

# Mobile Caregiving

Makoto Kotani  
Program Analyst  
March 30, 2019



420 East Third Street, Suite 1000 | Los Angeles, CA 90013  
213.873.5700 | [keiro.org](http://keiro.org)

Copyright © 2006-2019 by Keiro Services. All rights reserved. KEIRO and GENKI LIVING are registered trademarks of Keiro Services. All other trademarks, service marks, and logos are trademarks of Keiro Services. Use of the names and/or the logos without written permission is prohibited.

# 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?

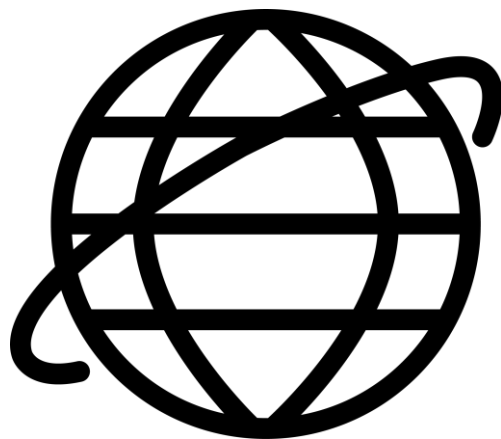
---

# Community Support

# Community Support

---

- The Internet has made caregiving support and resources readily available and not just within local reach



---

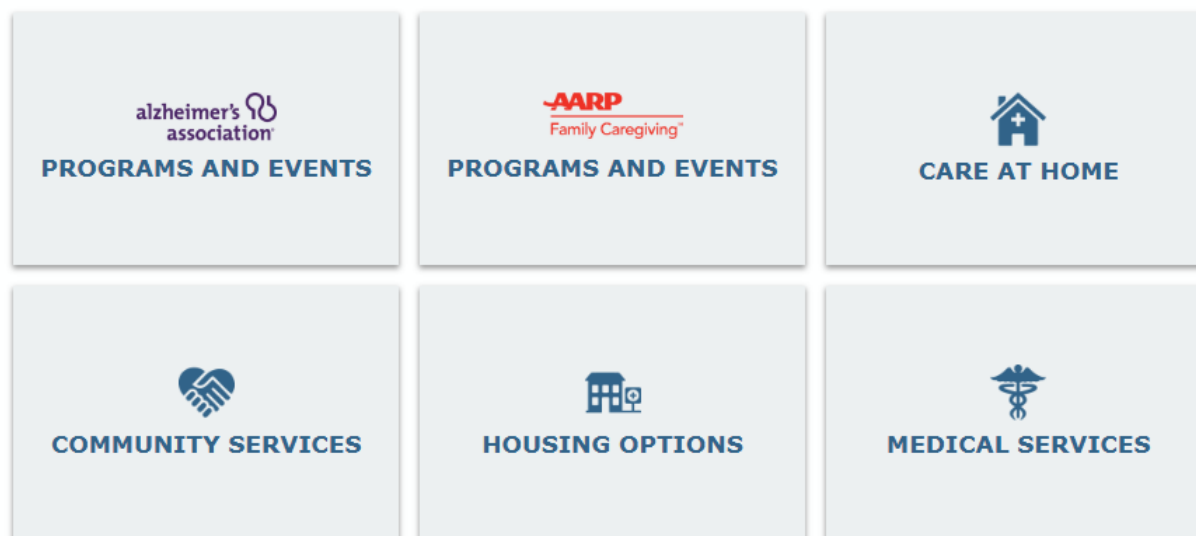
# Community Support Resources

# 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.

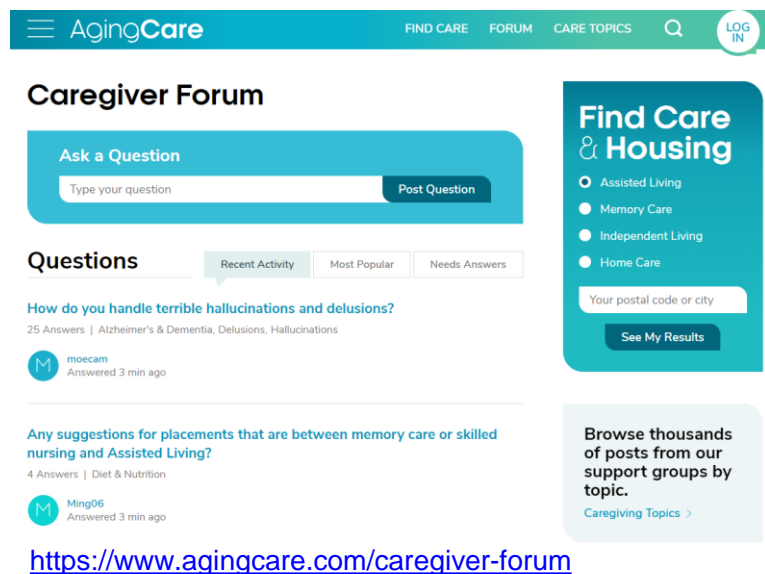
Get started below by choosing the type of care and the location.



<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

# 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





Heart



Share



Comment



## You're invited to support Charlie

By Sherry Cooper

04/15/18, 8:15am



View 5 Photos >

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](mailto:sherry.cooper@gmail.com) and I'll add your offer to the list.



Jack Austen

46 Journal Entries

Authoring

3 Updates



Charlie's Journey

Charlie Cooper

46 Journal Entries

Following

✓ All Caught Up



Kleon Giovanetti

12 Journal Entries

6 Updates

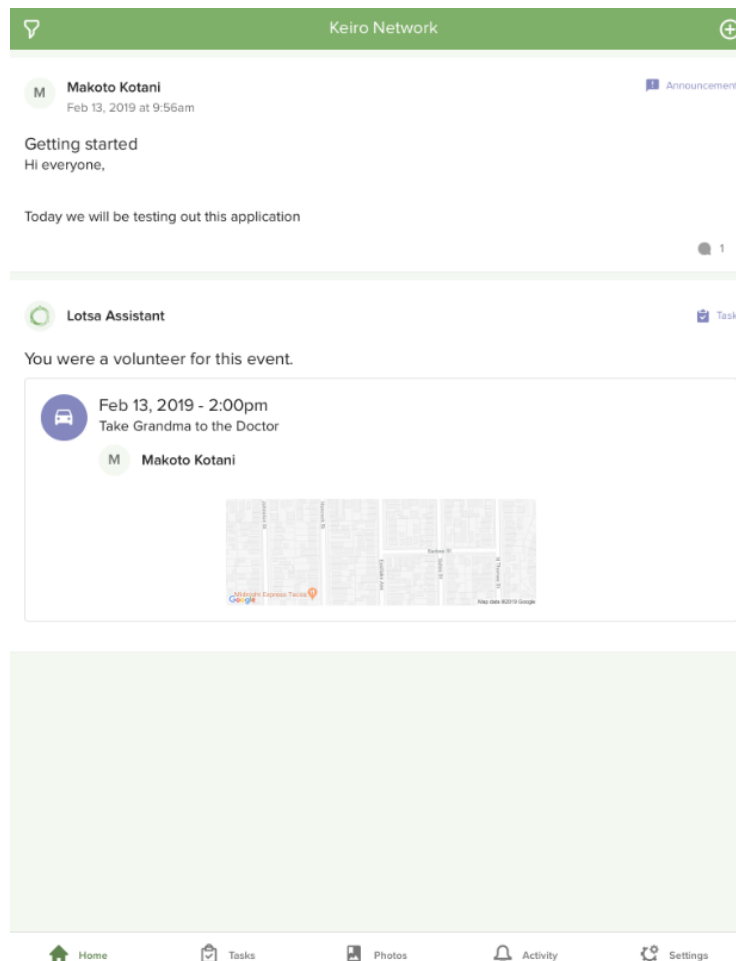
Explore Stories of Health, Hope and Healing



Browse Articles and Videos About Families on Health Journeys

Families who have been through health crises talk about healing, caregiving and meaningful ways to help. Check out our Bookshelf, too.

# Lotsa Helping Hands





---



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

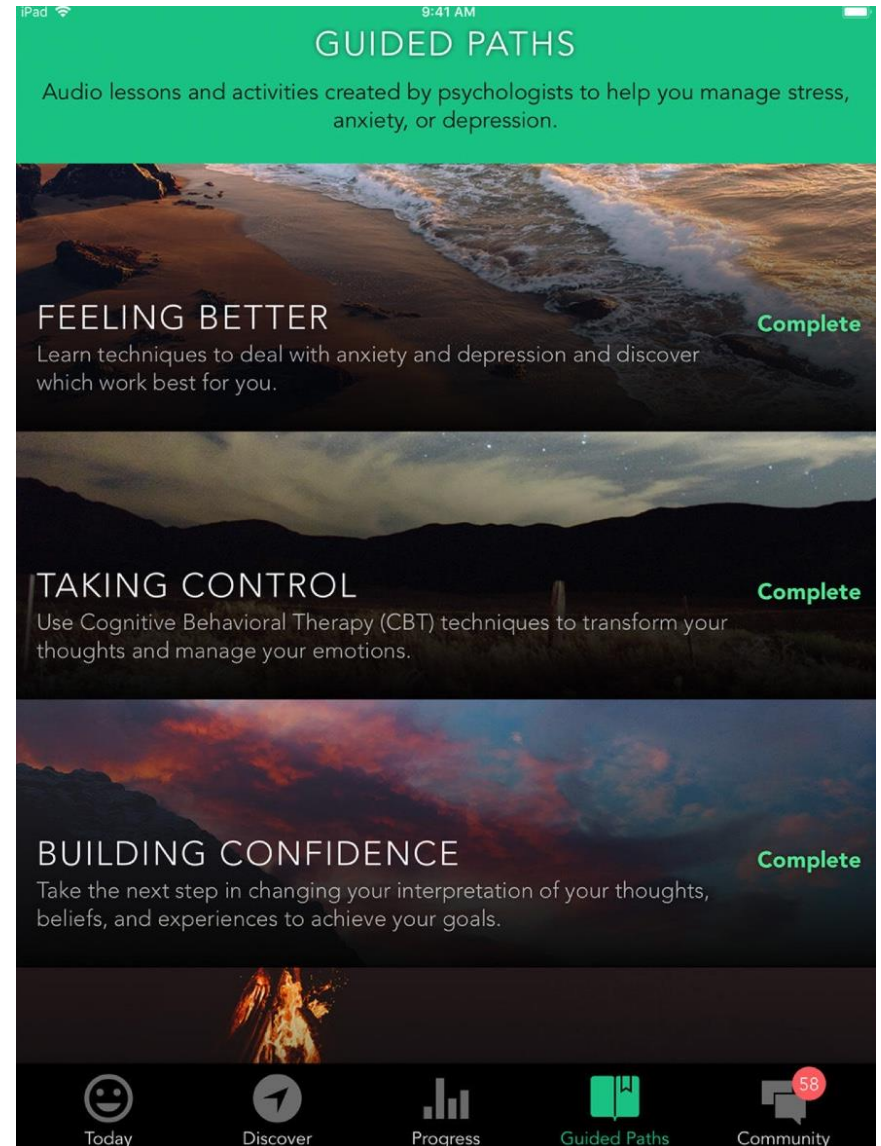
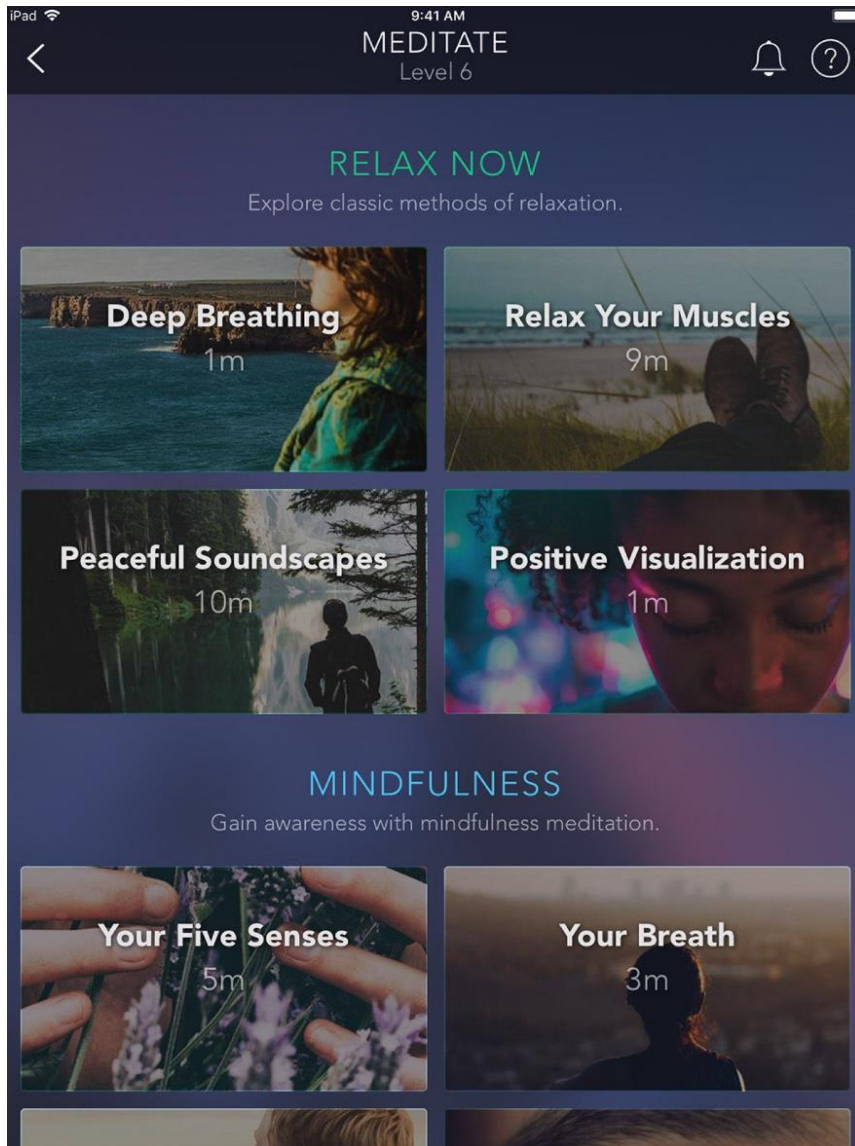


# Pacifica

---

- App for stress, anxiety, and depression based on mindfulness and wellness





# YouTube

---

- Listen to your favorite music or view guided meditations





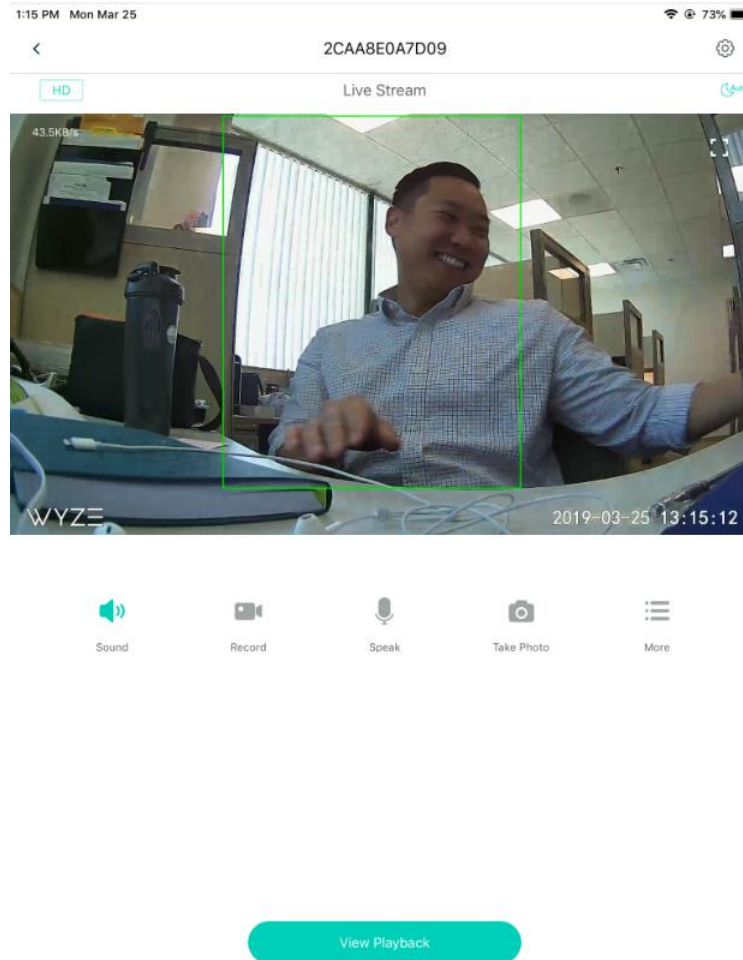
# Food Ordering Apps

---

- Save time with convenient mobile orders



# Wyze



---

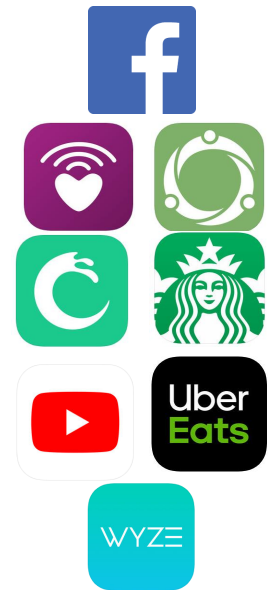


# Questions?

# 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

---



[www.keiro.org](http://www.keiro.org)

Copyright © 2006-2019 by Keiro Services. All rights reserved.  
KEIRO and GENKI LIVING are registered trademarks of Keiro Services. All other trademarks, service marks, and logos are trademarks of Keiro Services.  
Use of the names and/or the logos without written permission is prohibited.

# 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