Technology Tips for Living Well with Dementia

For Individuals Living with Dementia, their Families, Friends, and Care Partners

This sheet was co-created with individuals living with dementia from the **National Council of Dementia Minds**, and aims to assist in finding technology that helps make life easier. For more information visit dementiaminds.org and agingme.org

Everyday Technology Basics

Use a Calendar.
A physical calendar or phone calendar is essential to remembering to-dos! Make sure to keep this updated with the help of a care partner.

Try Amazon's "Alexa."
It's a great tool for weather, reminders, fact checking, spelling, music, brain games, and guided meditation. It might take some time to set up, but it's worth it! Visit the Amazon "Alexa Features" for more information.

Know Your Phone in a New Way.
If you have a smartphone, check out the Reminders, Notes, or Calculator function. Rearrange your phone apps to know exactly where your most used resources are.

Create a Physical Password Book.
Keep your usernames and passwords handy and in one place with a binder or notebook.

Explore Artificial Intelligence (A.I.)
CoPilot or ChatGPT can help with writing and research.

Find a Community.
There are individuals experiencing similar cognitive issues. Check out the National Council of Dementia Minds at www.dementiaminds.org or the Dementia Action Alliance at daanow.org.

📷 **TAKE A PICTURE OF THIS RESOURCE**

1. Start Early!
Find technology that works for you. Early on in your diagnosis is key because it is easier to evolve with it.

2. Implementation Tips
Be Creative! You may find new ways to use technology!
Create new habits to go along with the technology. Use it, or lose it.

3. Aid with Brain Health
Discover technology that aids with the 6 pillars of brain health: physical activity, food and nutrition, medical health, sleep and relaxation, mental fitness, and social interaction.

4. Be Flexible
Technology used today might not be useful tomorrow. Technology is always changing. Be open to new and improved applications.

NATIONAL COUNCIL OF DEMENTIA MINDS
Insights of Persons Living Well with Neurocognitive Disorders

WWW.DEMENTIAMINDS.ORG
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