



Technology and Caregivers During COVID 19

British Columbia is working hard to contain the COVID-19 pandemic. One strategy is social distancing or avoiding interaction with others. While this strategy is necessary, it can contribute to feelings of isolation and loneliness. This is true for family caregivers and the person they support. Technology can help to bridge this gap.

Useful Technology for Caregivers

Personal computers: Allows both Caregiver and care recipient to stay connected by video conferencing and email.

Smart devices: If you or the person you care for lives alone, you may find it beneficial to install smart home devices (also called home automation devices) around their home. Installing these smart devices can allow you to turn on the thermostat, lights, or even a radio right from your smartphone.

Accessing entertainment: There are many recourses online that can help entertain and prevent boredom such as audiobook, subscriptions to online media such as Netflix, Prime, and newspaper subscriptions.

Online shopping: Many grocery stores now offer online shopping and delivery. This can be completed by the caregiver and sent to the care recipients' home. Please see our resource guide for a local community listing.

Picture and video sharing: Technology makes it easy to send and receive pictures and videos from loved ones. Smartphones, tablets and computers also enable video chatting, which allows your care recipient to stay connected with families, friends and community.

Practical apps: Technology can provide entertainment, but it can also make life easier and more efficient. Apps can be used to ensure medication is taken on time and other activities stay on schedule. Communicate with your care team (circle of care) about relevant apps and information so they are apprised in case they need to step in and support your efforts.

Virtual assistants: iPhones and most Androids, and some smart home devices, come equipped with a virtual assistant. These personal assistants respond to voice commands and questions like, "Call Jenny," or "Remind me too..." Many caregivers find this useful for setting reminders or alarms to organize medication schedules and feeding schedules for loved ones. Also, if mobility is an issue many commands can be made without having to get up.



CAREGIVERS
NETWORK for East Kootenay Seniors

TOLL FREE: 1 877 489-0803
CRANBROOK: 250 489-0802
EMAIL: info@caregiversnetworkek.com
WEBSITE: www.caregiversnetworkek.com

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