



## CARE GIVING

### A Ministry for Older Adults Of the Kentucky Conference

#### Three free Apps for Caregivers

Between shower wars, doctor's appointments, and endless laundry no wonder you barely have time (or energy) to breath or even think about something not related to caregiving. Which is why today, you are going to learn about my three favorite apps for saving time and your sanity as a caregiver.

**Caring Bridge** – this app is available on Google play and IOS

Keeping everyone updated on your caree can be so stressful. Making phone calls or sending group emails/texts is time consuming and troublesome, not to mention the issues that arise if you accidentally forget to update someone. CaringBridge is an online journal that allows you to document and communicate health news to your family and friends.

**MediSafe** – available on Google play and IOS

This app is like having a nurse in your pocket. It keeps track of medications and dosages. You can set it up to send you medication and appointment reminders. It warns you of possible medication interactions, helps you monitor side effects, and keeps track of refills. It goes the extra mile to keep track of blood pressure, weight, blood sugar levels, pulse, and temperature. Plus, it allows you to share these reports with your Doctor.

**Lotsa Helping Hands** – get it on Google play and IOS

Caregivers struggle to find help when they need it. This app makes coordinating that help a lot easier. Rather than you having a list of people to call

anytime you need help with appointments, errands, sitting with your caree when you are unavailable, or even providing a few meals, Lotsa Helping Hands does it for you. The Care Calendar allows you to input your needs and your support network is able to sign up right from the app. It is a great way to recruit and organize a solid support system and receive the help you need.

Using these free tools could eliminate a few stresses of caregiving which is always nice.