



Tech Basics for Caregiving

Use Tech to Stay Organized

- Share appointments and schedules using a web-based calendar like Google Calendar.
- Use the Health App on your Apple or Android smartphone to set medication reminders.
- Create a schedule with home assistants like Alexa or Google Home.
- Store important healthcare documents and medical directives in a shared folder in a digital vault.
- Use apps to access healthcare and insurance portals.
- Embrace voice-activated tech.
- Discuss the benefits of location sharing on your smartphone.



Get the Basics Delivered

- Groceries: local grocery stores, [Instacart](#), [Amazon Fresh](#), [Whole Foods](#)
- RX drugs: local, chain, and mail service pharmacies, like [Amazon](#)
- Meal Kits: [Hello Fresh](#), [Mom's Meals](#), [Home Chef](#)



Transportation

- Uber Health (uberhealth.com) & Lyft Silver (lyft.com/rider/silver)
- Find local transportation at Rides in Sight: ridesinsight.org
- State-by-state resource for non-emergency medical transportation: nationalcenterformobilitymanagement.org

Self Care

- **Forums:** AARP Caregivers Facebook Group, Senior Planet Community group, & agingcare.com/Caregiver-Forum
- Meditation apps: [Calm](#), [Headspace](#), [Insight Timer](#)
- Respite services: archrespice.org/caregiver-resources/respitelocator/



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For more resources, scan the above QR code or go to seniorplanet.org/caregiving/!