

Dementia Awareness Week 1-7 June

Join us to celebrate Fife in Dementia Awareness week this year with some mental and creative challenges.

<https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre>

<https://www.facebook.com/AlzheimerScotlandFife/>

This month's newsletter is all about technology and keeping in touch. We have listed some products here as examples of what is available.

Detailed information on a wider range of products and reviews by people living with dementia and carers are available on our website:

<https://www.alzscot.org/living-with-dementia/staying-independent/useful-products>

Online activity groups

You should have received a copy of the amazing online groups being organised by the community activity team. If you haven't got a copy, call us and we will send one out 01592 204541. Everyone is welcome and it is a great way to keep active and meet other people.

The Telephone Befriending Service

It is for anyone not already getting a regular call from one of the team here.

'Our Telephone Befriending volunteers are waiting to hear from you if you fancy a chat about anything. If you are feeling lonely and isolated, our volunteers are at home just like you and happy to have a blether while having a cuppa. If you like football, music, travelling, TV shows or anything in general, our friendly volunteers are available to give you a weekly phone call. This is a free service. It's good to talk!'

Technology: Keeping in touch with friends and family

Big button amplified phones with pre-set photo buttons make it easier for some people to keep in touch. Some examples on the websites below:

<https://www.techsilver.co.uk>

<https://dementia.livebetterwith.com>

The pandemic has made many of us more aware of technology and how it can help us to keep in touch. Many of us will have joined our first **video call** and wonder why we hadn't done this years ago. For those who have yet to embrace this technology the Care Inspectorate have produced a wonderful guide explaining how to video call using a smart phone or tablet. Includes how to download WhatsApp and how to use a tablet or smart phone to video call. There is also an overview of the free products like zoom and skype.

https://www.careinspectorate.com/images/Supporting_people_to_keep_in_touch_when_care_homes_are_not_accepting_visitors.pdf?utm_medium=email&utm_source=govdelivery

Most computers and tablets have tiny circular cameras built into the top frame of the screen to allow you to video call. If you don't have a built-in camera, **clip on cameras** are available. Plug and play models with integrated microphone and speaker are simplest. You need to know your operating system, eg windows 10 to buy the right one for you. For video calls you don't need an expensive one, this one is about £26, but there are cheaper

<https://www.logitech.com/en-gb/product/hd-webcam-c270>

If you are thinking of buying a smart phone to make video calls or send photographs and you already have a broadband connection to your home, you may only need a pay as you go phone. Products like WhatsApp provide free photograph sharing and video calls. The cost of a large screen smart phone starts at £130.

Broadband

How well video calls work depends largely on your broadband speed. A good broadband upload speed makes a big difference. If you are having problems with video calls, check your speed here:

<https://broadbandtest.which.co.uk/>

This link shows also provides comparison speeds from all providers to your postcode.

Technology: keeping safe

Carer and Alzheimer Scotland Team member Fiona was worried about her mother's vulnerability when strangers come to the door. Here she describes some of the technology she has installed.

'We had an echo show installed a few months ago. Mum like many people struggles to talk to alexa as she doesn't always get the phrase right but with the show we are able to drop in on her and have a video call and she doesn't have to do anything. My sister drops in every day from Australia and lots of extended family members can download the app and are able to drop by. Even though she no longer good with time she knows what time to expect her calls as its become part of her routine.'

'We had the ring doorbell fitted last week after a couple of incidents and that has been fantastic. She had left her front door wide open one day and I was able to call her and let her know. We can also see when she is going out walking as well as who is coming to the door'.

<https://en-uk.ring.com/>

You need broadband for both these products. The Ring allows you or your family to remotely see, hear and speak to a visitor at the door by sending an alert to your smart phone when someone presses the bell or triggers the motion sensor. An alternative to the echo show is My Home Helper <https://www.myhomehelper.co.uk/home/home.aspx>

Both allow you to drop in for video calls and set reminders and prompts for things like meals and medicines.

Calendar clocks

Display the day, date and digital time, some can be set for visual or auditory reminders including recording your own message. Usually cost between £40-£50.

<https://dementia.livebetterwith.com/products/live-better-with-reminder-day-clock>

GPS Trackers

Contrary to what a lot of people believe, most people who become lost close to home. Having a bad day, becoming distracted, taking a wrong turn. GPS trackers can help if you remember to charge it up and take it with you. Some have panic buttons to call for help if you need to.

This link to a company called techsilver explains the different types of trackers, different features and prices, <https://www.techsilver.co.uk/best-gps-tracker-buying-guide/>

Purple Alert

Is a free missing persons app for smart phones. It works by sending a picture of the person who is missing to all other app users within a 30 mile radius along with a contact number for family or carer. <https://www.alzscot.org/living-with-dementia/staying-independent/helpful-apps/purple-alert>.

Also on this link is the **Herbert Protocol**, the questions the police will ask if someone goes missing.

TV Remote controls

These can be tricky to use for many people, but there are a few dementia friendly versions available, check out our website <https://www.alzscot.org/living-with-dementia/staying-independent/useful-products>

<https://flipperremote.com/> works with both the TV and set top boxes like virgin and sky. It can be programmed to store between 2 and 25 favourite channels, so when clicking up and down through the channels only these come up, not the hundreds. If remotes are just too difficult, then someone else can turn the TV over/on/off for you remotely using a harmony hub connected to their smart phone: <https://www.logitech.com/en-gb/product/harmony-hub>

**Remember we are here if you need us, just call:
Fife team 01592 204541
24h hour Freephone Dementia Helpline 0800 808 3000**