Dementia & Technology
For People Living with Dementia in Scotland

Technology is an everyday part of our lives! We also know that technology can be living with dementia to live a safe and healthy life. Technology can help manage risks, improve quality of life and support people to stay in their own home for as long as possible.

We all like to feel we are keeping well, doing as much as we can for ourselves and that we are as independent as we can be…. even in the smallest of ways. We all want to feel respected and that our strengths, gifts and talents are appreciated. in the things that matter to you and help.

A diagnosis of dementia does not mean you can't learn new skills. In fact, many people have found that a diagnosis of dementia has given them a reason to interact in new ways with technology and the internet. This can open up a world of possibilities that you might not even know was there.

With dementia, their families, friends, carers and professionals and will give you some ideas and things to think about.

Living life as usual and maintaining our health, help you to maintain those routines, give you reminders to take medication, help you keep that coffee with friends!

Why not think about…

• An electronic diary on your phone, tablet or computer.

• Mobile apps: Any modern smartphone will be able to access applications that help you to eat healthily, track your events.

Everyday Living connected with Friends & Family be a very important part of our lives. You don't own.

There are technologies that can help you stay in touch with family and friends all over the world, engage in conversation, see photos, others in a variety of ways.

Why not think about…

• Apps that help you create your own "circle of support" like Jointly, CareZapp

• Apps that connect you via topics, hobbies and interests.

• Go online to see what activities and "It Up" for example.

Feeling safe & Secure in your home

Technology can also help you to keep doing things for yourself, like making a cup of tea, cooking a meal, controlling your door so that you can let in the people you know. This can give you, your family, friends and carers freedom and the confidence that you are as safe and secure as possible.

Why not think about…

• Technology enabled care such as community alarms, telecare and home health monitoring.

• Home environmental controls like Hive, My

• Falls and flood detectors.

• Lighting and movement sensors.

• Fire, smoke and carbon monoxide alarms.

• Key safes and door alarms.

• Cooker controls.

Technology can support you to go out and such as shopping, visiting places that matter to us and being with family and friends.

Walking and staying physically active is good for our health and wellbeing and technology can help you to get to where you want to go, reducing the worry associated with getting lost, or feeling lost and help us stay safe.

Why not think about…

• GPS and location technology: It allows can signal loved ones should you get lost. should anything happen, the wearer of These give you the freedom to go where your family and carers always know you

Getting out & about

Want to find good information about technology for people living with dementia?

Don't miss Dementia Circle is a good place to go for more information:

www.dementiacircle.co.uk

Important things to think about

Respecting your rights

Everyone's values, beliefs and circumstances are unique to them. There are few absolute "rights" and "wrongs" when considering the use of technology. It is important to think carefully about all the "pros" and "cons" and the quality of life you want.

We are all experts in our own lives. We all want to be treated with respect, have our values and rights honoured and have our views and opinions heard. Why not think about including the use of technology to support you in your future plans?

For example, when having a conversation about your Power of Attorney or your post diagnostic support?

Life Story Books: A great variety of these are available. Become the narrator of your own talking about dear friends and loved ones. where you can "store" your memories. Musical versions like Playlist for Life or use

Meaningful Life

Having a

Why not think about…

• Information about your life story, your likes and dislikes and what makes you "you".

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