

Caring From Afar

Caring from Afar: Our Tried & Tested Practical Guide

Welcome to our practical guide. Inside this catalogue, you'll find the practical tools, devices, and strategies we put in place to help my dad remain living safely and independently at home.

Note on links: Everything here is free. Some links are affiliate links (at zero extra cost to you), but I only share items we've personally used or seriously evaluated. I'm completely transparent about which is which.

CLOCKS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CHILDS TRAINING CLOCK	Dad gets up all night asking “is it time to get up yet?”	If clock is RED we stay in BED. Set the time it changes colour.	CHILDS TRAINING CLOCK
	TALKING CLOCK	Confusion reading clock hands.	Press the button and it speaks the time (We call it “Big Ben”).	TALKING CLOCK
	DEMENTIA CLOCKS	Struggling to read digital or analogue (or both).	One digital + one analogue to see which is easiest.	DEMENTIA CLOCKS
	DEMENTIA CLOCK	Numbers don't mean much.	Morning / Afternoon / Night words only. Can set changeover times.	DEMENTIA CLOCK

BEDSIDE

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	BEDSIDE LIGHT	Struggling to find the switch on bed lamp.	Simple ON / OFF rocker switch.	BEDSIDE LIGHT
	HEARING AID BOX	Can't find them in the morning; puts them in wrong ears.	Red box splits in 2 to help with left/right.	HEARING AID BOX
	GLASSES BOX	Can't find them at night or in the morning.	Wooden tray with coloured foam; place hearing aids either side of glasses.	GLASSES BOX
	GLASSES SOCKS	Can't find the glasses; ears get sore if he sleeps in them.	Brightly coloured "socks" on the arms to make easier to spot + cushion.	GLASSES SOCKS

LIGHTS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	BEDSIDE LIGHT	Struggling to switch on bed lamp.	ON / OFF rocker switch.	BEDSIDE LIGHT
	FLOOR LAMP	Hard to reach switch; may switch off wrong thing.	Alexa / smart bulb.	SMART LIGHT BULB
	LIGHT SWITCHES	Struggles to see them and remember where they are.	Red stickers; glow in the dark tape.	LIGHT SWITCHES
	AUTO NIGHTLIGHTS	Night time toilet trips need light urgently.	Auto light switches off ~60 seconds after back in bed.	AUTO NIGHTLIGHTS
	DUSK TO DAWN	Falls asleep/wakes in evening feeling confused.	Auto on at dusk until dawn; enough light to orient.	DUSK TO DAWN

SHOWER

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CAMERA IN HALLWAY	Need privacy but he forgets to tell us he's in/out of shower.	Camera positioned high up to confirm in & out safely (no shower view).	CAMERA IN HALLWAY
	STEP ADJUSTABLE	Some days are easier than others.	Adjustable step/mat; add multiple or use one.	STEP ADJUSTABLE
	GRAB RAILS	Unsure of mobility	Maintain independence; fitted via care & repair/council.	
	SHOWER SEAT	Unsure of mobility	Maintain independence; fitted via care & repair/council.	SHOWER SEAT
	FOAMING SOAP	Needs prompting what to use. A bar of soap or shower gel was confusing	Visual foaming body wash. Its very foamy and seems to help him remember what to do	FOAMING SOAP
	SHAMPOO PUMP	Confuses shower gel with shampoo.	Blue pump with HEAD picture.	SHAMPOO PUMP
	VELCRO TOWEL	Carers/family need to assist; he's not happy about it.	Modesty + easy on/off towel wrap.	VELCRO TOWEL

	VALUABLES BOX	Where to keep glasses etc whilst in shower.	Wooden box with coloured foam that fits over sink; all in one place. We have letter H as it fits over sink perfect	VALUABLES BOX
	COVER MIRROR	May be scared by own reflection.	Magic whiteboard temporarily covers mirror; removable ; You could put a big smiley face or a heart or leave blank	COVER MIRROR

TOILET

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	COMFORT HEIGHT TOILET	Mobility unsure; was pulling toilet roll holder to stand.	Maintain independence; fitted via care & repair/council. Looks normal you'd never know	COMFORT HEIGHT TOILET INFO
	TOILET SEAT	All-white suite confusing when time is urgent.	Blue contrast seat (no lid) to speed things up. B&Q Dementia Toilet seat has a selection	TOILET SEAT
	DOOR SIGNS	All doors look alike.	Easy-peel door signs placed slightly lower (he looks down).	DOOR SIGNS
	LOO ROLL HOLDER	Was used to pull himself up so kept coming off wall !	Angled up so it can't be used that way.	LOO ROLL HOLDER
	WET TOILET TISSUE	Not using toilet paper at all.	Introduce wet tissue that feels soft/pleasant;	WET TOILET TISSUE

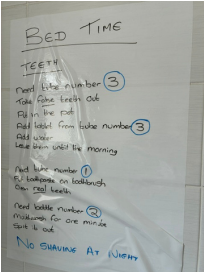
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	TOILET TISSUE BOX	Wet wipes drying out if packet is torn open.	Tissue box with one “poking out” — easy to use; keeps wet.	TOILET TISSUE BOX
	GLOVES	Visitors need gloves for hygiene.	Keep in same type of box as toilet tissue for easy grab; looks tidy on windowsill.	GLOVES
	AIM STICKER	Hard to give instructions.	“Aim for the sticker” prompt; helps reduce cleaning.	AIM STICKER
	BATHROOM BIN	Concern it would be mistaken for WC.	No bin in bathroom.	

CONTINENCE

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	WATERPROOF MATTRESS PROTECTOR	No issues yet but want to mitigate accidents & washing	Added to bed and have a few spare	WATERPROOF MATTRESS PROTECTOR
	PEAPOD MAT	No issues yet but want to mitigate accidents & washing	Take a long time to dry - beware. We thought easy solution for dad to swap in night if alone with us assisting via camera	PEAPOD MAT
	SPARE PYJAMAS	If had accident in night - couldn't find new pyjamas	Spare on radiator by this sign with tonight's so basically 2 -3 pairs available every night	
	WATERPROOF SEAT CUSHION	When getting dressed was sitting on bed - soiling bed if not clean	I made a waterproof cushion for a chair in the bedroom where he now sits to get dressed. easy to clean and inner can be removed and changed if ever required. Secured with velcro to seat	
	PANTS MARKER	Nigh time TENA pants - hard to tell which is front and back	Personalised Stamp - DAD FRONT	PANTS MARKER
	NIGHT TIME PANTS	We are awaiting Bladder & bowel assessment from	Needed to be white as dad struggles to see leg hole when	NIGHT TIME PANTS

		NHS so needed something	trying to put on otherwise	
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	TENA DRIPS	Daytime more a drips & dribble issue	Needed something but wanted it to be a gentle transition to bedtime pants	TENA DRIPS
	LAUNDRY BAG	Dirty clothes were put back on or in drawers or anywhere	A bright Fox on a washable waterproof laundry bin is easy to see and clean if bedtime pants are put in here by mistake	LAUNDRY BAG
	NAPPY BIN	Where to put used toilet tissue & bedtime pants	It sits in the shower next to the toilet and we call it the special bin. Helps reduce smells and handy to dispose of used gloves too	NAPPY BIN
	PURPLE BAGS	How to dispose of used pants - arrange collection	Local council provide PURPLE Hygiene bags & collection	
	PURPLE OUTDOOR BIN	Horried having these bags outside his door	Purple outdoor bin hides them from neighbours	PURPLE OUTDOOR BIN

BATHROOM ROUTINE

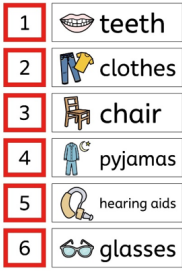
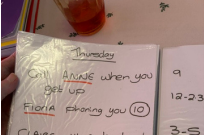
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	LABELS	Was confusing order to do things	Items are numbered using sticky labels - 1 Toothpaste ; 2 mouthwash etc	LABEL ROLL
	MAGIC WHITEBOARD	Still struggled with numbering	Used this as a prompt - sticks to anything mirrors tiles doors	MAGIC WHITEBOARD
	WAKE UP BOX	Got confused to shave when?	Wake Up Box was all things for getting up. We have now removed shaving stuff as needs help but still has Wake Up Box	personalised storage box
	BEDTIME BOX	Got confused of shave when ?	Bed Time Box was duplication of Wake Up without shaving stuff	personalised storage box
	ONE MIN TIMER	Dad didn't know how long a minute was for mouthwash	Easy 1 minute timer - 1 in bedtime & 1 in wake up boxes	1 MINUTE TIMER
	DENTURE BOX	Keeping teeth in overnight - So you sleep in the bed & your teeth sleep in here	Still need a bit of fun with my dad	DENTURE BOX

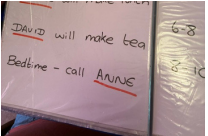
	CLEANING TEETH	What do I do ?	We help with a small child's toothbrush and let dad copy us clean our teeth . Also consider cleaning dentures in mouth if easier	<u>DENTAL CARE DEMENTIA</u>
1 2 3 4 5 6 teeth clothes chair pyjamas hearing aids glasses	WIDGIT ONLINE	Making notes is getting harder with words	Can use icons and make easier guides for dad	<u>-MAKE YOUR OWN SIGNS</u> <u>FREE DEMENTIA PACK</u>
	SHAVER WET DRY	Always wet shaved but was struggling	This is safer for us and visitors to use	<u>SHAVER</u>

CLOTHES

PHOTO	TITLE	ISSUE	SOLUTION	
	WEEK ORGANISER	Struggle with what to wear & not changing clothes	Weekly organiser in wardrobe	WEEK ORGANISER
	DAYS SOCKS	Underwear changing was more priority	Socks and pants with days of week on	DAYS OF THE WEEK SOCKS
	DAILY BAG	Struggling with what's the day today	Daily canvas bag has today's clothes inside	DAILY BAG LINK
	VISITOR	Would use wrong day & get confused	Prep weekly and hide away. Daily visitor puts tomorrow bag at bottom of the bed ready for the morning	
	EASY SLIPPERS	Likes shoes not slippers	Use Skechers shoes (below) for both.	
	FAKE LACES SKECHERS SHOES	Worried about doing up laces but old school and wanted laces	So magic pretend laces and trainers that look smarter is the answer	SKECHERS TRAINERS

ROUTINES

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	GETTING UP	Struggling with what in what order and felt images would assist	We have these laminated sheets in the bedroom and bathroom to help with a checklist what to do. Tweak them as required via a website	WIDGIT ONLINE FREE DEMENTIA PACK
	BEDTIME	Struggling with what in what order and felt images would assist	We have these laminated sheets in the bedroom and bathroom to help with a checklist what to do. Tweak them as required via a website	WIDGIT ONLINE FREE DEMENTIA PACK
	PYJAMAS	Struggled to find Pyjamas & what goes where?	AI produced image of dad in Pyjamas which is next to his pyjamas in the bedroom as guide	
Today is Thursday Thursday Call Anne when you get up 10.00 Fiona will call you on the big phone 10.30 Alison arrives and she will make lunch 4.45 Amber arrives and will make tea Call Anne when you want to go to bed	DAILY EMAIL	Panics what's happening today	Started with emailing a daily list to iPad - timed every day to him 8AM	HOW TO SCHEDULE EMAIL
	MAGIC BOOK	As struggled to access emails	Use a magic wipe on wipe off book telling the daily plan - changed books weekly	MAGIC BOOK
	WEEK FOLDER	The more looked at it -it smudged.	As fixated on this book and what is happening next	WEEK FOLDER LINK

		so cut up the book into individual pages & put in folder	We are trying out Changing the wording to Breakfast – Anne Will Help Lunch – Sarah will make Singing – Sarah is taking you after lunch Tea – David will make after Columbo	
	WALL BOX	Fixated on what's next ? what's tomorrow ? so try this	Place today in one of these on the wall and a daily visitor ...last one of the day opens it up and puts tomorrow sheet at the front ready for the morning .	WALL BOX

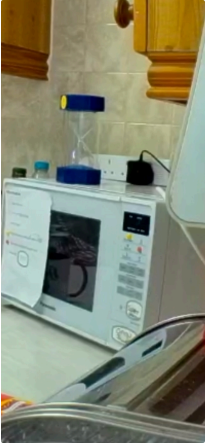
CHARGING STATION

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	NON SLIP MAT	This is one set area where everything is kept together and charged	Home made charging station. NON SLIP mat underneath	NON SLIP MAT
	WOODEN BOARD	A tray had too high a lip for cables	MDF Board	WOODEN BOARD
	COLOURED FOAM	Highlight what goes where	Different Colours & shapes	FOAM SHEETS & SHAPES
	CABLE HOLDER CLIPS	Do not want cables falling on the floor	All cables clipped in	CABLE HOLDER CLIPS
	CABLE MAGNETIC CLIP	Do not want cables being removed	Stops cables getting muddled up	CABLE MAGNETIC CLIP
	MAGNETIC CHARGER CABLE	Struggled getting cable in hole to charge	Magnets make charging easy	MAGNETIC CHARGER CABLE

KITCHEN

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	KNOB COVERS	Safety of Gas being turned on	These Knob covers but my sister couldn't remove them with athritic hands	KNOB COVERS
	GAS COOKER SWITCH VALVE	Safety of gas being turned on	British Gas offer free a locking valve solution	LOCKING COOKER VALVE
	COOKER DISCONNECT	We had insufficient room for the locking valve solution	Safety was priority so had cooker & Gas disconnected. Still in place so dad is unaware	
	DECLUTTER	We removed saucepans etc that will never use	Easier to find and see the things you want	
	REMOVE DOORS	I wanted to remove all kitchen doors but my sister said NO so we	removed doors from one large cupboard and this is where gets everything from	
	5 OF EVERYTHING	He wants a favourite mug or glass or spoon only	We have 5 of his favourites in the hope he can find 1	

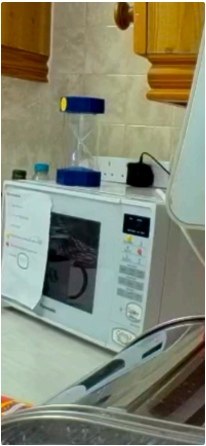
MICROWAVE

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CAMERA	Was using iPad to facetime for help but i was seeing ceiling or floor	Camera facing microwave & kettle - dad has both hands free & I can see and talk to him via camera to help	NEST CAMERA
	RED TRAY	struggled to see glass turntable in microwave and spatial awareness	easier to clean microwave and doesn't get hot - actually bacon crisper but we use as a tray	RED TRAY
	RED BOWL	needed something sturdier than the tray above	microwave safe and bright & sturdier	RED BOWL
	BUMPONS	which button ? they are all the same to me	these bump ons are easy to see from camera to assist	BUMPONS

FRIDGE & FREEZER

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	FRIDGE	Forgotten names for fridge and freezer . They are close to each other and do similar things	Fridge now called BLUE DOT - printed a blue dot onto a large sticky label	LARGE LABELS
	FREEZER	Forgotten names for fridge and freezer . They are close to each other and do similar things	Freezer now called THE DRAGON - printed welsh flag onto a large sticky label that is stuck to magnetic sheet Even Wiltshire farm foods deliveries say where is the dragon	MAGNETIC SHEET
	LABELS	Too many instructions	Food labelled with easy instructions over the manufacturers instructions	LABELS
	FOOD PLANNER	What am I eating today ?	We fill in the planner to stop food waste and confusion	FOOD PLANNER
	MAGNETS	Where is my food ?	The magnets have stickers - blue or dragons to show where the food is	MAGNETS
	2 MIN TIMER	Most food is cook 3 min & stand 2 mins – oops wil cook for the extra 2 min	Cook for 3 then a smiley face (can of coke to show the size its large but its only a 2 minute timer)	2 MINUTE TIMER SMILEY FACE STICKERS

BREAKFAST

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CAMERA	Was using iPad to facetime for help but i was seeing ceiling or floor	Camera facing microwave & kettle - dad has both hands free & I can see and talk to him via camera to help	NEST CAMERA
	POTS	Struggling to make breakfast	Ready made pots just add hot water to line	PORRIDGE POTS
	PACKETS	Then moved to packets to get more milk and easier than the faint water line on pots	Just need a milk measure	PORRIDGE SACHETS
	FOOD PEG	Struggling to tear open and scissors is dangerous	Open a few and use food pegs to keep fresh	FOOD PEGS
	MILK MUG	How much milk?	A specific sized mug 180ml	180ML MUG
	MILK FLASK	then tried a flask has hard to pour out of mug	started to struggle to open flask and see level inside	MILK FLASK
	MILK BOTTLE	Then tried small milk bottle	Has a bumpon to say stop and easy to see from camera. Fill up	MILK BOTTLE

			everyday ready for	
	BUMPON	Help with buttons or levels	Used on milk bottle & see microwave section	BUMPONS
	VISITOR PREP	Struggling to find breakfast items	Visitor puts in one place as per our photo printed. Visitors love this idea as every house is different and visual prompt is great. Helps me help remotely	

MEDICATION

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	WEEKLY BOX	Missed Medication	Weekly Box filled up by family	WEEKLY PILL BOX
	MAX 2 DAY BOX	No issues	Decided to mitigate any by only putting 2 days at a time in weekly box	WEEKLY PILL BOX
	SENTAI AI	Had alert to remind at 9am each day	Concerned had taken earlier & would take again so removed reminder	SENTAI
	FAVOURITE GLASS	Will only take tablets with favourite glass	Have 5 of them and one is next to tablets	
	VISITOR PREP	Where are they & my special glass	Visitor puts in one place as per our photo printed. Visitors love this idea as every house is different and visual prompt is great	
	LOCKBOX	No issues	Decided to lock extra tablets in cash box and family have key	CASH BOX

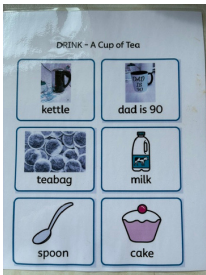
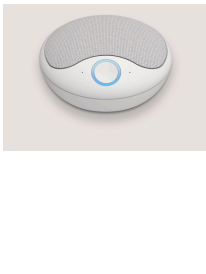
LUNCH

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CAMERA	Was using iPad to facetime for help but I was seeing ceiling or floor	Camera facing microwave & kettle - dad has both hands free & I can see and talk to him via camera to help	NEST CAMERA
	VISITOR PREP	Visitors may need to prepare food for later	Blue sticker on freezer bag helps him know it lives in the blue dot until he eats it	
	PLAN B	If visitor fails to arrive - what is plan B ?	Lunchables in fridge and Wiltshire farm foods available	EMERGENCY LUNCH
	WILTSHIRE FARM FOODS	If visitor fails to arrive	Easy to cook meals with assistance via camera	WILTSHIRE FARM FOODS

SNACKS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	SWEET JAR	Needs visual prompt if hungry	Clear sweet jar - one in kitchen and one by tv	SWEET JAR
	CAKE SAVER	Struggling to open cake boxes and packets	Open and put selection under this - just lifts lid	CAKE SAVER
	FOOD COVER	if struggling with freezer bags	just lift cover off food - fine for fridge & microwave	FOOD COVER
	BRIGHT PLATES	Looks more appetising on coloured plate	Contrast food v Coloured plate	PLATES
	VISITOR PREP	Visitors need to put items like this	Consistency important & photos assist them and then me to help virtually	

HOT DRINKS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	PROMPT CARD	What do I need ?	Visual prompt helps feeling independent	WIDGIT ONLINE FREE DEMENTIA PACK
	TILT POUR KETTLE	Tried this but could not understand how to stop it	Changed to colour kettle	TILT POUR KETTLE
	COLOUR KETTLE	Easily seen by camera	This changes colour - red when on & blue when off	COLOUR KETTLE
	BUMPONS	Show me how much water is in it with your finger	Water needs to be between 2 bumpans	BUMPONS
	ONE CUP KETTLE	Previously tried this but couldn't fill it up	Now we have daily visitors they fill it up instead - Bumpon on the one button he needs to press	ONE CUP KETTLE
	SENTAI AI	Hydration is so important	Prompts to drink and to give ideas where drink is etc. Using the language he uses - look in the blue dot; In the door is a red bottle	SENTAI
	MUG	What is a mug ?	Find the "Dad is 90" seems to work better	PERSONALISED NAME MUG

				
	LONG SHINY SPOON	What is a spoon ?	Find the shiny long bright thing you like for tea	<u>LONG SHINY SPOON</u>

COLD DRINK

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	STICKY VELCRO	How much squash in a glass	Velcro stuck on a clear bottle - squash to the line then water. Easy to help via camera	STICKY VELCRO
	WATER BOTTLE	Drinking enough ? tried drawing on bottle the line but sticky velcro is better	2 of these in fridge - one red squash and one lemon squash	WATER BOTTLE
	WINE GLASS	Concerned of smashed glass	Unbreakable wine glass but looks great with red squash in - just like red wine	WINE GLASS
	TUMBLERS	Concerned of smashed glass	Varying colours so will find one hopefully	TUMBLERS
	JELLYDROPS	Drinking enough ?	Tried these but didn't like the texture	JELLY DROPS
	ZERO BEER	Likes a beer	Switched to ZERO and hasn't noticed	
	SENTAI AI	Needed drinking reminders throughout the day	Time for a drink - would you like a red or white wine from the bottle in the blue dot	SENTAI

KITCHEN TABLE

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	PLACEMAT	Likes to help lay table	Visual prompt of what to put where and where to sit	PLATZMAT
	CUTLERY	Struggling to hold cutlery	Chunkier and easy to grip	EASY GRIP CUTLERY
	COLOURED PLATES	Looks more appetising on coloured plate	Contrast food V coloured plate	PLATES
	NAPKIN	Food down clothes	Helps keep clean	NAPKINS BIB
	NAPKIN CLIPS	Didn't like tucked in his top	Looks smarter and easy to clip on off	NAPKIN CLIPS

TELEVISION

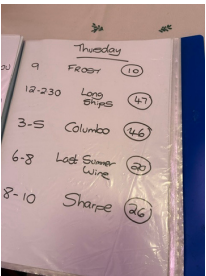
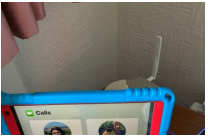
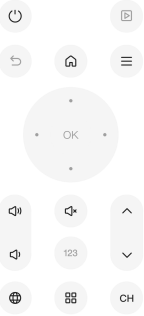
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	WALL CHART	What do I press ?	Instructions on wall with arrows	
	EASY REMOTE	Remote confusing	Simplified version	EASY REMOTE
	FLIPPER REMOTE	Moved to this one	Set to favourite channels only	FLIPPER REMOTE
	BROADLINK APP	Still struggling	App so family can control TV from anywhere	BROADLINK APP SETUP GUIDE RM4 RM4
	RADIO TIMES	Likes to read - Although unsure how much is read	Weekly subscription so arrived in post - Likes post being a nice thing	
	WIPE ON WIPE OFF BOOK	Cannot decide what to watch	Ideas written out in weekly wipe on wipe off book. Book swapped weekly	MAGIC BOOK
	DEMENTIA FRIENDLY TV	Concentration levels changing	Consider this next step	MYLIFEFILMS.ORG

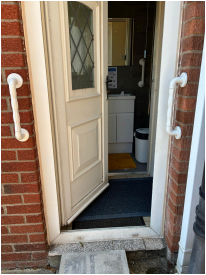
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	POA REDIRECT	Stressed over post & letters getting lost once received	Used POA to get all post sent direct to family. Only gets nice post like cards and radio times	MAKE LASTING POWER OF ATTORNEY
	CARDS	I don't know these people who sent a card	On back of each card a sticker saying - Debbie Lives in 86 etc	LABEL ROLL
	RADIO TIMES	Likes to read . Although unsure how much is read	Weekly subscription so arrives in post. Likes post being a nice thing	
	ASK ANNE BOX	Some post slips through & junk mail	Clear Box - ASK ANNE is a great central place for anything unsure about. Its sorted and cleared out every few days by family	ASK ANNE BOX

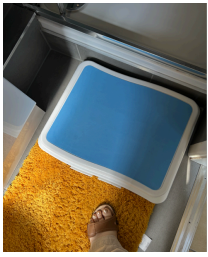
TECHNOLOGY

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CAMERAS	CAN ASSIST VIRTUALLY BY HAVING CAMERA IN HALLWAY CAN SEE IF THINKING OF WANDERING	CAMERAS IN THE HOUSE ON STAIRS / FRONT DOOR KITCHEN HALLWAY BETWEEN SHOWER & BEDROOM	COMPARE CAMERAS
	ECHO SHOW	If can't hear iPad, can drop in & say Hello. Dad can say Alexa Help and it will call me	An Echo show to drop in next to the tv as it's in a different room to the iPad charging station	ECHO SHOW BUYING GUIDE
	SMART LIGHT BULBS	Specifically lamp where button is difficult	Can turn on off via app or voice	SMART LIGHT BULBS
	SMART PLUGS	Is the fire or fan on or off ?	Smart plug on the electric fire and a cooling fan – check every night it's turned off via an app	SMART PLUG
	SENTAI AI	Reminders Alarms Loneliness Movement	This reminds to have a drink, tablets, Visitor arriving to make lunch; Time for Columbo ; Has a chat Alerts family if not been in kitchen in 2 hours	SENTAI
	HIVE THERMOSTAT	House too hot or too cold	App alerts if temperature in house drops	HIVE THERMOSTAT
	IPAD	contact family	Assistive access makes it easy to use	ASSISTIVE ACCESS (IPAD).

				
	TRACKER WATCH	Falls ; Wandering; SOS button	Alerts Family. This is provided by local council.	ZINTOUCH WATCH
	CARELINE PENDANT	Falls ; SOS button	Alerts 24/7 call centre. Provided by local council	
	TRUECALL BLOCKER	Scam calls	Only allows friends and family to contact	TRUECALL CALL BLOCKER
	USB MUSIC PLAYER	Loves music but needed it easy	Lift lid to play Close lid to stop USB has some poetry & some music	SIMPLE MUSIC PLAYER
	BROADLINK RM4	Struggling with tv remote	Family can control the tv from anywhere	QUICK SETUP GUIDE RM4

MOBILITY

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	COMFORT HEIGHT TOILET	Mobility unsure; was pulling toilet roll holder to stand.	Maintain independence; fitted via care & repair/council. Looks normal you'd never know	COMFORT HEIGHT TOILET INFO
	SECOND HANDRAIL	Unsteady on stairs	Maintain independence; fitted via care & repair/council	
	GRAB RAIL DOOR	Nothing to hold onto when accessing property	Maintain independence; fitted via care & repair/council	
	HALF STEP	Step to access property was too deep. Falls risk	Maintain independence; fitted via care & repair/council	
	CHAIR RAISERS	Struggling to get out of armchair and grabbing unsteady table	Maintain independence; fitted via care & repair/council	
	GRAB RAIL SHOWER	Lack of confidence to get in the shower. Falls risk	Maintain independence; fitted via care & repair/council	
	SHOWER SEAT	Lack of confidence to get in the shower. Falls risk	Maintain independence; fitted via care & repair/council	SHOWER SEAT
				



SHOWER STEP

Some days are easier than others.

Adjustable step/mat; add multiple or use one.

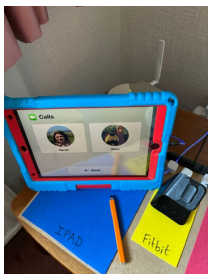
[SHOWER STEP](#)

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	THUMB LOCK	Concerned could leave key in door or lose keys and be unable to get out	Thumb lock means can exit in emergency with no key and we can always access the house	THUMB LOCK
	FALL PENDANT	How to get help	Calls 24/7 careline if presses sos or if detects a fall	
	FALL WATCH	Wandering & falls	Calls family if presses sos button, if detects a fall, if leaves the street and can be tracked via app	
	FOAM HANDLES	Walking into door handles	Put foam handles and door jammers on internal door handles to stop walking into them	FOAM HANDLES
	DOOR JAMMERS	Knocking arms on door catches	Put foam handles and door jammers on internal door handles to stop walking into them	DOOR JAMMERS
	RUGS	Rugs removed as trip hazard but left this doormat as reminder	Fun reminder and could be personalised	RUGS
	NON SLIP RUNNER	Tiled floor to downstairs toilet	Made to measure non slip runner full length of hallway	NON SLIP RUNNER

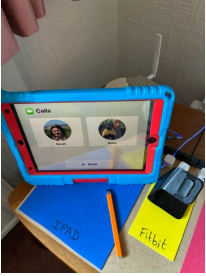
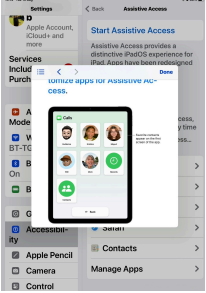


and shower -
concerned of slips

ANXIETY

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	CUDDLE CUBE	Has a cuddle cube – reduces anxiety – fidget toy – keeps hands moving but warm as he has arthritic fingers.	He is not ready for fidget toys blankets etc yet, but he thinks this is good for his fingers so I'm thinking it's the natural way to next step	CUDDLE CUBE
	PHOTOS	Doesn't always recognise people	Put old & recent photos together. These don't mark wall so can be moved around easily	MIXTILES
	IPAD	Can get family easily	Assistive access - Press my photo & I magically appear	ASSISTIVE ACCESS (IPAD)
	CALL BLOCKER	Stressed about scam calls	This only allows numbers on approved list to get through - Everyone else gets a recorded message to phone daughter just in case forgotten someone important	TRUECALL CALL BLOCKER

COMMUNICATION

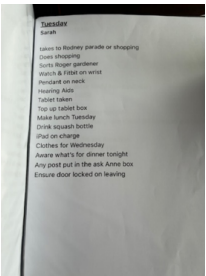
PHOTO	TITLE	ISSUE	SOLUTION	LINK
	IPAD	Able to access family easily	Chunky cover & chunky stylus help Press photo and we magically appear	IPAD CASE CHUNKY STYLUS
	ASSISITIVE ACCESS	Makes iPad basic	Set up assitive access on his iPad to make it basic and easy - this is a simple free option if you have a spare iPad.	SET UP ASSISTIVE ACCESS ON IPAD – APPLE SUPPORT (UK)
	CARELINE	How to get help	Calls 24/7 careline if presses sos or if detects a fall	
	WATCH	Wandering & falls	Calls family if presses sos button, if detects a fall, if leaves the street and can be tracked via app	ZINTOUCH WATCH
	HOUSE PHONE	Forgets how to use it so made same as mobile	M1 & M2 for daughters - same as mobile	HOUSE PHONE INSTRUCTIONS
	EASY MOBILE	Open It - Auto answers Close it - Auto hangs up RED SOS button	M1 & M2 for daughters - Same as house phone	EASY MOBILE
	ACCESSIBILITY FUNCTIONS	Changing phones is expensive and don't always work	Consider just using accessibility functions for current phone	
				

	NEXT PHONE	When mobile gets difficult	The simplest mobile ever !	<u>OWNFONE</u>
	SMART WATCH	Been considering this if mobiles & Ipad get harder to use	Like the easy way it attaches to the wrist and its 2 way calling unlike watch from the council which I can only call it when he falls or presses SOS	<u>CHILDS SMART WATCH</u>

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	ECHO SHOW	iPad not always heard when TV on	Alexa call Anne / Alexa Help – is set up to call me. I love the drop in feature where dad doesn't need to do anything & I just appear next to the TV.	ECHO SHOW BUYING GUIDE
	VOICE BUTTONS	Cannot remember name ALEXA	Use Dog training buttons with recorded CALL ANNE ; CALL SARAH ; LIGHT ON ; LIGHT OFF - with pictures on the buttons	VOICE BUTTONS
	SENTAI AI	Loneliness is a major concern - This has a chat and does my checklist in a chatty way	Can use for reminders; prompts ; texts ; call help ; read poetry; have a chat	SENTAI
	KOMP	Similar to echo show	Very large so we decided echo show was better for us. I was concerned would be mistaken for the TV	KOMP
	HOMEHELPER	Similar to echo show and we considered this	We decided to keep with the echo show	HOMEHELPER
	GRANDPAD	Similar to iPad and we considered this	Decided we could use the iPad in a different way that was free	GRANDPAD
	LOAN FROM CHARITY	Any visual impairment ?	Range of radios, Alexa devices and other equipment	CHARITY TECH LOAN

			loaned to those with sight loss free of charge	
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VISITORS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	STRANGERS - V - VISITORS	Do not allow strangers into your home	I have made a little chart – one copy by the door and another in his daily book with the names and photos of his visitors. Very pleased that all of his visitors agreed to me doing this for him	
	CARERS	Don't want carers	Call everyone a visitor. Gardener Cleaner Carer etc Dad I don't want to wash my kitchen floor let alone drive 140 miles to wash yours ... Dad can we have a cleaner once a week to help me? Dad mum loved her garden and it's a lot of work so let's get a gardener to do a big tidy up over the next few weeks and then we can maintain it	<u>VISITORS</u>
	FLEXIBLE CARE	The gardener - carer suggested a raised flower bed for dad to help whilst doing the garden together	Dads raised part has fake plants & dad comments his part of the garden is the best!	<u>ARTIFICIAL PLANTS</u>
	VISITORS BOOK	Daily list of what needs doing so no matter who is covering what day – everything is a normal routine no	Example – Change hearing aid batteries every Saturday and charge hallway camera every Saturday	

		matter who is covering		
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ENGAGEMENT

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	M4D RADIO	Adverts make him lose interest or get confused	No adverts - Music 4 Dementia 50.60,70.80 or mix	DEMENTIA RADIO
	USB MUSIC	Loves music but needed simple version	Simple usb player is amazing – includes some music from his exercise class & music class along with some spoken poems by famous poets and some of my dad reading his own poems. His favourite 2 songs are repeated every 5 songs on the USB stick plus the words are printed and laminated for him.	SIMPLE MUSIC PLAYER
	LOCK SOCKET	Concerned will unplug cameras or WIFI	Lockable sockets	LOCK SOCKET
	PURPLE ANGEL	Personal music player with headphones	Purple Angel Charity runs a campaign to provide those living with dementia with free bespoke MP3 players already set up with your favourite music	PURPLE ANGEL MP3 PLAYERS
Approaching 90 As the years go by, I've been told, My joints creak and my hair turns to gold. I forget where I've parked And my memory's stark But life's still a story to be retold. At 89 I've danced with time. A waltz of memories, sweet and sublime. My bones may creak, my steps grow slow Yet life's rich tapestry continues to flow. In wrinkled hands I hold the past A treasure trove of moments passed. I've weathered storms, both fierce and wild	AI	Can no longer write poetry	Use AI to write a poem with his ideas and then he changes a few words	
				

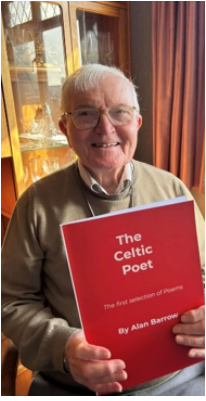
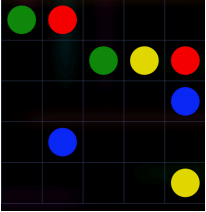
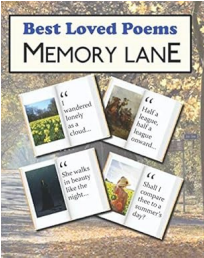
	POEMS	Written poems for over 50 years but can no longer find them on ipad	Had them printed for him into small books of 50 pages in different colours	PUBLISH OWN POEMS
	APPS IPAD	Easy apps required Flow free is joining the same coloured dots	Flow free - although rarely uses now	
	COLOURING	Easy colouring book - simple basic picture	Download from children's activity sites or use AI to generate	FREE COLOURING
	VELVET COLOURING	Helps with concentration due to the tactile part	Tactile part of the picture does not stop colouring	VELVET COLOURING
	BIRD SONGS	Used to belong to RSPB so this helps an earlier memory	Press the photo & hear the birdsong	BIRD SONGS
	BIRD FEEDER	Has always fed the birds	Now he doesn't need to go into the garden if alone	BIRD FEEDER
	ALEXA PROMPTS	Can help with reminders routines but also	"Alexa" sing me a funny song / tell me a joke/ read me a poem / how many days till Xmas Have a list of random questions he can ask	ALEXA AND DEMENTIA

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	WELSH FLASH CARDS	Dad used to speak a little basic Welsh and remembers some words on some days.	Learn Welsh flash cards for children and do the day of the week whilst having a cup of tea ...just one day not all seven days	LEARN WELSH CARDS
	JIGSAWS	Relish have jigsaws with few pieces	Not really a hit but I persevere	EASY JIGSAWS
	EASY POEMS	Easy book to read but I didn't want it to mention Dementia	Easy poems to read from a book (that <u>DO</u> <u>NOT</u> mention Dementia)	EASY POEMS BEST-LOVED POEMS (MEMORY LANE)
	MUSEUM EVENT	Keeping entertained and various interactions is important	Local museum has dementia friendly events	
	SINGING FOR BRAIN	Keeping entertained and various interactions is important	Singing for the brain classes are very much enjoyed	SINGING FOR THE BRAIN
	FORGET ME NOT CHORUS	Keeping entertained and various interactions is important	Online and face to face sessions	DEMENTIA CHOIR
	LOVE TO MOVE	Easy movement	Dementia friendly	DEMENTIA FRIENDLY EXERCISE
	LAUGHING	Laughing is	Free zoom 3 days a	ONLINE

	YOGA	contagious in a good way	week	LAUGHTER YOGA
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PROMPTS

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	DOORMAT	Reminder doormat	Fun reminder and could be personalised	REMINDER MAT
	KEYFOB	Emergency Contact info	Personalised key fob and also on jacket as extension to zip pull with family member mobiles	EMERGENCY INFO KEYFOB
	STRETCHY KEYRING	Losing keys and bus pass	Sewn into coat on stretchy keyring - one in winter coat and one in summer coat	STRETCHY KEYRING
	SAFE PLACES CARD SCHEME	National scheme	Card to show in library bank etc for assistance as vulnerable	SAFEPLACES CARD
	DEMENTIA BUDDY SCHEME	Wandering concerns	National scheme to get emergency contact info for family member	DEMENTIA BUDDY TAG
	BANK CARD	Risk losing card or being taken advantage of	The bank card has £100 in that account and I top it up every week back to £100 if he has used it	
	CASH	Wants cash but doesn't understand it	Maximum of £30 in cash and one bank card	
	FINGERPRINT CARD	Forget PIN	Maybe useful if earlier in journey but too late for us	NO PIN CARD

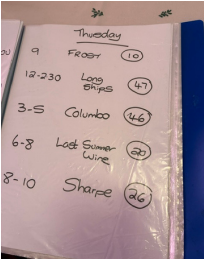
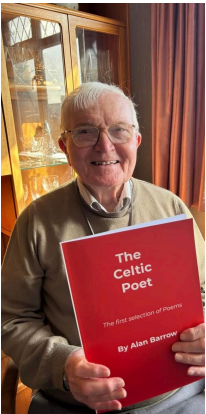
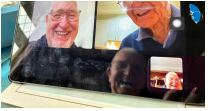
	DAILY BOOK	What is happening today ?	Daily planner - wipe on wipe off book	<u>MAGIC BOOK</u>
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PHOTO	TITLE	ISSUE	SOLUTION	LINK
	WIDGET ONLINE	Notes are needed to be clearer	Visual prompts using pictures - easily changed online and printed	<u>-MAKE YOUR OWN SIGNS</u> <u>FREE DEMENTIA PACK</u>
	SPARE GLASSES	Lost glasses	Spare set in a special box	
	SPARE HEARING AIDS	Lost or broken regularly	Spare set in a special box - NHS	
	DUMMY HEARING AID	Battery door needs to be opened at night & closed in the morning	Have a dummy one that I can show via ipad what I mean	<u>DUMMY HEARING AID</u>
	LIONS BOTTLE	Fridge Message in a bottle – get yourself one as well as your loved one. Note in yours you are a carer	Can add emergency info , prescription, photo & Respect form. All in one place	<u>EMERGENCY INFO LIONS BOTTLE</u>
	HERBERT PROTOCOL	Includes photo in favourite hat & coat and without	copy stored online with MedicAlert for free & on all family members email	<u>ONLINE STORAGE HERBERT PROTOCOL</u>
	WILLS STORED	Important documents get misplaced	Store with probate service worry free	<u>WILL STORAGE</u>

MEMORIES

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	MEMORY BOOK	Struggling to look at photos	Make a memory photo book - some old & recent photos - all mixed up helps attention	MEMORY PHOTO BOOK
	WORDING	Each photo says who it is but note wording	“As if written by dad “ Our Wedding Day Our Grandson James	
	PHOTOS HOUSE	Struggles to recognise photos	Put old & more recent next to each other. These can be easily moved around not marking the walls	MIXTILES
	POEMS	Has written poems for 50 years but can no longer find them on ipad	We had them published into books -50 pages for wandering attention. Loves reading these to visitors	PUBLISH OWN POEMS
	FUN	We still need fun and no stress	Xmas Dinner was Beans On Toast then Xmas Pudding	
	DAILY SPECIAL	Pub outings are rare but with a little trickery	Smuggled Ham into pub & today's special became Ham Egg & Chips	
				FACETIME HELP

	FAMILY FACETIME	Has an older brother in Australia & a younger brother in Wales	Multi person Facetime sessions	
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MISC

PHOTO	TITLE	ISSUE	SOLUTION	LINK
	RESPECT FORM	Are your wishes known?	Discuss with medical team	<u>RESPECT FORM</u>
	THIS IS ME	All the things that only the carer knows !	We have added - Haircut number 5; uses iPad to contact us; favourite tv ; likes foaming soap; where he wants glasses and hearing aids at bedtime; prefers shoes to slippers	<u>THIS IS ME</u>
	CARE COMPANY - V - VISITORS	Dont let strangers in I dont need care	We use HomeInstead - Provide a small team who all know dad and dad knows them. Provided their photos to go on dads wall so he knows who is coming and are amazing at saying they are coming to help me out with cleaning etc and may as well make dad lunch whilst here. WE CALL THEM VISITORS - How lovely you have a visitor today	<u>VISITORS</u>
	PRIORITY SERVICES	Power cuts cause distress	Extra help for vulnerable customers	<u>UTILITIES PRIORITY SERVICES</u>

	BIN ASSISTED LIFT	Struggling to put out bins & recycling	Contact local council for Assisted Lift	
	COUNCIL TAX REDUCTION	Many people with dementia qualify for council tax exemption or reduction	Contact Local council	<u>COUNCIL TAX REDUCTION</u>
	ATTENDANCE ALLOWANCE	Having an illness makes things more expensive so consider claiming	Can still have savings and claim. Spend it anyway you want	<u>ATTENDANCE ALLOWANCE</u>
	CARERS ALLOWANCE	Benefit for the carer	If you care for someone you may be eligible for these funds	<u>CARERS ALLOWANCE</u>
	CARERS ASSESSMENT	Support for you	If you care for someone this is about supporting you	<u>CARERS ASSESSMENT</u>
	BLUE BADGE	Not solely based on physical issues	Helps park close to destination	<u>BLUE BADGE</u>
	CREDIT CHECK	Would we know if credit taken out in his name or being taken advantage of	Registered for free credit check alerts from CreditScore & Experian - Others are available	
	EMAIL	My email clogged up with dads things and worried something important would be missed	Set up an email for dads house - give all family members access and set up email folders for carers ; invoices ; receipts ; household bills	
	CARE & REPAIR	Some councils pay for adaptations to	Contact Local Council for	

	your home to help stay independent	assistance	
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PHOTO	TITLE	ISSUE	SOLUTION	LINK
	KEY SAFE	Carers may need access in emergency	The key safe in dads garden is a neighbours key and dads key is in the neighbours garden – Brilliant idea by a local police officer !	KEYSAFE
	FIRE CHECK	Do you have a working smoke alarm ? Would your LO respond if it alarmed ?	Some areas offer free checks and free alarms. We have a smart smoke alarm that will alert family phones	FIRE CHECK SMART SMOKE ALARM
	HEATING	Did not tell me house was cold when heating broke	This means I can check temperature and turn up or down remotely on my mobile	HIVE
	THUMB LOCK	Concerned could leave key in door or lose keys and be unable to get out	Thumb lock means can exit in emergency with no key and we can always access the house	THUMB LOCK
	VIRTUAL HOUSE	It is hard to think of everything	This virtual house may help you think slightly differently about the home	VIRTUAL HOUSE
	CARENTS	What do I need to think about	Advice and tips	CARING SUPPORT FOR YOU
	TECHNOLOGY & AIDS FOR DEMENTIA FACEBOOK GROUP	Where do I start looking for solutions	A vast library of tips and ideas but beware it's not just UK solutions	

 <i>preloved is reloved</i> 	CHARITY SHOPS - FACEBOOK MARKETPLACE - VINTED	You never know if a solution will work	Please consider used items as things are expensive and may not work	
	GOOGLE	Dementia will add £ to cost when researching solutions	Use words like basic ; easy ; simple; alternative	

A Final Note to You

If you are reading this today while feeling tired, stressed, or unsure of the path ahead—please take a breath.

You are doing an amazing job. Every small system, every piece of research, and every moment of care matters—even from miles away.

Be kind to yourself today. You've got this.