

5 APPS That Can HELP



1. Medisafe (Medication Management)

Why it helps: It ends the "Did she take her pills?" worry. It turns their phone into a smart pillbox.

- Website: medisafeapp.com
- Cost: Free for the basic version (which is plenty!). Premium is about \$4.99/mo if you want unlimited "Medfriends."
- How to use: 1. Download the app on their phone.
2. Add their medications and schedules.
3. Crucial Step: Go to "Dependents/Medfriends" and add your phone number. Now, if they miss a dose, you get a text alert immediately.

2. Life360 (Safety & Location)

Why it helps: It gives them independence while giving you peace of mind. You don't have to call and ask "Are you home?" every hour.

- Website: life360.com
- Cost: Free version covers location and 2 "Place Alerts." Paid plans (Silver/Gold) offer more history and roadside assistance.
- How to use: 1. Install it on your phone and theirs.
2. Create a "Circle" and invite them.
3. Set "Place Alerts" for "Home" and "Doctor." You'll get a notification the second they arrive or leave those spots. It will tell you.

5 APPS That Can HELP Cont...



3. Papa (On-Demand Help)

Why it helps: For when you have to work or just need a break.

"Papa Pals" are vetted companions who can do light house tasks, grocery shop, or just sit and talk.

- Website: papa.com
- Cost: Free for many seniors through Medicare Advantage or employer plans. Private pay is available in some areas but check insurance first!
- How to use: 1. Check their insurance card to see if "Papa" is a benefit.
2. Use the Papa Care app to book a "visit."
3. Select the task (e.g., "Help with laundry" or "Doctor ride") and a background-checked "Pal" will show up at the scheduled time.

4. GoodRx (Prescription Savings)

Why it helps: Medicare doesn't always cover everything. This can often make a drug cheaper than a standard co-pay.

- Website: goodrx.com
- Cost: 100% Free to use the coupons.
- How to use: 1. Before you head to the pharmacy, type the drug name into the app.
2. It shows you the price at every pharmacy nearby (CVS vs. Walgreens vs. Grocery store).
3. Show the digital coupon on your phone to the pharmacist. They must scan it to give you the lower price.

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5. LowerMyRx (Alternative Savings)

Why it helps: Sometimes GoodRx doesn't have a deal, but this one does. It's your "Plan B" for saving money.

- Website: [lowermyrx.com](https://www.lowermyrx.com)
- Cost: 100% Free.
- How to use: 1. Works just like GoodRx. Search the drug name.
2. Print the card or show the digital version to the pharmacist.
3. Tip: Always ask the pharmacist: "Is it cheaper through my insurance or this coupon?" They will tell you.

Disclaimer

This guide is intended for informational and educational purposes only. The apps mentioned are examples of tools that may help support aging adults and the family members who care for them, but they are not a substitute for professional medical, legal, or financial advice. I am not affiliated with, sponsored by, or advertising for any of these apps. They are simply resources that some families may find helpful. Features, availability, and pricing may change over time, so it's important to review each app carefully and determine what best fits your family's needs and circumstances.