• Smart devices can be powerful caregiving tools
• Learned how apps can supplement caregiving
• Make sure that your specific needs are met
Additional Resources (mentioned by session attendees)

• Meal Kit Delivery Services
  – Ingredients and cooking instructions are delivered allowing for caregivers to cook meals
  – Examples include Plated., HelloFresh, Home Chef, Blue Apron, and Marley Spoon