



Family Law

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YOUR EX DOES!



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LAWYER

Q

I live far away from my Mom, and I worry about her as she is getting more frail and forgetful. She gets irritated when I call and follow up, reminding me that she was an adult before I was born! What can I do to help her, without irritating her?

A

Caring for aging parents is a dilemma which most of us will face. From your mother's point of view, she is losing her independence and freedom and doesn't want to be a burden. The good news is, there are some new technologies which are helpful, relatively noninvasive, and user-friendly. I would sort this into five groups; medication assistance, noninvasive monitoring, care coordination, communications and entertainment.

I suggest that you Google some of these with reviews, to see which products might suit.

1. Medication Assistance- many seniors struggle to stay on track with multiple medications, taken at various times during the day. Med-Q Smart Pill Box will flash at the box holding the dose that needs to be taken, with an alarm. CareZone is a free app which buzzes your phone when it is time to take pills. MedMinder is a digital pill dispenser, which

allows you to check if your mother has taken her pills on time. ReminderRosie has a talking clock that reminds parents to take medication. Pillo [also known as Pria] does both.

2. Noninvasive Monitoring- do this with consent! Lively and BeClose track activity but are relatively noninvasive, as ports are attached to things used every day, such as a coffee pot. If something is out of the ordinary, it will let you know. Dropcam, Xfinity and Piper are similar, but they use cameras. Smartsoles are GPS insoles that slip into any shoes, and you can see where your mother is by checking in via a web app. Next: parts three, four and five.

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