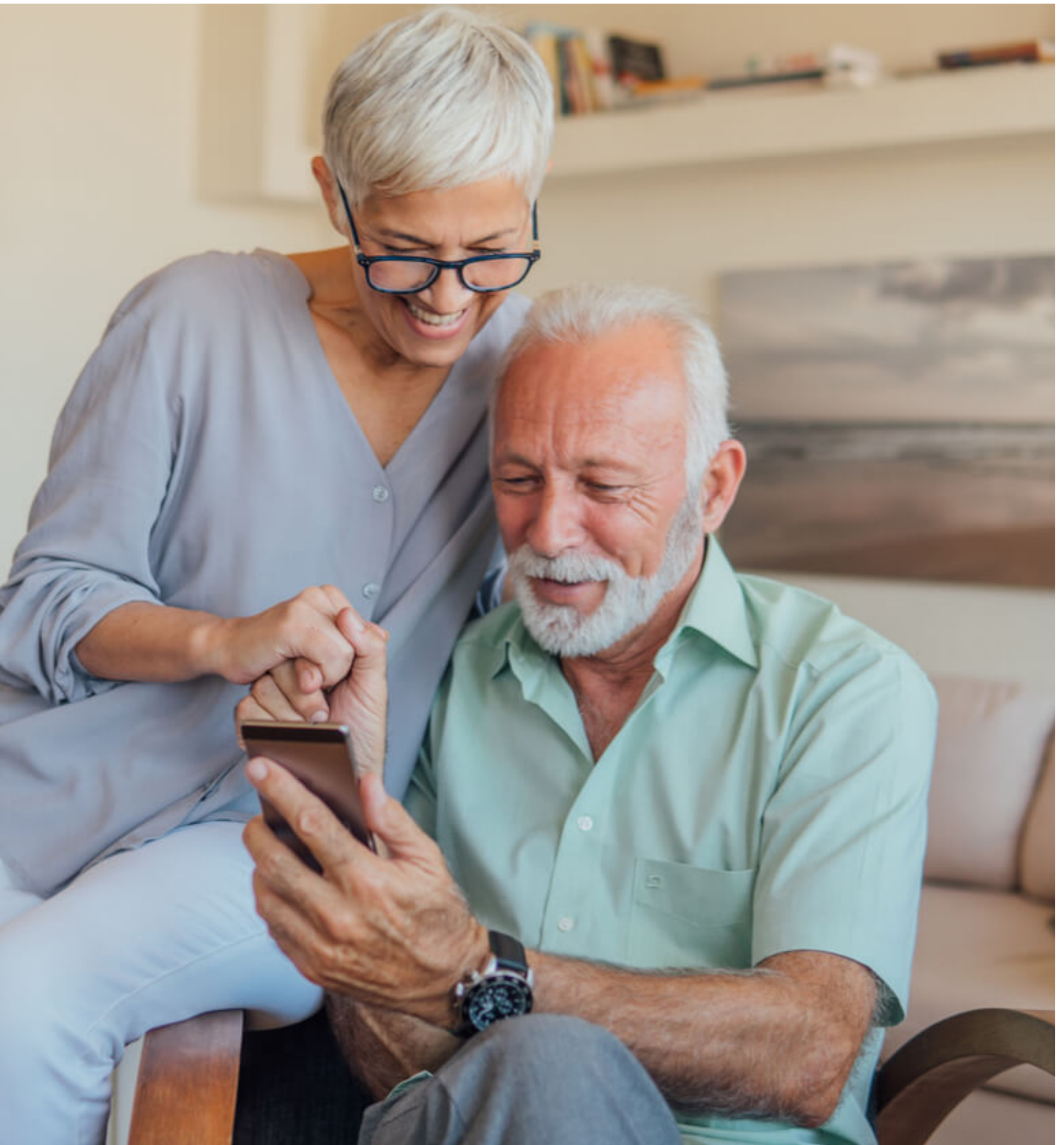


# APP FOR THAT!



Address: 721 Oxford Avenue, Room 1130  
Eau Claire, WI 54703  
Phone: 715-839-4735 or 888-338-4636  
TTY: use Relay (711)  
Email: [adrc@eauclairecounty.gov](mailto:adrc@eauclairecounty.gov)  
Website: [www.eauclaireadrc.org](http://www.eauclaireadrc.org)



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# Introduction

## ABOUT

A growing number of apps are designed specifically for care recipients or caregivers. This booklet will provide information on apps that may benefit individuals living with dementia or their caregivers.

## BENEFITS

The benefits of utilizing apps for individuals with dementia includes: mental stimulation, relaxation, improved communication, increased independence, and improvement in mood. The benefits extend to caregivers as well including: stress reduction, increased support, improved wellbeing and more.

## NOTICE

Endorsements are not assumed or implied. This is not an all-inclusive list of caregiving and dementia apps available.

# ENGAGING ACTIVITIES

---



## Memory Lane Games

Thousands of games to stimulate conversation and happy memories. Many subjects including "Finish the lyrics" "Common sayings" "Cars". Users can also create games with their own photos and memories. Available on iPads or tablets only. *Cost: \$9.99/month. Available on iPads & tablets only.*

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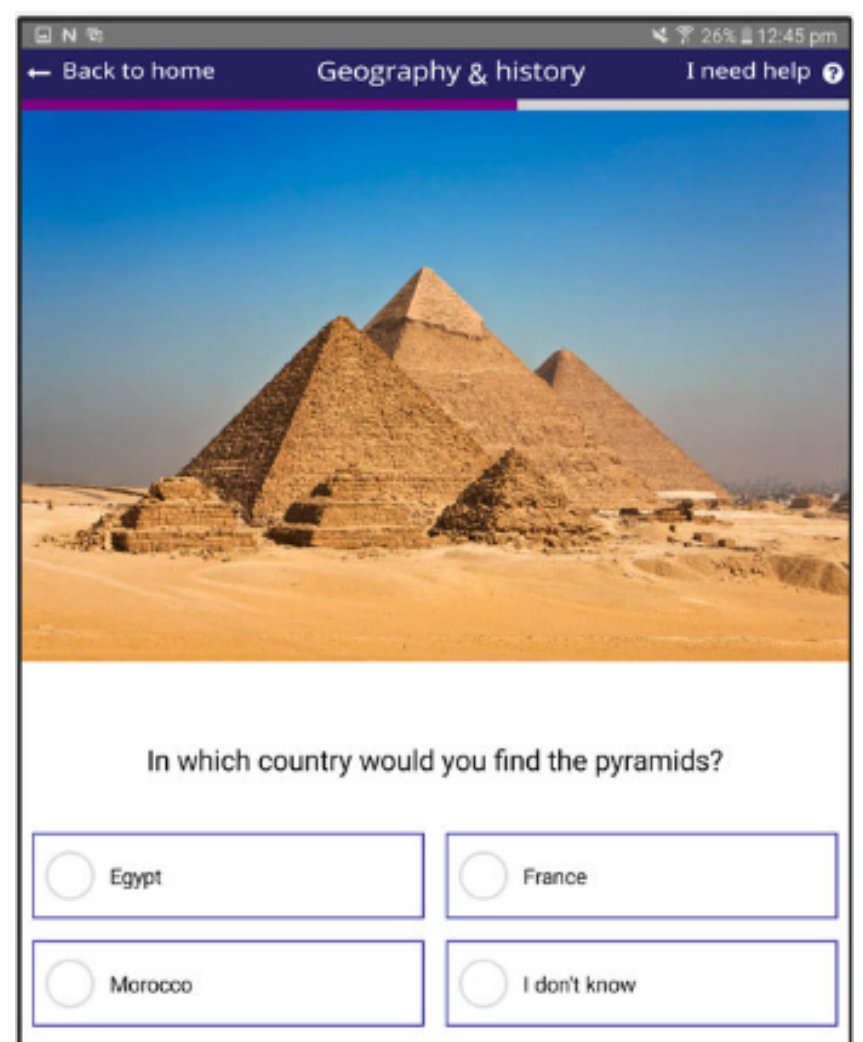
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## AmuseIT

This app is designed to promote conversation and enjoyment with over 1000 questions that include a visual component. Settings can be adjusted based of individual abilities. *Cost: Up to \$4.99/month. Available on iPads & tablets only.*



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# ENGAGING ACTIVITIES

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## Sing Fit STUDIO Caregiver

SingFit is a therapeutic music program that enables caregivers, even those with no previous musical experience, to use song to engage loved ones who have dementia in a fun, failure free activity, to produce positive health benefits. *Cost: \$11.99/month. Available on any Apple or Android device.*

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## Greymatters: Reaching Beyond Dementia

Caregivers can help their loved ones stay connected by creating a personalized story book. Individuals can also reflect on pop culture back in the day. The app comes with universal content from the 30's, 40's, 50's. *Cost: Starts at \$4.99/month. Available on iPads only.*



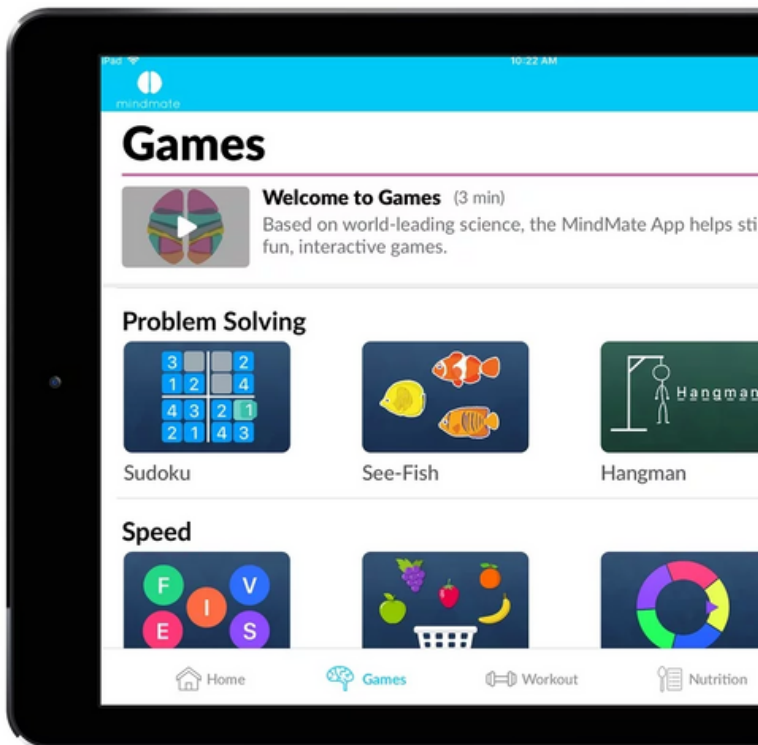
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# ENGAGING ACTIVITIES

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## MindMate

The MindMate app helps stimulate the brain with fun & interactive games. The games are designed to challenge the four core cognitive areas: problem-solving, speed, memory, and attention. *Cost: Free. Available on Apple devices & PC/desktop devices.*



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## MyReef 3D Aquarium

The app allows users to create a customized aquarium with dozens of fish. Users can relax while they stock the aquarium, feed the fish and listen to music. *Cost: Free. Available on Apple & Android devices.*



[WATCH  
DEMO](#)



# ENGAGING ACTIVITIES

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## Lumosity

The app engages individuals of all ages and abilities with games and puzzles. The app adapts to your strengths and weaknesses and tracks your progress. The app was developed and researched by over 40 universities worldwide. *Cost: Free; additional features available with a subscription. Available on any Apple, Android or PC/Desktop device.*

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## AcTo Dementia

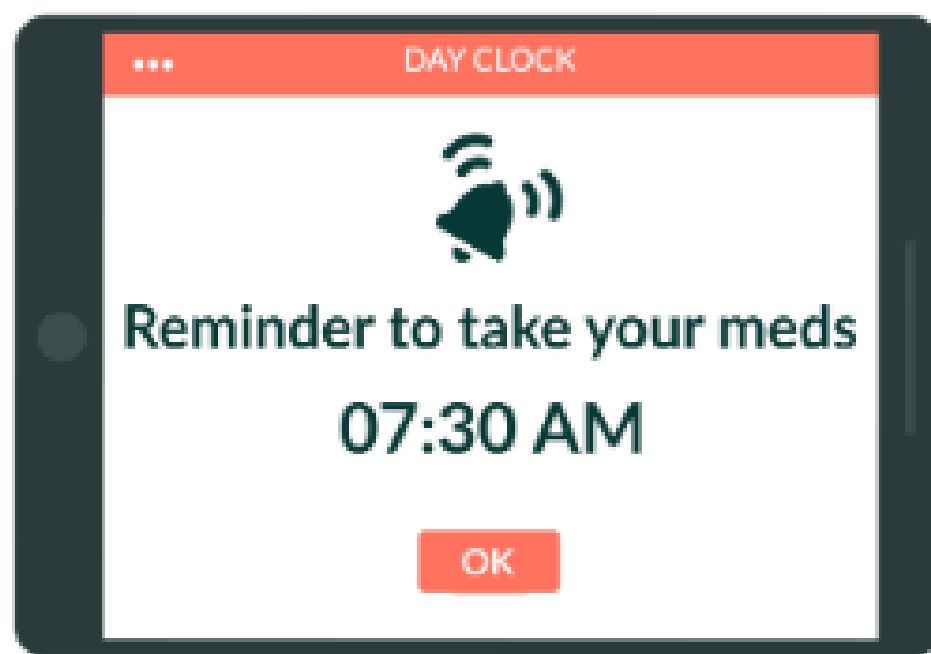
Looking for more engaging app ideas? AcTo Dementia is a website that provides recommendations and guidance on accessible touchscreen apps for people living with dementia. A group of university researchers (unaffiliated with any apps) have completed evidence-based reviews and recommendations on all apps on the website.



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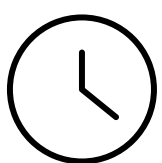
# MULTI-PURPOSE

---



## RecallCue

RecallCue turns any iPad or Android tablet into a "hands-off", easy-to-use day clock. In addition, the App allows caregivers to send messages, photos, reminders and more to the clock from afar. *Cost: \$7.99/month for all features. Available on iPads & tablets only.*



### CLEAR, EASY TO READ CLOCK

The day clock helps orient with the date, day of week, time, time of day and real-time weather.



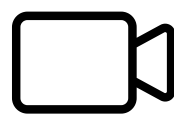
### SET ALARMS AND REMINDERS

Call attention to important events like medication times, doctor visits, wake-up calls and more.



### SEND MESSAGES AND PHOTOS

Send photos and messages to the clock.



### TWO WAY VIDEO CALLS

Connect any time with two-way video calls (there is an auto-answer option).



### PLAY MUSIC

Search for a playlist and set it to play on your loved one's device.



### LEARN MORE





# MULTI-PURPOSE

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## Yaad - Memory Caregivers App

This app addresses memory loss and helps reduce depression, isolation, and anxiety in elderly. It provides caregivers other helpful tips and tools to take care of the family member. Cost: *\$1.99/month. Available on Apple devices.*



### FEELINGS

Allows individuals to express feelings if they cannot express themselves verbally.



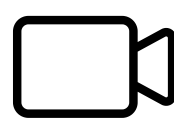
### STREAM

With a few clicks, videos and photos can be streamed to your TV or projector.



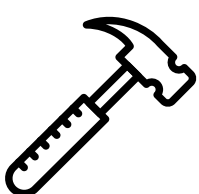
### DAILY CHECKLIST

A check off list can be made by caregivers to ensure that things get done each day



### PRESERVE MEMORIES

Build, preserve, and relive cherished memories with digital memory books.



### CAREGIVER TOOLS

Gives caregivers the ability to look up meds, receive med reminders and other great tools



### LEARN MORE



# INFO & RESOURCES

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## Dementia Guide Expert

Dementia experts have created the dementia guide to offer helpful advice and support as you travel through each stage of the dementia experience. *Cost: Free. Available on Apple & Android devices.*

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## Alzheimer's Daily Companion

Tips and advice for behaviors and situations. Users can search situations they are struggling with, and the app will return immediate and relevant answers. *Cost: Free. Available on Apple & Android devices.*

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## Red Cross: First Aid

The First Aid app puts expert advice for common emergencies at your fingertips. Videos, interactive quizzes and simple step-by-step advice makes learning easy and engaging. *Cost: Free. Available on Apple & Android devices.*

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# MEDICATION MANAGEMENT

## Medisafe & Medifriend



Medisafe helps managing your loved one's medications. Many caregivers love it because its sole purpose is to send personalized reminders for when medications need to be taken, and a tracker is used to confirm it. Another app called Medifriend allows family, friends, or caregivers to see what medication the user has taken each day and will be alerted if meds are missed. *Cost: Free. Available on any Apple or Android device.*

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## My Therapy Pill Reminder



Not only does this app allow you to track your medications, but it can also track your overall health such as weight, pain, mood, blood pressures, etc. which can be printed. Others can be alerted if medications are missed. *Cost: Free. Available on any Apple or Android device.*

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# MEDICATION MANAGEMENT

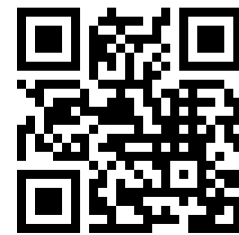
## MapHabit



Maphabit promotes independence and quality of life by sharing step-by-step instructions for daily tasks. It creates a routine and keeps the client on task. The visual guides created make it easier for tasks to be completed. It also has built in a “Map Scheduler Alert.” It can schedule and keep track of appointments, daily reminders, and taking medications.

*Cost: Free. Available on Apple devices.*

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## Manastik



Manastik offers resources for the client and caregivers navigating through the challenges of dementia. Medication reminders, meditation videos, and nutritional tips. It offers progress tracking of dementia to personalize care.

*Cost: Free. Available on Apple and Android devices.*

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# MENTAL WELLBEING

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## Insight Timer



Insight Timer

A free self-care resource that can help caregivers reduce anxiety, relieve stress, and sleep better. It makes it easy to master the techniques of meditation, which is proven to ease anxiety and mental stress.

*Cost: Free; extra features available for purchase. Available on Apple & Android devices.*

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## Healthy Minds Program



Did you know well being can be learned and strengthened? This is app focuses on building awareness, connection, insight, and purpose. It was created and researched by a non-profit center affiliated with UW - Madison. *Cost: Free. Available on Apple & Android devices.*

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## PodCast App



This app opens the door to the world of podcasts, where you can explore a variety of topics! Check out podcasts aimed at supporting caregivers, such as: The Happy Healthy Caregiver Podcast, Daughterhood The Podcast: For Caregivers, Journey Ahead by Volume One. *Cost: Free to download; in-app purchases. Available on Apple & Android devices.*

[LEARN MORE](#)



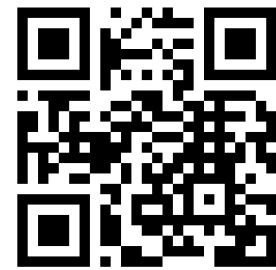
# OTHER HELPFUL APPS

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## Life360

The app is designed to help families stay connected and safe using GPS tracking. In addition, the app has crash detection technology, can send emergency dispatch, produce driver reports and more. *Cost: Free; extra features available for a cost. Available on Apple & Android devices.*



## Iridis

Developed by dementia specialists from a research university in Scotland, the app gives tips and tricks to reorganize a home for an individual with dementia for example lighting adjustments, noise reduction, color palettes, furnishings, and more. *Cost: Free. Available on Apple & Android devices.*



# OTHER HELPFUL APPS

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## It's Done!

Users can use preloaded tasks or create their own task list to help them remember and show when tasks have been completed. The app can notify chosen contacts about completed tasks to let loved ones know these tasks have been completed. *Cost: \$2.99. Available on Apple & Android devices.*

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## 1password

1Password makes it easy to generate, store, and autofill passwords for all your online accounts, on all your devices. Because weak and reused passwords are a leading cause of security incidents, using a password manager is an easy way to protect yourself and your family. *Cost: Free Trial; up to \$4.99/month. Available on Apple, Android & PC/desktop devices.*

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***“Technology is best  
when it brings people  
together.”***

***-Matt Mullenweg***



Created in partnership with Nursing  
Students from Chippewa Valley  
Technical College - Eau Claire.

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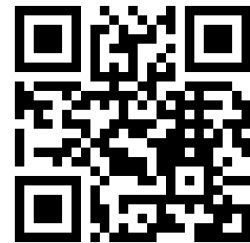
# COMING SOON



## Hello Carl

Carl offers compassionate care via smart phones and tablets. This app is designed for people with dementia as it simplifies the interface and provides one touch dialing. In addition, the app allows caregivers to monitor their loved ones remotely, receive status updates, and coordinate with other family members. *Not available for use yet; More info to come.*

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## HeroLink

Hero Link provides first responders with instant access to critical information and resources. Patients wear a bracelet allowing first responders which allow first responders to access important information such as medical history, allergies, emergency contacts, and more by tapping a smart phone to the bracelet.



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