

DAILY ROUTINES & REMINDERS

Choices to help with routines, news and reminders like appointments and medication.



WHY

Being independent means the ability to do what keeps you safe and healthy.

As we get older, it's easier to forget keeping up with outside news, medication, which appointments are scheduled, when to call for a birthday or pay a bill.

If you have the beginnings of mild cognitive impairment, you may want to ask frequently what day, time or date it is. Maybe since retirement, it feels like a holiday and you just don't keep track of what day it is.

To have confidence yourself, and to show that to those who worry, it can be helpful to set up a new level of personal routines. It means you, or your family, can set reminders, prevent missed medication, take the right dose, be ready for visits or appointments and manage personal admin.

Up to 50% of people don't take medications as prescribed, for a variety of reasons including timing, filling scripts or mixing medication. This may result in poor health, confusion, falls or incidents requiring medical attention.

Technology can help with all these things. Bonus points for remembering to drink water or exercise, or being the first to send a happy birthday or last day of term message.

These days, we all have a lot to remember.



WHERE TECHNOLOGY CAN HELP

DAILY ROUTINES & REMINDERS



TIME & DATE

- Reminded of the time, day, date and external updates like news and weather.

REMINDERS

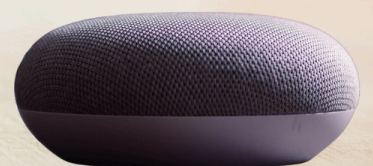
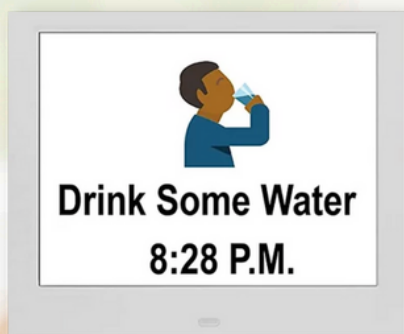
- Reminders to take medication, remember appointments and do what keeps you well.

DISPENSERS

- Organising medication, taking the right amount at the right time and confirming that's a "job done".



When you want to keep up with outside news, the date and be reminded to do what keeps you well and independent.



TIME, DATE & REMINDERS



“It's easy to lose track of the date, schedule and keep up with the news when you don't go into work every day.

Features like

- Announce the news headlines and weather
- Visual display or spoken (see or hear the time)
- Alarms with pictures, voice message, phone alert and sound
- Set by you and/or others can set reminder remotely
- Amplified sound

Human touch

- We all forget what date it is or lose track of time. These clocks have patience. You can ask as many times as you need to "What day is it today?" or "What's happening today".
- Set up the calendar and reminders for appointments, birthdays, payments due or remembering to do what keeps you well and independent.
- Getting outside news and information helps with connectedness and gives you more to talk over with others.

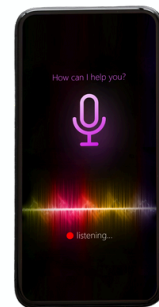
Products like

[CLICK HERE](#)

to see these and other choices



Reizen Talking Keychain



Phones & Apps



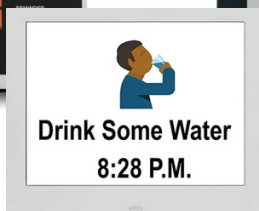
Cirbic Talking Button



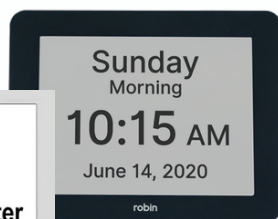
Home Hubs & Voice Assistants



Reminder Rosie



Visual Clock



Premium Clock



Extra Loud w Bed Shaker



Braille Watch



DISPENSERS



“It's not that I don't remember, it's just I don't think what day it is.”

Features like

- Apps or physical devices
- 28 day or travel size dispensers
- Alarms and reminders
- Notification medication was taken
- Safe locks to prevent wrong dosage

Human touch

Around 50% of us don't take medication as we should. This might mean forgetting the time, missing a dose or taking the wrong dose.

Products like

[CLICK HERE](#)

to see these and other choices



MedCenter



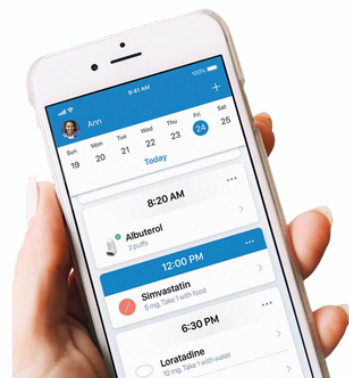
LiveFine



Pocket Pillbox



Ellie Monthly Pill Organiser



Medisafe Pill Reminder

