

## TECHNOLOGY RESOURCE GUIDE (updated 9/2020)

The field of technology solutions for older adults continues to grow rapidly, with many products providing solutions focused on independence, health, and safety. Incorporating technology in our daily life is certainly not new, yet its use has significantly grown in 2020 with California's "safer at home" order and the practice of physical distancing. Many of us have stayed connected by moving online to meet with friends, co-workers, and even medical providers. In 2012, Family Caregiver Alliance wrote about technology for caregivers, describing these types of applications and websites (see <https://www.caregiver.org/print/22299>):

- Coordinating Support Services
- Managing Appointments and Tasks.
- Medication Management
- Personal Health Record Tracking
- Social and Emotional Support
- Meditation and Spirituality
- Information/Education Webinars
- Safety
- Exercise and Nutrition
- Shopping for Goods and Services
- Entertainment & Brain Games

Compatibility with various applications will depend on the platform you subscribe to, such as Apple, Android, or Microsoft. Some organizations have developed instructive seminars, as well as hands on support to help you get started (ie., [GetSetup.io](http://GetSetup.io) and [Cyberseniors.org](http://Cyberseniors.org)).

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While we cannot endorse these resources, they may help you explore current innovations including some with little to no cost. The USC Verdugo Hills Hospital Community Resource Center for Aging can be reached by telephone at 818.949.4033 to discuss options and further assist in narrowing in on solutions right for your situation.

Name of Service/Contact	Operation Details	Cost	How to Sign-up/Notes
CareZone <a href="http://www.CareZone.com">www.CareZone.com</a>	This application has you take pictures of your pill bottles (or upload names) to create a detailed list of your medications, so they are always on hand. This resource can also remind you when to take your medication and/or get refills.	Free	See website for downloading the app. It can also track information such as blood pressure and blood glucose.
GetSetup <a href="http://www.getsetup.io">www.getsetup.io</a>	GetSetup is described as the largest senior to senior interactive educational platform, offering classes and social opportunities to help older adults live healthier, happier, and more connected lives.	Free, some with nominal fees starting at \$4.99+	Covers over 175 topics ranging from smartphone tutorials, to tips for using apps like Uber or LinkedIn, and fun activities such as, exercise, meditation, journaling, and more.

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<p>GPS SmartSole</p> <p><a href="#">GPS SmartSole®</a></p>	<p>Provides wearable tracking solutions: GPS SmartSole and the Take-Along Tracker. The location data will be transmitted to the GTX Corp monitoring system and the information is accessible through any internet-connected device and a Smart Locator app. Price varies depending on the products/service types.</p>	<p>Device plus Monitoring Service Plan</p>	<p>Purchase online: <a href="http://gpssmartsole.com">gpssmartsole.com</a></p>
<p>Human-I-T</p> <p><a href="#">Non-profits and Individuals - Low Cost Refurbished Desktops, Laptops, Internet and Accessories</a></p>	<p>Human-I-T connects low-income individuals and nonprofits to technology, internet, and digital training. By reusing instead of recycling electronics, the team transforms e-waste into opportunities to promote digital inclusion and digital access.</p>	<p>Products range from \$54.95 - \$349.95</p>	<p>Provide free technology to low-income families, veterans, persons with disabilities, LGBT community centers, homeless shelters, and other certified nonprofits.</p>
<p>If I Need Help</p> <p><a href="#">If I Need Help - Autism, special needs safety products and ID registry, home</a></p>	<p>Nonprofit organization working to reunite those who are lost, disoriented, or can't self-advocate with their loved ones and caregivers. Customizable ID products include ID cards and wearables, such as shoe/dog tags, patches, pins/clips, and apparel.</p>	<p>Free</p>	<p>The organization uses QR code technology (which can be accessed by a computer or cell phone) to identify a vulnerable person when they become lost.</p>

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<p>LA Found - Project Lifesaver</p> <p><a href="#">LA Found   voluntary system of trackable bracelets for at-risk individuals</a></p>	<p>Los Angeles County has partnered with Project Lifesaver, giving law enforcement the power to locate critical missing persons, often with conditions such as Alzheimer’s disease and autism spectrum disorder.</p>	<p>Free</p>	<p>Radio frequency tracking system available to member agencies and to caregivers of loved ones who are prone to wandering.</p>
<p>Life Alert</p> <p><a href="http://www.lifealert.com">www.lifealert.com</a></p>	<p>An alert system to quickly get 24/7 help for a medical issue, fall, and/or other home emergency.</p> <p>Waterproof alert buttons are able to provide protection in the bathroom (shower/bathtub), as well as the other rooms of the home.</p>	<p>Ranges from \$49.95 - \$198.00</p>	<p>Uses 4G LTE Technology. Batteries never need charging and last up to 10 years.</p> <p>App and GPS available.</p>
<p>Zoom</p> <p><a href="#">Zoom: Video Conferencing, Web Conferencing, Webinars, Screen Sharing</a></p>	<p>Cloud video conferencing for simple online meetings and group messaging on one platform. This is a frequently used service that can incorporate video, audio, and computer screen-sharing.</p>	<p>Free basic service (up to 40 min per session.)</p>	<p>Use this Help Center link to get instructions for signing up and for using Zoom:</p> <p><a href="#">Getting Started – Zoom Help Center</a></p>