



Dementia Toolkit – Stay safe and well

# Technology worth knowing about



**Dementia Toolkit**  
Living your life with hope



## Stay safe and well

### Technology worth knowing about

There are more options than ever for technology that can help support your life with dementia. Technology which helps you is called Assistive Technology and collectively they are known as ATs. As with all technology, it is about personal preference, but there are lots of options available which might help support you in your dementia journey.

Through our research we found that some people weren't aware of the technology available and many more were not sure where they could access them.

In this booklet we:

- make you aware of some of the technology that people with dementia and carers have told us they find useful
- link you to places where you can find out more about the different technology available



**I've developed coping mechanisms for the challenges that I've encountered with my Alzheimer's, for example using technology to remember things and keep track of their progress. I have a diary linked between my smartphone and computer so I can input into my diary immediately and not forget events.**

A person with dementia talking to our researchers



## What kinds of technology do people use?

We have heard about a range of different things. Here we showcase a selection to get you thinking about what you might like.

- **GPS trackers** so carers/friends can help if you feel lost (Wendy mentions this in her video). These range from apps like 'Find my iPhone' to GPS locators which can be attached to keys, or objects you might misplace.
- **Calendar clocks** which make the date as well as the time clear.
- **Easy-to-use mobile phones** which only call specific people, or have easier navigation. Doro make phones which people have recommended.
- **Lifeline pendant alarm** in case you fall or are ill at home. This connects you to help immediately.
- **Motion-activated speakers** which play a pre-recorded message when they sense movement. These can be useful as reminders if a carer has nipped to the shop and you wonder where they are.

Alzheimer's Society's shop has a range of products you might be interested in. Visit: <https://shop.alzheimers.org.uk/helpful-products>

Most people we spoke to had self-funded their technology. However, it is possible to receive financial support sometimes, such as through a local authority needs assessment.

Alzheimer's Society have a page on their website about 'How to obtain assistive technology'. Visit: <https://www.alzheimers.org.uk/get-support/staying-independent/how-to-obtain-assistive-technology>

## Alexa

Some people with dementia enjoy using voice-operated technology.

Irene has written a poem called 'Alexa' which highlights how this voice-operated technology has helped her to live alongside her dementia; whether that's by reminding her of upcoming appointments or telling her when her eggs are boiled.

You can watch Irene reading her poem 'Alexa' in full on our website.

Irene's poem comes from the poetry collection Time and Place which was published by Lioness Press Ltd. This collection came about as part of a lockdown project among people with dementia. Writer Liz Jennings led the group through a series of writing exercises.

You can purchase the full Time and Place poetry collection on amazon.

Visit: <https://www.amazon.co.uk/Collected-Poems-Time-Place/dp/1838127879>

## Find what works for you: high-tech or low-tech

Technology is there to enable you for what you need. You may find there are some instances where a simple solution works best.



**...if I need to go out, I can leave a big sign at the end of the bed to say where I have gone and when I will be back and he is quite happy with that. He is still able to use his mobile phone so can always call me if he needs to which allows me to go out without worrying.**

A carer explaining a simple way to enable both people to feel secure



## Radar key

A radar key is a low-tech solution which opens many doors! Radar keys open disabled toilets around the country in lots of different venues from cafes to cinemas. They can be very useful for people with dementia and help to ease some of the anxiety about being out and about.

Some local councils will give you one for free, so it is worth enquiring.

Alternatively, you can buy an official Radar key from Disability Rights UK. Visit: <https://disabilityrightsuk.myshopify.com/products/radar-key>

The main thing is to understand what you would like help with, and find the right solution for you. Talking to other people with dementia and carers is a great way to find out what they are using which has worked.



**I've bought a Ring doorbell which has been very good. Before lockdown, some people knocked on the door (trying to sell us a new patio) and [family member with dementia] answered the door, but luckily a neighbour caught them and stopped them, as [family member with dementia] would most likely have agreed. The doorbell has meant if anything happens when I'm at work that I can keep tabs on it. It has been a good deterrent as well.**

A carer explaining to our researchers how technology enabled her to keep working





This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



# Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing  
**IDEAL@exeter.ac.uk**

If you prefer to write to us, then please address your letter to:

**Living with Dementia Toolkit**

**PO Box 616**

**Exeter**

**EX1 9JB**



[www.livingwithdementiatoolkit.org.uk](http://www.livingwithdementiatoolkit.org.uk)