

# MARRYING HIGH-TECH AND HIGH-TOUCH



# Who am I?



National Guardianship Association,  
Treasurer

Florida State Guardianship Association,  
Treasurer

Area Agency on Aging, Advisory Council

Nationally Certified Alzheimer's Educator

Award-winning author and radio host

Alzheimer's Community Care,  
Presenter, 2011-2017

Americorps Volunteer

L.E.A.R.N.

ComForcare Senior Services, CEO

# In the next 60 minutes, we will ...

- ✓ Take a look at the home health care technology landscape
- ✓ Explore some of the technologies that are out there
- ✓ Discuss if they're a blessing or a curse ... or both
- ✓ Identify the challenges
- ✓ Share some tips for finding balance
- ✓ Answer any questions

# Home health care technology

An entire industry being driven by the demand for more personalized health care in the home

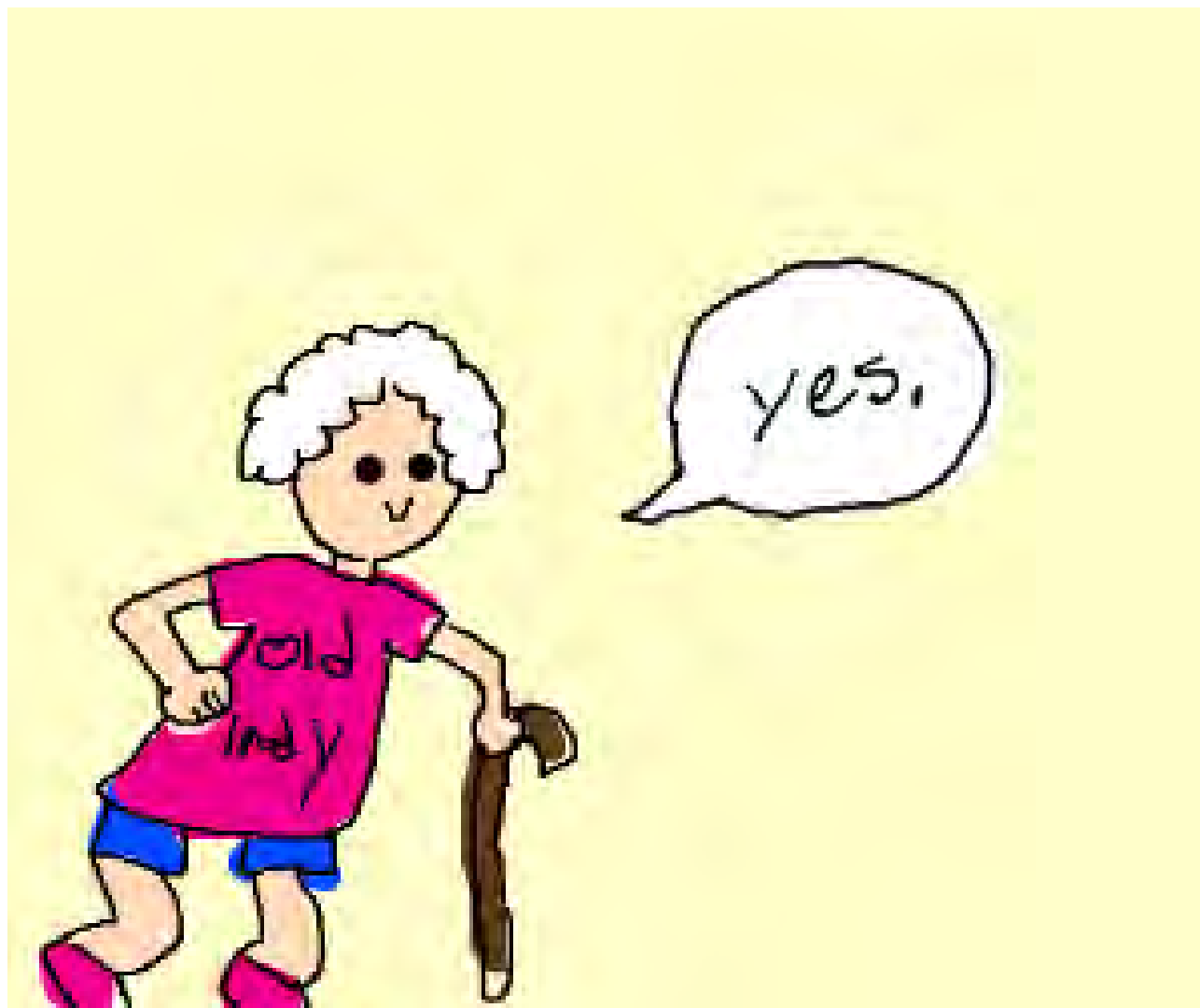


# Home health care technology

With new technologies coming out every day along with big brands getting in on it too ...



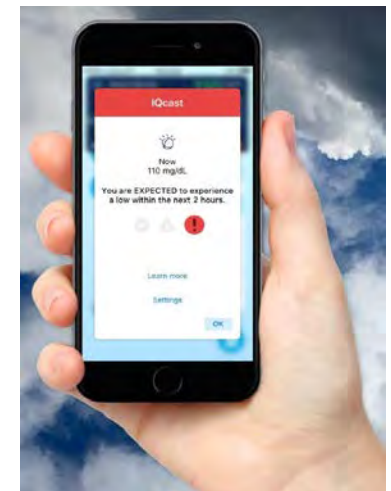
# A blessing or a curse?



# The reality is that some are good



On average, 50% of medications for chronic diseases are not taken as prescribed.

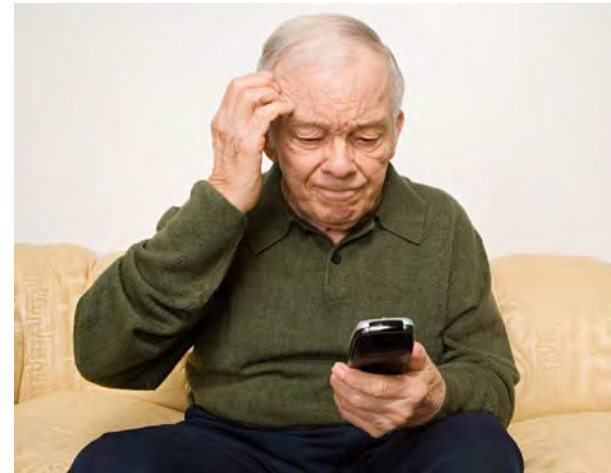


# Some are good and bad





# We need to be mindful of the challenges





[https://www.youtube.com/watch?v=YvT\\_gqs5ETk](https://www.youtube.com/watch?v=YvT_gqs5ETk)



# Robot Caregivers: The Future of Caregiving?

# Caregiving without touch is not caregiving



# The Jetsons



# Jane the Caregiver

## ✓ R - A - G

- ✓ Resentment
- ✓ Anger
- ✓ Guilt

✓ Jane's stresses become triggers for George

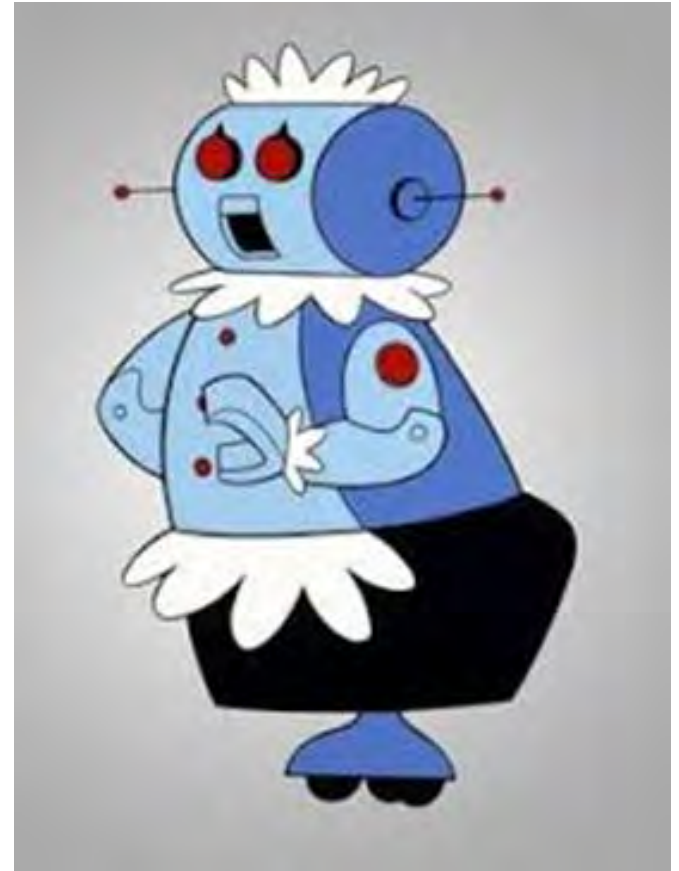
✓ Body language

**JANE NEEDS HELP**



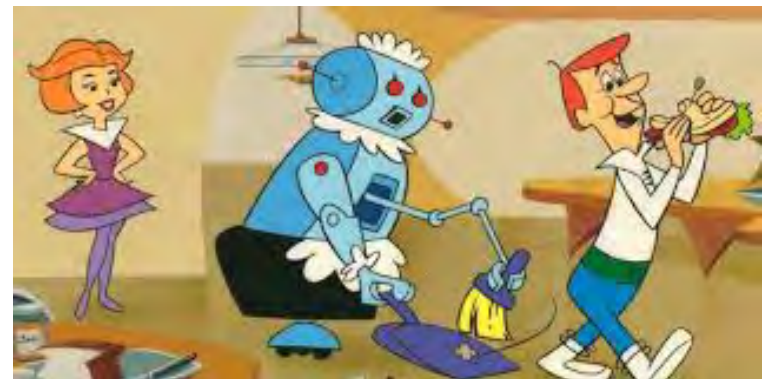
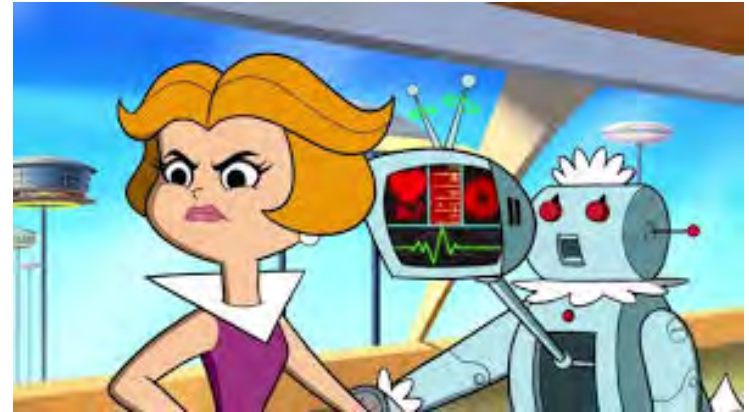
# Introducing Rosie

- ✓ Help around the house
- ✓ Respite for Jane



# Rosie: A blessing and a curse

- ✓ Makes meals
- ✓ Reminds George to take his medication
- ✓ Fetches and reads the newspaper
- ✓ ADLs/iADLs
  
- ✓ No SOUL
- ✓ No emotions (empathy, compassion, kindness, sense of humor)
- ✓ Doesn't understand interdependence





Activities of daily living keep people alive; meaningful activities give people a life worth living

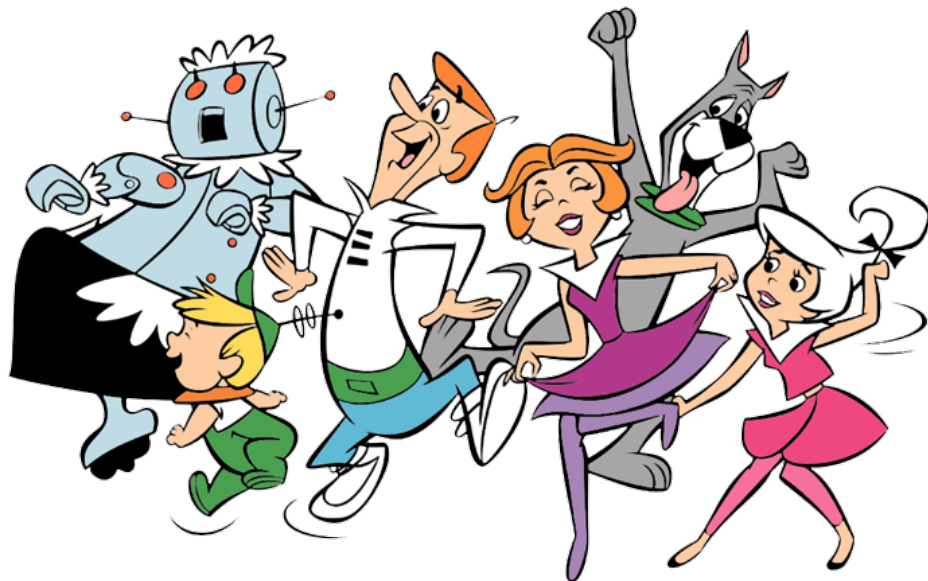


# Jane the Blessing

- ✓ Redirect behavior
- ✓ Make George happy
- ✓ Emotional contagion
- ✓ Eye contact
- ✓ Make George feel safe
- ✓ Tap into implicit memories
- ✓ Validation Therapy/  
Therapeutic Fiblets



# George's Joy



# Three Prescriptions







So how do we marry the two?



# Be practical



# Preserved vs lost

Motor		Using tools, scooping, carrying, stirring, pouring
Sensory		Hear, see, smell, touch, taste
Social		Conversations, lead, humor, listen, opinions
Cognitive/ Thinking		Reading, comprehension, templates, count, sort

And remember, it's the quality of care, not the severity of one's condition, that determines their quality of life





**Tracking my cookies?**

**They will never get my  
recipe!**

# QUESTIONS

**THANK YOU**