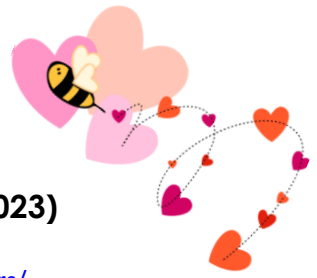


# Caregiver News – 2/2023



## 34 of The Most Useful Apps for Senior Caregivers (2023)

By: Esther C. Kane, C.D.S.

<https://seniorsafetyadvice.com/most-useful-apps-for-senior-caregivers/>

Updated November 11, 2022 – The world is a challenging place to manage when you're caring for someone. It can be hard enough just getting through the day-to-day tasks, but what about all those extra moments that pile up?

These 34 mobile apps will help take some of your load off so that everything runs smoothly without any hassle or stress!

As a caregiver, you know how important it is to stay organized and connected. Fortunately, these days there are many great smartphone apps available that can help you strike a better balance between providing care for your loved one and your other everyday responsibilities.

### What Is A Caregiver App?

A caregiver app is a software application designed to help people who are caring for elderly loved ones. These apps can offer a variety of features and tools, such as:

- Keep track of lists and reminders
- Stay organized and on top of tasks
- Keep track of medications and appointments
- Connect with other caregivers for support
- Find helpful information and resources

It's easy to get overwhelmed when caring for older adults or a disabled loved one. The right app can be your best friend during challenging times, keeping you up-to date on all the important information and helping ensure that everything goes smoothly!

**From maintaining medical history, insurance information and contact information for health care providers, to keeping a log of medication information or keeping track of glucose levels, calorie intake and blood pressure readings, to getting appointment reminders from doctors' offices, to a first aid app — there are so many things a useful caregiver app can do to make life easier in more ways than we ever thought possible.**

### What Apps Are Available To Help Senior Caregivers?

There are a variety of helpful apps available for senior caregivers.

Some of these apps can help with medication management and medication reminders, appointments, and medical information. Others can provide tips on caring for an elderly loved one, or help connect caregivers with local resources.

Many of these caregiving apps are free, but some may have a subscription fee.

With so many apps available, there's sure to be one that can help you manage your caregiving responsibilities and better maintain a healthy balance in your life.

Take a look at the list of 31 best caregiver apps that we have below!

**\*\*Senior Resources does not recommend or endorse any of the apps listed in this article\*\***



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### 34 Best Apps For Family Caregivers

**[Alz & Dementia Daily Companion](#)** – A great app that can help caregivers of seniors with dementia or Alzheimer's disease deal with the daily struggles of caring for their senior loved ones. It's filled with practical tips on how to deal with specific situations and issues.

- Cost: Free

- Available on Google Play

**[Calm](#)** – This app started out as a meditation app but it's quickly grown to be much more than that. It provides calming music and sounds to help you sleep and de-stress.

- Cost: \$69.99 per year

- Available on both Google Play and the Apple Store

**[Care Predict](#)** – This monitoring app is labeled as a "sensor system". It's a wearable wristband that has 2-way communication between the wearer and a caregiver. It senses with the wearer is performing a task such as eating, brushing their teeth, sleeping, etc.

Additionally, it has a tracking system which can help caregivers find their loved ones if they wander away (usually due to dementia or Alzheimer's).

- Cost: \$499.99 plus a \$69.99 monthly fee

- Available on both Google Play and the Apple Store

**[Caring Village](#)** – Caring Village helps family caregivers connect with each other to exchange information and support. The app also provides access to a directory of caregiving services in your area.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Caredriver](#)** – Book a ride through this app.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Carefolk](#)** – Designed by caregivers for caregivers! Filled with tools to help manage caregiver stress. Appointment reminders, calendar, organizers, etc.

- Cost: Not listed

- Available on both Google Play and the Apple Store

**[Caregiven](#)** – This app provides caregivers with access to online support groups, educational resources, and a directory of caregiving services.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Carely](#)** – Keep track of appointments, use a shared calendar with other family caregivers and list and organize activities, tasks, etc.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Caretrainr](#)** – This app is designed to help caregivers manage their own physical and emotional well-being. It includes a workout tracker, stress management tools, and a forum for connecting with other caregivers.

- Cost: \$14.99 / month

- Available on the Apple Store

**[CareZone](#)** – This useful app helps you keep track of important medications, doctors' appointments, and other health information for your loved one. You can also use it to coordinate care with other family members or caregivers.

- Cost: Free

- Available on both Google Play and the Apple Store

**[CaringBridge](#)** – This app provides a safe and easy way to connect with other caregivers and family members who are supporting a loved one through a health journey. It's also a great way to keep everyone updated on your loved one's progress.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Circle Of](#)** – With this app you can consolidate tasks, appointments, use a calendar, video chat, email and find resources about your specific medical situations.

- Cost: Free

- Available on both Google Play and the Apple Store

**[CK Life](#)** – This app was created specifically for caregivers of people with dementia. It connects you to on-demand service when you need a qualified caretaker to help care for a senior loved one.

- Cost: Free

- Available on the Apple Store

**[Dementia Caregiver Solutions](#)** – Another app that provides strategies and expert advice on how to deal with the daily problems that can come up if you are caring for someone with dementia or Alzheimer's.

- Cost: \$2.99

- Available on the Apple Store

**[Dementia Talk](#)** – Specifically designed for caregivers of seniors who have dementia or Alzheimer's disease. This app provides the caregiver with features such as a care plan, medication lists, scheduler and even a behavior tracker.

- Cost: Free

- Available on both Google Play and the Apple Store

**[e-Care 21](#)** – This app provides caregivers with access to online support groups, educational resources, and a directory of caregiving services.

- Cost: Free

- Available on both Google Play and the Apple Store

**[First Aid by American Red Cross](#)** – A free app that all caregivers should have. Provides first aid and CPR instructions.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Headspace](#)** – Self care is a very important part of caregiving and one that should not be ignored. This app is strictly FOR the caregiver! It can help you to decrease your anxiety and stress, improve your sleep and more.

- Cost: \$5.83/month on annual plan

- Available on both Google Play and the Apple Store

**[i-Ally](#)** – This app is designed to help caregivers manage the medications of their loved ones. It includes a medication reminder, a dosage calculator, and a pill identifier.

- Cost: Free

- Available on both Google Play and the Apple Store

**[ianacare](#)** – This app helps caregivers track the medical appointments, medications, and immunizations of their loved ones.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Insight Timer](#)** – This app offers a variety of meditation exercises specifically for caregivers. It also includes a progress tracker and the ability to set reminders.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Lotsa Helping Hands](#)** – This app helps caregivers coordinate caregiving tasks and schedule assistance from friends, family, and volunteers.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Lyft](#)** – When you can't take your elderly parent to the doctor's appointment or to the grocery store!

- Cost: Free

- Available on both Google Play and the Apple Store

**[Med Guide](#)** – This is an app that provides you with information about your medication, side effects, etc. It also has the ability to remind you of medications and doctor appointments as well as general medical information.

- Cost: Free

- Available on the Apple Store

**[Medisafe](#)** – This app is a medication reminder and management tool that can help you keep track of your loved one's medications, dosage instructions, and refill dates. It also features a handy pill identifier in case you're ever unsure about a particular medication.

- Cost: Free

- Available on both Google Play and the Apple Store

**[MindMate](#)** – An app specifically designed for caregivers of seniors who are dealing with cognitive issues such as memory loss. This app has daily exercises designed to help with memory loss as well as general exercise.

- Cost: Free

- Available on the Apple Store

**[MyCareTeam](#)** – This app is designed to help patients and caregivers manage chronic conditions like cancer, diabetes, and Alzheimer's disease. It allows you to track vital health information, set goals, and find support from others who are facing similar challenges.

- Cost: Free

- Available on the Apple Store

**[MyMeds](#)** – Pill Reminder: MyMeds is another medication reminder app that can help you keep track of your loved one's medications, and also provides information about possible side effects and drug interactions.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Pillboxie](#)** – Manage your medications with this easy to use app.

- Cost: \$1.99

- Available on the Apple Store

**[RxSaver](#)** – An app that can save you money on prescription drugs.

- Cost: Free

- Available on both Google Play and the Apple Store

**[Sanvello](#)** – This app offers mental health support for caregivers. It includes a mood tracker, coping mechanisms, and access to a community of other caregivers.

- Cost: \$8.99 per month

- Available on both Google Play and the Apple Store

**[Snug Safe](#)** – This great little app checks in every day to make sure you are doing OK. If the person does not respond, then the app will notify the emergency contacts that you designate on your plan.

- Cost: \$9.99 a month or \$99.00 per year

- Available on both Google Play and the Apple Store

**[Symple](#)** – This app helps caregivers keep track of their loved ones' medical appointments, medications, and immunizations. It also includes a symptom checker and a directory of doctors and hospitals.

- Cost: Free

- Available on both Google Play and the Apple Store

[Uber](#) – Another transportation service that can help to get your elderly parents to where they need to go when you are not able to do it for them.

- Cost: Free
- Available on both Google Play and the Apple Store

As you can see, no matter what your situation as a caregiver is, there's sure to be an app out there that can make your life just a bit easier. Do some research and find the one that's right for you!

While these apps can't take the place of professional caregivers, they can certainly help to make your life as a caregiver a little bit easier. So if you're feeling overwhelmed, be sure to give them a try.

### **Apps For Dementia Caregivers**

Many of the apps listed above can certainly be used by family caregivers who are caring for loved ones with dementia or Alzheimer's. But, there are some specific apps that can help family caregivers who are caring for loved ones with dementia or Alzheimer's disease.

[Dementia Talk](#) – This app is specifically designed to help caregivers of seniors who have dementia or Alzheimer's disease.

The features include a care plan, medication lists and scheduler so you can easily keep track on your loved one's needs!

You'll even find an behavior tracker included in this otherwise comprehensive toolkit for family members looking after their elderly parents at home.

- Cost: Free
- Available on both Google Play and the Apple Store

[Alzheimer's Caregiver Buddy](#) – This app provides caregivers with a daily checklist of caregiving tasks, as well as information and resources on Alzheimer's disease.

- Cost: Free
- Available on the Apple Store

So go ahead and download a few of these helpful apps—your future self will thank you!

### **The AARP Caregiving App**

[The AARP Mobile app](#) is great for keeping up with the latest news and events related to aging adults. It also includes a directory of local AARP chapters so you can find help and support near you.

But the app's caregiving resources are what makes it truly valuable for those providing elder care. The app has a "Caregiving" section with articles on topics like how to deal with caregiver stress, find respite care, and have difficult conversations with aging parents.

There's also a "Care Connection" feature that lets you connect with other caregivers in your area. This is a great way to find support and share tips with people who are going through the same thing as you.

### **The Alzheimer's Caregiver Buddy App**

The Caregiver Buddy app that we mentioned above is a revolutionary way for caregivers to have peace of mind and simplicity in their daily routine, communication with loved ones suffering from Alzheimer's disease symptoms or dementia severity spectrum illness – including behaviors that may be exhibited by those who are not yet diagnosed – as well as providing live help 24 hours day.

The app offers a set of tools to help you manage medication schedules, doctors appointments, and other important tasks. There is also a message board where you can connect with other caregivers to offer support and advice.

### **The Takeaway**

The takeaway from all of this is that if you are a caregiver for an elderly loved one, there are many apps available to help make your life easier. Whether you need help with scheduling, managing medications, or simply staying organized, there is an app out there that can help.

So take some time to explore the options and see which ones are right for you. Your loved one will appreciate the extra help, and you'll be glad to have a little assistance in managing your busy life.

# Alzheimer's and Dementia Support Groups

## **Groton Senior Center**

102 Newtown Road, Groton  
Tomi Stanley (860)441-6785 or [TStanley@groton-ct.gov](mailto:TStanley@groton-ct.gov)  
2<sup>nd</sup> Monday of every month, 10:00 – 11:00 a.m.  
[www.alz.org](http://www.alz.org) to learn more about caregiver programs

## **Alzheimer's Association – CT Chapter**

2<sup>nd</sup> Thursday of the month, 1:30 – 2:30 p.m.  
Quinebaug Valley Senior Center  
69 South Main Street, Brooklyn  
Kathy Demers (860)377-6416 [kdemers48@gmail.com](mailto:kdemers48@gmail.com)  
Jean Ann Moore (860)208-2673 [jamorre@snet.net](mailto:jamorre@snet.net)

## **Hartford HealthCare Center for Healthy Aging**

Virtual Dementia Caregivers Support Group  
Call (860)972-6338 and enter 19623# when prompted  
Mondays at 10:00 a.m.  
Tuesdays at 3:00 p.m.  
Wednesdays at 10:00 a.m.  
Fridays at 2:00 p.m.  
Questions email: [Adrienne.DeVivo@hhchealth.org](mailto:Adrienne.DeVivo@hhchealth.org)

## **Hartford Healthcare Windham Hospital**

Alzheimer's Caregivers Group  
3<sup>rd</sup> Wednesday of every month, 10:00 a.m.  
Johnson Room, 3<sup>rd</sup> Floor, Windham Hospital  
For information call: (860)456-6785

## **Chestelm Health and Rehabilitation Center**

534 Town Street, Moodus  
3<sup>rd</sup> Wednesday of the month, 4:00 p.m.  
To register contact Marie Sola  
(860)873-6555 or [recreation@chestelm.com](mailto:recreation@chestelm.com)

## **Mind Matters, LLC**

801 Poquonnock Road, Groton  
2<sup>nd</sup> Tuesday of every month, 6:30 – 7:30 p.m.  
Contact: [robin@mindmatters@gmail.com](mailto:robin@mindmatters@gmail.com)

## **Griswold Senior Center**

Dementia Caretaker Support Group  
Every 2 weeks on Thursdays via Zoom  
To register call: (860) 376-2604

## **LiveWell Dementia Specialists**

Virtual Meetings 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 3:30 – 5:00 p.m.  
<https://livewell.org/project/virtual-care-partner-support-group/>

# Caregiver Support Groups

## **Mansfield Senior Center**

303 Maple Road, Mansfield

Yamil Figueroa (860)487-9875 [figueroay@mansfieldct.org](mailto:figueroay@mansfieldct.org)

2nd Tuesday of each month, 3:30 - 4:30 p.m.

## **Quinebaug Valley Senior Center**

69 South Main Street, Brooklyn

Kathy (860)377-6414 or Jean Ann (860)208-2673

2nd Thursday of the month, 1:30 – 2:30 p.m.

## **VNA Caregiver Support Group**

### **Madison Senior Center**

For information contact Amanda: (203)245-5627

29 Bradley Road, Madison

3rd Tuesday of the month, 11:00-12:30 p.m.

\*Proof of vaccination required for this activity at time of registration\*

### **Zoom Support Group**

Every Wednesday 2:00 – 3:00 p.m.

For information contact Molly: (203) 584-0051

## **Middlesex Health**

2nd Wednesday of the month, 1:00 – 2:30 p.m.

Please contact Joan Perkins, LCSW

(860)358-2037 or [joan.perkins@midhosp.org](mailto:joan.perkins@midhosp.org)

## **Lawrence and Memorial Hospital**

L & M Hospital, Conference Room 3

1st Tuesday of the month, 4:00 – 5:30 p.m.

Contact: Carol Vara, MSW or Mary Sweeney

(860)442-0711 x 2483 or x 2078

# Grandparents Raising Grandchildren Support Groups

## **Senior Resources Agency on Aging**

Sally Huck, Caregiver Program Coordinator  
(860)887-3561 x126  
Rose City Senior Center  
8 Mahan Drive, Norwich  
Last Tuesday of each month, 9:00 a.m.

## **Eastern CT Area – Mansfield**

Janit Romayko (860)569-1978, Call to Register  
Big Y Mansfield, 141 Storrs Road, Mansfield Center  
2<sup>nd</sup> Wednesday of each month, 9:15 a.m.

## **United Services - Kinship Support Group**

Plainfield Area  
Lori Bergstrom, Prevention Services Manager  
(860)412-8665 [lbergstrom@usmhs.org](mailto:lbergstrom@usmhs.org)  
United Services, 303 Putnam Road, Wauregan  
2<sup>nd</sup> Tuesday of each month, 5:00 – 6:30 p.m.

# Bereavement Support Groups

## **Middlesex Hospital**

Virtual/Online Session

Every 2 weeks on Tuesday, 5:30 – 7:00p.m.

Register online at <https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration>

## **The Estuary**

Bereavement Group

Micaela Finnegan (860)388-1611 x204

## **Montville Senior Center**

12 Maple Avenue, Uncasville

Every Friday, 3:00 – 4:00 p.m.

Sign Up at (860)848-0422

## **Brian's Healing Hearts**

Loss of Spouse or Partner Support Group

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month

6:30 – 8:00 p.m.

2<sup>nd</sup> and 4<sup>th</sup> Wednesday

10:00 – 11:30 a.m.

<https://brianshealinghearts.org/resources/grief-support-programs/>

or call (860)451-8354

## **Center for Hospice Care**

Bereavement Counseling

227 Dunham Street, Norwich

(860)848-5699 Toll Free 1(877)654-4035

## **Day Kimball Healthcare**

Evening Bereavement Group, 5:00 – 6:00 p.m.

Day Bereavement Group 12:00 – 1:00 p.m.

Registration Required

Suzon Warner (860)928-0422 x7316



# Parkinson's Disease Support Groups

## **Windham Hospital Family Healthcare Center**

5 Founder Street, Willimantic, 2<sup>nd</sup> floor conference room

2<sup>nd</sup> Wednesday of every month, 1:00 – 2:00 p.m.

1 (855) HHC-HERE to Register

A support session for patients, family, and caregivers will be followed by  
30 minutes of LSVT Loud activities

## **CT Parkinson's Disease Working Group**

Grace Evangelical Lutheran Church

1055 Randolph Road, Middletown

3<sup>rd</sup> Saturday of the month, 10:00 a.m. – 12:00 p.m.

Most meetings are virtual at this time.

Call (860)704-9519

Email: [martha.jaffe@cpwg.org](mailto:martha.jaffe@cpwg.org)

## **Day Kimball Healthcare**

Parkinson's Disease Monthly Support Group

For information contact:

Victor Gregoire (860)774-6143

## **Hartford Healthcare**

Parkinson's Living Room Online Support Group

4<sup>th</sup> Friday of the month, 1:00 p.m.

For information call (860)870-6385

<https://hartfordhealthcare.org/file%20library/services/pdfs/cfmcdc-pd-living-room-flyer.pdf>

## **Lawrence and Memorial Hospital**

Windham Fall Estates, Activity Room, Groton

3<sup>rd</sup> Wednesday of the month, 1:00 – 3:00 p.m.

Contact: Donna Weissman (860)536-1020

# Diabetes Groups

## Live Well with Diabetes

6-Week Workshop

Learn how to better manage your ongoing health condition.

To register contact Lori Rygielski

(860)887-3561 x 127 or [lrygielski@seniorresourcesec.org](mailto:lrygielski@seniorresourcesec.org)

## Hartford HealthCare Windham Hospital

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1<sup>st</sup> Wednesday of every month, 1:00 p.m. or 6:00 p.m.

Call to register 1 (855) HHC-HERE

## Lawrence and Memorial Hospital

Joslin Diabetes Center affiliate at L & M Hospital

For location and time contact: Joslin (860)444-3366

# Substance Abuse Groups

## Nar-Anon

"Steps" to Serenity" Support Group

For Information go to [www.naranonctma.org](http://www.naranonctma.org)

Or Contact (860)377-8309

## Al-Anon

Al-Anon Face Alcoholism

For Information go to [www.ctalanon.org](http://www.ctalanon.org)

Or Contact 1 (888)825-2666



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Account Name: Your first and last name  
 Invoice Number: Cash for Causes




Mail to: 19 Ohio Avenue, Norwich, CT 06360 - or - Contact: Erica (860) 887-3561 x 110



We hope you find this month's edition of our Caregiver of Children newsletter informative.

Senior Resources currently produces a monthly caregiver of children newsletter. We are looking for feedback on any ideas you may have for future editions.

Please contact Ishma Harris with any ideas/suggestions or if you wish to be removed from our mailing list.

Ishma Harris: [IHarris@seniorresourcesec.org](mailto:IHarris@seniorresourcesec.org) or 860 887-3561 x 102.

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