



360 Lexington Ave, New York, NY
CARINGKINDNYC.ORG
646-744-2900



High Tech/Low Tech

Caregiving Products & Solutions

*Pamela Krist Atwood, MA, LPC, CDP
Sr. Therapeutic Specialist
President, Atwood Dementia Group*

OUR PRIORITIES

*Celebrating
45 years!*

- *Being a trusted partner for resources and compassionate support throughout the journey*
- *Creating and delivering meaningful, best practice programs and quality education*
- *Equipping dementia care staff, healthcare and service professionals*
- *Advancing awareness, research, policy*

caringkind

360 Lexington Ave., New York, NY

Helpline: 646-744-2900

CARINGKINDNYC.ORG



Who Do We Serve?



PEOPLE WITH
ALZHEIMER'S OR ANY
FORM OF DEMENTIA



FAMILY MEMBERS,
PARTNERS, FRIENDS
PROVIDING CARE OR
SUPPORT



HEALTHCARE
PROFESSIONALS,
AIDES, SERVICE
PROVIDERS



RESIDENTIAL,
COMMUNITY, &
CULTURAL
ORGANIZATIONS



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Individual & Family Services



Helpline



Navigation
& Care
Consultations



Family
Education
Workshops



Coaching
Caregiving Skills



Support Groups



Early-Stage
Programs



Social & Peer
Engagement



Palliative
Approaches

OUR WORK

*In Person &
Virtual Services*

*Free of charge for
individuals & families*

Workforce, Community, Research



Workforce
Training



Professional
Development



Dementia
Friendly
Community
Training



Research
Initiatives

**Services provided
in multiple languages**
*(Spanish, Mandarin,
Cantonese, Korean)*

Upcoming Seminars

*caringkindnyc.org/
education*

Upcoming Caregiver & Professional Education



The screenshot shows the caringkindnyc.org website. The navigation bar includes links for ABOUT, ALZHEIMER'S, PROGRAMS, **EDUCATION** (highlighted with a yellow arrow), CAREGIVERS, PROFESSIONALS, PUBLICATIONS, WALK, ATHLETES, and WAYS TO GIVE. Below the navigation bar is a red banner with the text "Care Partner Education".

Care Partner Education

[Care Partner Education](#) | [Professional Education](#) | [Workforce Development](#)

Are you caring for someone living with Alzheimer's or another form of dementia? Join us for our free education webinars to learn the skills you need in your caregiving role. Registration is required through the links provided on the calendar or through our Helpline at 646-744-2900. Webinars are listed in Eastern Time and will be hosted in English unless otherwise noted. To view a list with descriptions of the webinars, click on the "Agenda" button on the calendar.

Upcoming Education

search [X] < 09/16/24 > Subscribe Agenda Monthly

September 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |

Webinars listed on the calendar:

- 5:30pm-7pm Medicaid Home Care Webinar (Thursday, September 12)
- 10am-12pm (Friday, September 13)

Family Education Seminars - Monthly

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Legal & Financial Considerations



Understanding Medicaid



[caringkindnyc.org/
education/](https://caringkindnyc.org/education/)



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Understanding Dementia 101:

*Signs & Symptoms
of Alzheimer's and other
Dementias*

REGISTER NOW:

TUESDAY

February 11, 2025

12:00-1:15 pm



[caringkindnyc.org/
education/](https://caringkindnyc.org/education/)





Understanding Dementia 101: *Adjusting to the Diagnosis and Life Changes*

REGISTER NOW

TUESDAY

February 25h, 2024

6:00-7:15 pm



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CaringKind Helpline: 646-744-2900
CARINGKINDNYC.ORG
@caringkindnyc

EDUCATION SEMINAR

*A free learning event for
individuals, families and professionals*

LIVE WEBINAR

Wednesday, December 11, 2024
6-7:15 pm EST

Understanding Dementia 101:

Adjusting to the Diagnosis and Life Changes



When someone gets a diagnosis of Alzheimer's or another dementia, it is a life changing event. The impact can be profound for the person and for those who love or care for them. Often times, it is difficult for caring spouses, partners, adult children and friends to know where to begin or how to adapt.

If you are caring for someone living with dementia, our team at CaringKind understands what that experience is like. We're here to help you navigate your next steps and we hope you'll join us for this introductory seminar to discuss:

- *Adapting to your 'new normal'*
- *Learning new skills for your changing role*
- *Strategies to help you navigate this path with reduced stress*

Speaker: Susanne Bengtsson, LMSW

Susanne is Vice President of Family Supports at CaringKind. She oversees the programs and services available to family members and friends caring for those living with Alzheimer's Disease or related dementias. Susanne has over 20 years of experience working in aging and dementia services including working as a Memory Care Director and Executive Director in residential services and a Medical Social Worker in community home healthcare and hospice.



TO REGISTER:

646-744-2900
caringkindnyc.org/monthlyeducation



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Baseball Memories

In Person
Third Wednesdays
11-12pm

Virtual
Third Tuesdays
4-5pm

Registration is required and space is limited.

In-person



<https://bit.ly/45ih8WF>

Zoom



<https://bit.ly/3Oo17YF>

Or call our Helpline: 646-744-2900

caringkind The Heart of
Alzheimer's Caregiving

CaringKind Helpline: 646-744-2900

Connect2Sports

In Person and Online Social Engagement

Presented by CaringKind and Cleveland SABR Jack Graney Chapter

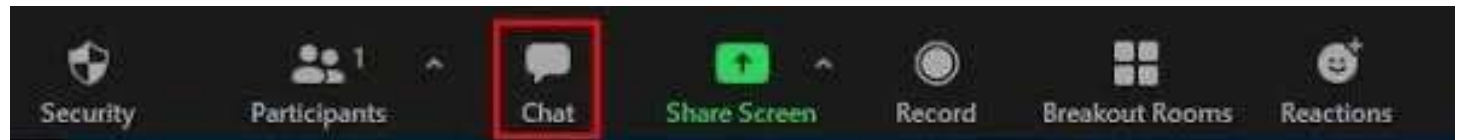
Baseball Memories

Reminisce and discuss baseball

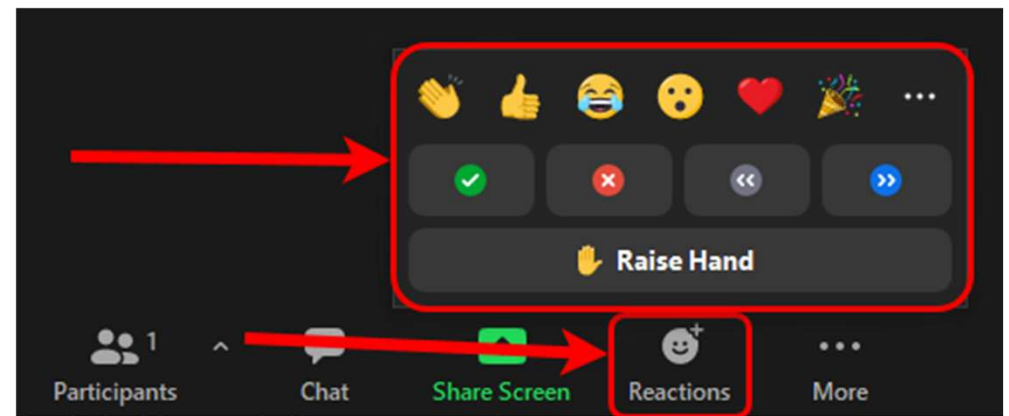


Questions and materials

- Slides and recordings will be available after the lecture. Watch for notices in monthly email.
- We'll save questions to the end.
- Feel free to add questions to the chat at any time



- After speaker finishes.... you can turn on video and raise actual hand... or raise 'zoom' hand and we'll call on you
- You will need to click on screen to unmute yourself when asked.





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Sr. Therapeutic Specialist
President Atwood Dementia Group*

Our Speaker

- Gerontologist, Author
- Licensed Professional Counselor
- 35 years' experience with older adults and people living with dementia, former caregiver
- Certified trainer for the National Council of Certified Dementia Practitioners
- Certified Laughter Therapist
- Certified Zentangle Teacher



Pamela Krist Atwood, MA, LPC, CDP

WHY IS CAREGIVING HARD?



- Physically demanding
- Changes in relationships
- Financially stressful
- Unfamiliar rules, programs and paperwork
- Stress, loss, burden, burnout and compassion fatigue

What we will cover today:

- Items to improve safety so you can rest assured.
- Things to implement to turn your home into an Alz-Prepared environment.
- Solutions to make care tasks easier so you can preserve your physical health.
- Resources for activity/entertainment so that you can create moments of joy.



High Tech – Low Tech – Mid Tech

- High tech – requires specific electronic equipment, with installation and online applications or digital interface. AND it has HIGH satisfaction!
- Low Tech – requires little installation but specific equipment or resource connections (company referrals).
- Mid Tech – either requires equipment install that isn't really "tech" or requires interface with equipment that isn't complicated but may not be obviously available to everyone – but we will apply it to caregiving needs/issues.
- ***We are NOT endorsing any particular company or product but will share some specific resources to promote your search tolerance and reduce your stress.*

High Tech - Safety

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Location Trackers & Motion Sensors



Medication Safety



Auto Shut offs & Anti Scalding



Fall Detection

Low Tech - Safety



- Medic Alert/Safe Return
- Confounding locks on fridge, cabinets and exit doors
- Grab bars
- ½ or ¼ side bed rails
- Colored tape
- Bathmats and skid resistant tub appliques

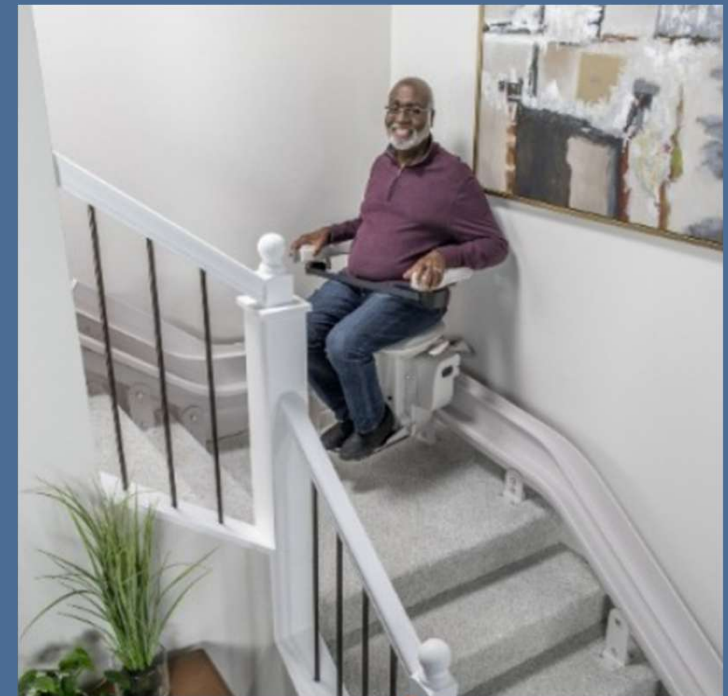
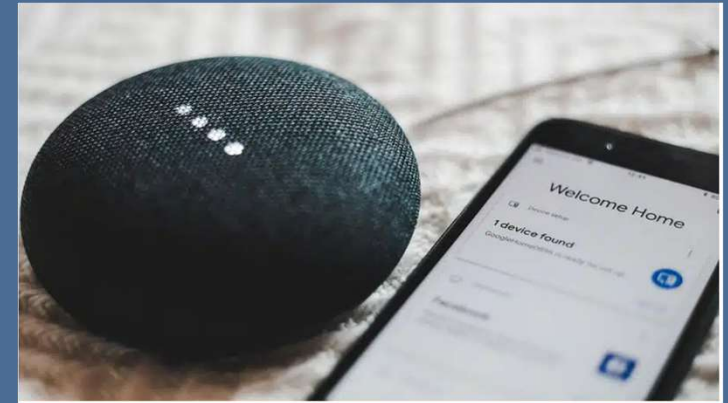
Mid Tech Safety

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- Motion-detection smart cameras
- Motion-detection lights in rooms, closets, hallways and bathroom
- Voice-activated smart devices (Alexa or Hey Google, etc.)
- Talking tiles – 80 second message
- Tile stickers (remote, keys, etc.)
- Google Nest Hub & thermostat
- My Home Helper (no interaction required for drop-in listening)
- Stair lift

High Tech - ALZ-Prepped Home



Low & Mid Tech – ALZ Prepared Home

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Low Tech

- Universal remotes
- White boards
- Large face clocks with date/temp
- Diaries/journals
- Lift chairs
- Color contrast plates

Mid Tech

- Roomba
- Full-spectrum lighting
- Auto pet feeders & water
- Color contrast back splashes, toilet seats
- Hoyer/serra lifts
- Toilet riser/booster
- Bidets**

High Tech - Engagement

- Robotic pets
- Bird (squirrel) feeders
- Lumosity/Brain HQ
- MetaQuest 3S
- MemLife, Autobiographer apps
- Mentia.me/about-mentiacompanion
- AlzBuddy
- Memory Lane Games
- Nature Melodies
- Sing-Fit



Good Morning, Bruce!

Search for a game

Recommended games

SEE ALL



1960s Finish the Lyric



My Family



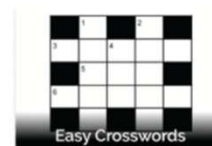
Common Sayings 2



The Sound of Music



Cats & Dogs



Easy Crosswords



1950s Finish the Lyric



Cakes

Recently liked games

SEE ALL



Liverpool



London



British Seaside Holidays



Ancient History

Low Tech - Engagement

- Arthur the musical bear
- Cards – from simple games (Uno, Gin) to memorizing to sorting
- Age-appropriate coloring sheets, implements of their choice
- Water paints/Aqua paints

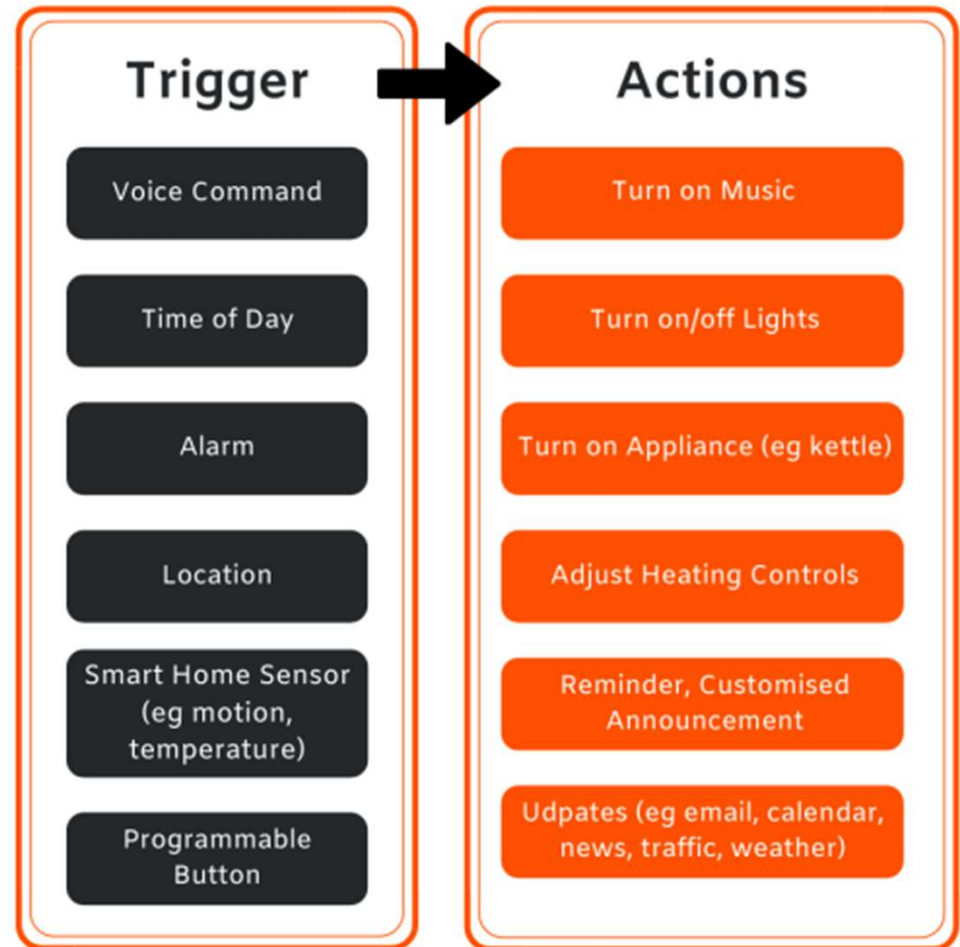
Mid Tech - Engagement

- Alexa Routines
- Talking photo albums
- Memory Lane TV (plot-free)

Page Size:
5x7 inches, (125x175mm)



Building Blocks of an Alexa Routine



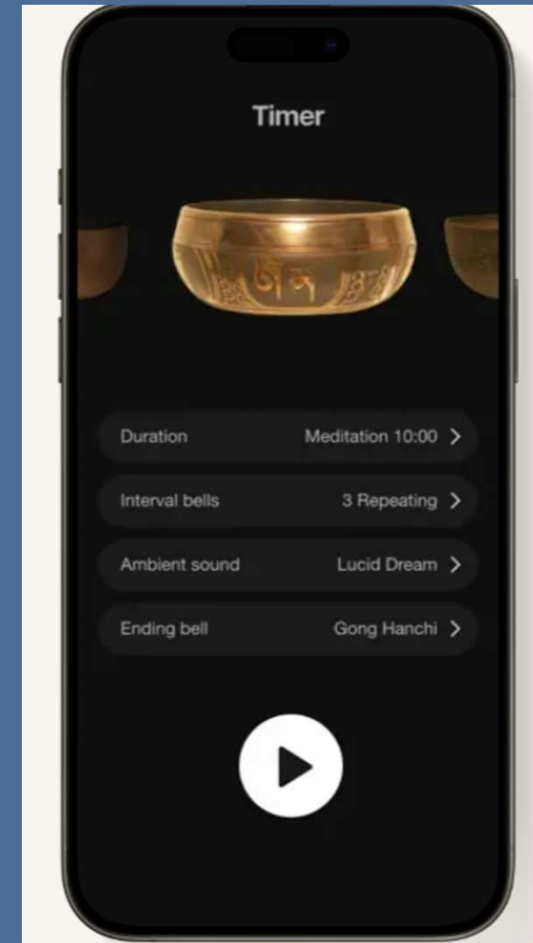


Air Tags/Tiles

CaringVillage or LotsaHelpingHands

Headspace, Calm, Calm Harm & Insight
Timer

*High Tech -
Easing the Care*



Low Tech – Easing the Care



No Rinse Soap Products

- Buck & Buck
- Silverts
- Joe & Bellas
- **Magnet Issues

Adaptive Clothing & Dining Scarves



Eating Adaptations



Reachers & Key Wings

Mid Tech – Easing the care

- Weighted Blankets
- Magic Cups



Resources

- Google, or your favorite search engine
- Amazon
- AlzStore.com
- Buckandbuck.com
- Silverts.com
- Jellydrops.us
- CaringKindNYC.org



Talk to a
Navigator

646-744-2900



www.caringkindnyc.org

Questions



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Thank you!

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