



The  
**Dementia  
Society**  
Ottawa and Renfrew County

# ASSISTIVE TECHNOLOGIES FOR PEOPLE WITH DEMENTIA



Are you looking for technologies to help a person with dementia stay safe, be more independent, or improve their quality of life? Below is a list of products and devices to help reach these goals.

## Important things to keep in mind:

- Consider devices that might be helpful now and in the future
- Consider devices that are in the person's best interest
- Use the devices as early as possible so they seem less overwhelming
- Consider the cost of devices as well as any alternatives available

## SAFETY

**TIP:** You can ask your local technology or home appliance store for the following items. Examples include Best Buy, the Source, Canadian Tire, Walmart, Costco, or Amazon.

**PLEASE NOTE:** The Dementia Society does not endorse any one store over another.

## Appliance Monitors

**Monitors for Avoiding Fires** can detect the electricity from a home appliance left on by accident and shut off the appliance's power.

**Monitors for Avoiding Floods** can detect water left running in the sinks or baths and drain them.

**Monitors for Avoiding Spoiled Food** can set off an alarm when a fridge door is left open and remind the person to close the door.

# Alarms

**Fall Detection Sensors** can be worn by the person. The alarm can be triggered automatically or by the person when they press the 'help' button.

**Door Alarms** can let the caregiver know if a door has been opened. Many alarms can also include pre-recorded messages for the person with dementia.

**Bed Exit Alarms** can let a caregiver know when the person with dementia has left their bed. This is important if the person has mobility issues and a risk of falling.

**Smartphone Applications** can inform the caregiver of the person's location. Use the App Store on the Smartphone to shop applications.

**GPS Trackers** can be placed in the person's shoe, wallet, or attached to their belt. A tracker can help locate them if they wander or become lost.

Here are more places to shop for alarms and trackers:

- Live Life Alarms: <https://www.livelifearms.ca/>
- Safe Tracks GPS: <https://www.safetracksgps.ca/>
- Philips Lifeline: <https://www.lifeline.ca/en/>
- Medic alert: <https://www.medicalert.ca/safely-home>

# DAILY LIVING

**TIP:** The following items can be found at the stores below. You can also ask your local technology store or pharmacy:

- Alzheimer's store: <https://www.alzstore.ca/>
- Canadian Assistive Technologies Ltd: <https://canasstech.com/pages/products>

# Clocks and Calendars

Clocks that are easy to see and have a large screen can be helpful for someone living with dementia. Clocks should include both the date and time. Some clocks can say the time out loud.

# Prompts and Reminders

Set reminders or alarms to:

- Take medication
- Alert them of upcoming appointments

# Medication Aids

**Simple Pill Boxes** have a pill cavity for each day and time of the week. Some pharmacies can provide medications in easy-to-use blister packs.

**Automatic Pill Dispensers** are pre-filled, locked devices that alert patients when it's time to take medication.

# SOCIAL AND RECREATION

## Adapted Activities

Assistive devices can help the person socialize and engage in activities they enjoy.

Examples include:

- Adapted card games
- Adapted puzzles
- Adapted board games
- Easy-to-use radio or music player
- Easy-to-use telephone
- Easy-to-use TV remote controllers
- Electronic dolls or animals

**Dementia friendly Activity Packages** are available at:

<https://docs.google.com/forms/d/e/1FAIpQLSd5KCDS5stIOYagyzSNxmnxIDzllbX6-fkNU1CNKuMEopogPQ/viewform>

## Video Chat

Setting up video chat for the person can help them stay in touch with friends and family. Applications include Zoom, Skype, FaceTime, Microsoft Teams, and Google Hangouts.

To help older adults and get connected to technology training and support, leave a message at 1-877-304-5813 or visit <https://www.connectedcanadians.ca/>

## More resources:

Ontario Assistive Devices Program: <https://www.ontario.ca/page/assistive-devices-program>

**Ottawa:** 613-523-4004 **Renfrew-County:** 1-888-411-2067 | [info@dsorc.org](mailto:info@dsorc.org) | [DementiaHelp.ca](http://DementiaHelp.ca)

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