



Family Law

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Q

My dad is becoming increasingly more isolated since my mother passed. What are my options?

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Most of us worry about our aging parents, and if we are honest, what we are going to do as we get older. There are some helpful new user-friendly technologies. Our previous article dealt with medication assistance and noninvasive monitoring; today is about care coordination, communications and entertainment.

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

1. **Care coordination**- care coordination apps keep adult children who live far away from each other in touch with healthcare team professionals. Everyone can get information and updates at the same time. An example of this is **CaringBridge**, which is primarily used during a health crisis.

2. **Communications**- seniors who live alone in their own residences are particularly vulnerable to isolation, loneliness and loss of their social and verbal skills. Technology that enables you to interact with others across the miles, is a blessing. With **grandCARE**, your father can interact with family, obtain the news, visit websites and more. Another example of a social

engagement tool is **Gerijoy**; for persons with mild to moderate Alzheimer's, it allows them to tap the screen and interact with a talking virtual dog or cat, which is operated remotely by trained staff. Still other products turn a basic tablet into a senior friendly device, such as **Oscar Senior**, or **grandPad**, the latter of which does not require passwords and comes with 24-hour support.

3. **Entertainment**- virtual reality is not just for the young. **Rendever** is a VR program for persons suffering from dementia to interact with a room full of puppies, for example. Multiple VR headsets can be synchronized for family events such as a destination wedding, which the senior cannot attend. **Alcove** lets users travel virtually all over the world, watch videos together and play games together, accessible through **Oculus Go**.

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