

TECHNOLOGY RESOURCE GUIDE

(Updated 1/2023)

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 Task
- 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 (i.e., GetSetup.io and Cyberseniors.org).

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	Description	Notes
Aloe Care Medical Alert Services get.aloecare.com/ 888-256-3227	<ul style="list-style-type: none"> • Medical alert system which includes a 4g hub, app, and wearable alert buttons. 	<ul style="list-style-type: none"> • Base cost of \$29.99 per month • See website for details
California Telephone Access Program (aka California Phones) californiaphones.org/ English: 800-806-1191 Español: 800-949-5650	<ul style="list-style-type: none"> • CTAP provides free specialized phones and accessories for your mobile phones to qualified Californians. • Devices make it easier to hear, dial, and call. 	<ul style="list-style-type: none"> • Online application. • Doctor’s approval needed. • RN available at their office. • No fees • Must have existing telephone service
CareZone / Walmart Wellness App help.walmart-wellness.com/article/72-cz-connect-account	<ul style="list-style-type: none"> • App allows you to take pictures of your pill bottles (or upload names) to create 	<ul style="list-style-type: none"> • See website for downloading the app. It can also track information such as

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	<p>detailed list of your medications.</p> <ul style="list-style-type: none"> • App reminds you when to take your medication and/or get refills. 	<p>blood pressure and blood glucose.</p> <ul style="list-style-type: none"> • No fees
<p>GetSetup www.getsetup.io/ 888-559-1614</p>	<ul style="list-style-type: none"> • GetSetup is the largest senior to senior interactive educational platform, offering classes and social opportunities to live healthier, happier, and more connected lives. • Over 175 topics ranging from smartphone tutorials, to tips for using apps like Uber and fun activities. 	<ul style="list-style-type: none"> • Free to nominal fees starting at \$4.99+
<p>GPS SmartSole gpsSMARTSOLE.com/gpsSMARTSOLE/ 213-489-3019</p>	<ul style="list-style-type: none"> • Provides discreet wearable tracking solutions: GPS SmartSole and the TakeAlong Tracker. 	<ul style="list-style-type: none"> • Price varies on the products and service types • Device/Monitoring Service Plan
<p>Human-I-T hitconnect.org/sales/salesHome.aspx 888-391-7249</p>	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Products range from \$54.95 - \$349.95 • Free to low-income families, veterans, persons with disabilities, LGBT community centers, homeless shelters, and other certified nonprofits
<p>If I Need Help www.ifineedhelp.org/ 661-524-6732</p>	<ul style="list-style-type: none"> • Nonprofit working to reunite those who are lost, disoriented, or can't self-advocate with their loved ones and caregivers. • Customizable ID products include wearables (shoe/dog tags, patches, pins/clips, and apparel). 	<ul style="list-style-type: none"> • Free membership • QR codes used to identify a vulnerable person when they become lost
<p>LA Found - Project Lifesaver lafound.lacounty.gov/ 833-569-7651</p>	<ul style="list-style-type: none"> • Radio frequency tracking system allows law enforcement to locate critical missing persons, often with conditions such as Alzheimer's disease and autism spectrum disorder. 	<ul style="list-style-type: none"> • Available to member agencies and to caregivers of loved ones who are prone to wandering • No fees

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<p>Life Alert www.lifealert.com/ 800-360-0329</p>	<ul style="list-style-type: none"> • 24/7 Alert system to quickly get help for a medical issue, fall, and/or other home emergency. • Waterproof alert buttons can provide protection in the bathroom, as well as the other rooms of the home. 	<ul style="list-style-type: none"> • App and GPS • Cost from \$49.95 - \$198.00 • Batteries last up to 10 years.
<p>Philips Lifeline www.lifeline.philips.com/ 855-681-5351</p>	<ul style="list-style-type: none"> • A medical alert system connected to your support system of family and friends. 	<ul style="list-style-type: none"> • Activation fee and monthly costs apply
<p>Savo www.capitalcaring.org/savo/ 24 Hour Care Line: 800-737-2508</p>	<ul style="list-style-type: none"> • Create a free customized task list and calendar. Invite friends and family to help. 	<ul style="list-style-type: none"> • Visit the Savo website for information on how to sign up. • No fees
<p>Zoom zoom.us/ 888-799-9666</p>	<ul style="list-style-type: none"> • A video conferencing for simple online meetings and group messaging. This is a frequently used service that can incorporate video, audio, and computer screen-sharing. 	<ul style="list-style-type: none"> • Free basic service (up to 40 min/session) • Get instructions for signing up and for using Zoom: Getting Starter-Zoom Help Center