

DEMENTIA RELATED

Choices for you or your family to make changes as needed to be safe, independent and supported.

WHY



Every 3.2 seconds, one of us, somewhere in the world, is diagnosed with dementia [1]. In the US, the average age of a person living with the condition is 49 years. There was a 200% increase in cases aged 30-64 between 2013-2017. [2].

Maybe the diagnosis has been given to you. Or maybe to someone you love.

The challenges are undeniable.

And so there's a need to do, or use, whatever brings those with dementia and their families joy, quality of life, safety, independence, human connection, or choice.

For the most part, those diagnosed early will have periods of clarity, carry out responsibilities, and may live somewhat independently through the early and mid-stages, and with the help of family or friends.

Technology has rapidly progressed to give us extraordinary options to prolong independence, including those that address many of the early-stage symptoms, such as communicating, remembering appointments and bills, keeping safe at home, and staying healthy.

As the brave and inspiring **Wendy Mitchell** explains in documenting her own journey with young-onset dementia:

"When people think of dementia, they think of the late stages. They forget that there is a beginning and a middle.

So much life still to be lived, albeit differently. And with help and support, I was determined to continue living life and having adventures no matter what other people thought."

Rick Phelps, the founder of Memory People, a private Facebook community, is an advocate for dementia awareness.

Diagnosed with early onset Alzheimer's disease in 2010, Phelps discovered and purchased the Amazon Echo in February 2016.

He says the device "has afforded me something that I have lost: Memory. I can ask Alexa anything and I get the answer instantly. And I can ask it what day it is 20 times a day and I will still get the same correct answer.

And since I can no longer read, having books read to me by Alexa is worth its weight in gold to me."



The Road with Early Onset Dementia Technology Becomes a Lifeline

Wendy Mitchell was diagnosed with early-onset Dementia in 2014 and now spreads awareness about it across the world.

However hard it may be, Mitchell says, families should enable people with Dementia to stay independent as long as possible. **"It gives us the feeling that we can achieve something because Dementia strips away so much from us."**

"So often when people hear the word dementia, they go into a state of depression, believing it to be the end. And that's what happened to me because nobody told me any different. Due to the stigma associated with Dementia, **people forget there's a beginning and a middle. So much life still to be lived, albeit differently.** And with help and support, I was determined to continue living life and having adventures no matter what other people thought."

Dementia hasn't affected Mitchell's ability with words, and she has used that to her advantage. She begins each morning playing Words with Friends on her iPad. She stays in touch with the outside world through her social media accounts. Twitter is where she can have "silent conversations" with the world each time she feels lonely. Mitchell writes a blog called Which me am I today. She calls it her memory journal, in which she notes down all the feelings, triumphs and challenges she has had. "I can type words quicker than I can think and speak them because that part of my brain hasn't been affected yet," she tells us.

Mitchell says support groups always help. **"Never be alone with Dementia because it's a very lonely place. Find other people that are going through what you're going through."** She insists it's essential for caregivers too. **"Look after yourselves because otherwise, you can't look after us."**

[Read](#) or [Watch the Video](#)



Feature - Dementia Top Picks



FRONT & ENTRY

KITCHEN & LIVING

BEDROOM

PERSONAL SAFETY

LOVED & RELAXED

- Video Doorbell
- Camera
- Smart Door Lock

- Simplified Phone
- Smoke & Air Quality/Carbon Monoxide
- Clock/Reminders
- Voice Assistant/Home Hub

- Phone
- Voice Assistant/Hub (without camera)
- Motion Sensor Lights
- Smart Plug

- Smartwatch
- Personal SOS/Alarm or Tracker
- Basic Health Testing Device(s)
- Mobility Aid

- Photos
- Music



"Due to the stigma associated with Dementia, people forget there's a beginning and a middle. So much life is still to be lived, albeit differently. And with help and support, I was determined to continue living life and having adventures no matter what other people thought."

Wendy Mitchell

Let's not go straight to the end.

DEMENTIA FEATURE FRONT & ENTRY



Smart Door Lock

Camera

External Camera /
Video Doorbell

Video Doorbell

Family who are not with their loved one, can see who's at the door or gate, to help with deliveries or visits safety or ward off unwanted visits.

Take a look at Ring, Arlo, Google Nest

Camera

Family can see who's at the door, with the option to let them in remotely if authorised or an emergency, like a carer, lost keys neighbour or tradesperson.

Some families use this to detect wandering, when a parent for example goes out or arrives home safely, they get a notification or can check footage.

Smart Door Lock

Secure access without giving out keys.

One time passwords, fingerprint, and a key entry as well for familiarity

Check out Yale, Samsung, Wyze

**DEMENTIA FEATURE
KITCHEN & LIVING**



Air & Smoke

**Reminder .
Medication**

Phone

Voice Assistant

Phone

Making it easy to see, hear ringing and speaking on, and with prompts for visual dialling and big buttons.

Smoke & Air Quality

Detect smoke and carbon monoxide. Sound alarm, speaks to you what the problem is, daily status indicator and notifies others.

Clock / Reminders

To help ask or know the time and day whenever needed, a large digital clock, reminder clock with pictures, or talking button clock.

Voice Assistant/Hub

This allows you to drop into the room to check up if you're worried, or to say hi and sit together. You can also detect movement activity past the device.

DEMENTIA FEATURE BEDROOM

Voice Assistant



Phone

Motion Sensor Lights

Or Smart Plug Lamp

Phone

If help is needed in bed via calling or SOS button. Or to chat on speaker as they fall asleep.

Motion Sensor Lights or Smart Plug

Make it cosy and prevent falls. A smart plug so that lights can come on in the morning or evening, or if possible be operated by voice "turn the lights off". Or stick on or battery motion lights.

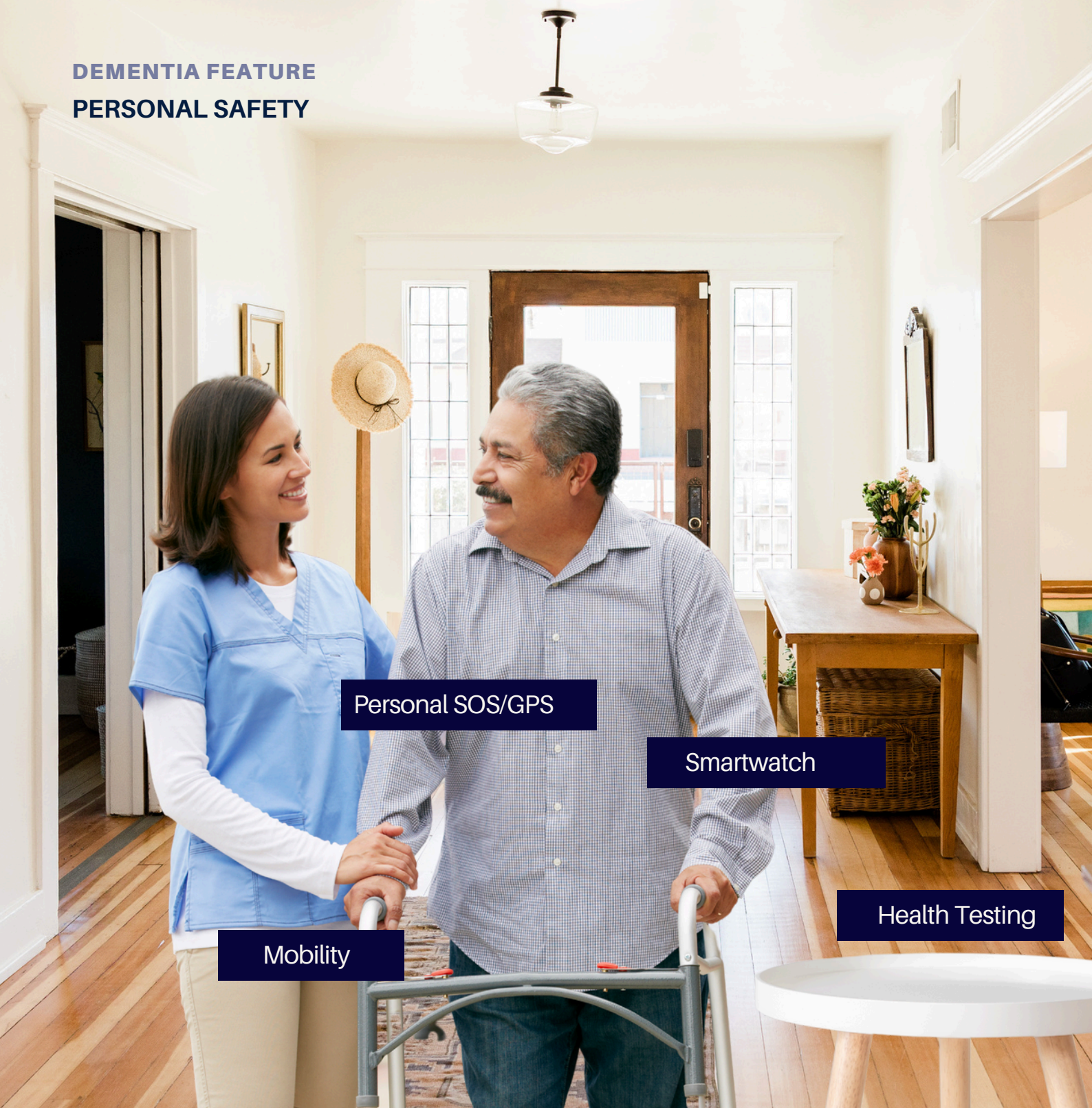
Voice Assistant Hub (without camera) with clock

Able to detect movement, play music, hear the news, make a call or turn on light. A laminated card of "what you can say".

Or time/day digital clock

Confident with a big screen clock or talking clock.

DEMENTIA FEATURE PERSONAL SAFETY



Personal SOS/GPS

Smartwatch

Health Testing

Mobility

Smartwatch

If you (or the person you are helping) will wear a smartwatch, this can detect falls, capture health data, and help being tracked. with permission (wherever that can possibly happen and will full respect.)

Personal Alarm, SOS & GPS Locator

A bracelet, necklace, belt clip, GPS sole or tag on a frame or bag. Just to maximise freedom and reduce the constant concern.

Health Tech Devices

Choose a small set of devices aligned to specific health needs. Have a schedule, or a carer or family member to test temp, blood oxygen, heart rate, blood pressure & glucose to monitor health, seek help or share trends.

Mobility

Assistance if needed via a walking stick, frame or scooter to help maintain fitness, independence and connectedness with the community.



DEMENTIA FEATURE

LOVED & RELAXED



Photos
or Photobook

iPad

Pet

Music

Photos & Memories

As moving pictures in a frame may be confusing, removable, lightweight frames like mix tiles can invoke memories and family loves. Label pictures if needed, so visitors can share the life picture. These can be transitioned from rooms or homes as needed.

Digital memory books, with sound, photos and captions can be viewed on a tablet or printed into a physical book.

www.helloedlife.com

Music

A simple music player can make music more within reach, or a voice assistant.

Otherwise a voice assistant or home hub (same device) can help with games, books or journals.

Simplified computer

A iPad in a ruggedised case, or a simplified seniors tablet can help learning new things and engaging in things you/your family member finds enjoyable.

A Companion (Toy) Pet

May also bring comfort, as positive impacts have been realised from companion or robotic pets.