

DAILY REMINDER & CARE TECH OPTIONS FOR MEMORY DECLINE

(Assisted Living / In-Home Support Guide)

1) VOICE REMINDER DEVICES (Simplest Option)

Best for: Mild to moderate memory decline

Devices:

- Reminder Rosie Talking Clock
- Alexa / Amazon Echo (voice assistant)

What it does:

- Speaks scheduled reminders out loud
- Can use familiar family voices (Reminder Rosie)
- Repeats daily routines automatically
- Note there are some interesting Frames on Amazon I found that don't speak but do show large text and have a fun easy to use interface. (Search: "frames for dementia")

Examples of reminders:

- "Brush your teeth"
- "Get dressed"
- "Go to lunch / activities"
- "Take medication"

Pros:

- Very simple setup
- No screens needed
- Affordable

Cons:

- Can be ignored as memory declines
- No tracking of compliance

2) SMART SPEAKER ROUTINE SYSTEMS

Best for: Moderate cognitive decline

Devices:

- Amazon Echo (Alexa routines)
- Google Nest Hub
- ElliQ

What it does:

- Voice reminders + routine automation
- Time + day orientation (“It’s Monday morning”)
- Multiple daily scheduled prompts

Pros:

- Customizable routines
- Can be updated remotely
- Familiar “home assistant” feel

Cons:

- Requires WiFi
- Can still be ignored without reinforcement

ElliQ is a newer AI companion designed for older adults that helps with reminders, routines, and companionship for seniors living alone or in assisted living.

[ElliQ | Companion Robot for Seniors, Older Adults & Aging Loved Ones](#)

Pros:

- Medication & meal reminders
- Encourages routines and movement
- Helps reduce loneliness
- Can reduce constant family check-in calls

Cons:

- Not an emergency alert system
- Not ideal for advanced dementia
- Monthly subscription cost
- Some seniors may not like the technology

3) VISUAL + AUDIO REMINDER SYSTEMS

Best for: Moderate decline needing more structure

Devices:

- CareCast Reminder System
- Tablet-based caregiver dashboards (locked tablets)with apps

Examples include [Carelu](#), [RecallCue](#), [CareLogger](#), and other caregiver communication apps. ([carelu.io](#))

What it does:

- Displays reminders visually + speaks them
- Caregivers can update schedules remotely
- Clear “task acknowledgment” systems

Pros:

- Reinforces memory with sound + visuals
- Better compliance than voice-only systems
- Remote updates by family

Cons:

- Higher cost
- Requires setup and maintenance

4) SENIOR CARE MONITORING PLATFORMS

Best for: Advanced support needs or facility integration

Systems:

- Zemplee Cue
- Assisted living digital care platforms

What it does:

- Automated reminders (meals, hydration, meds)
- Tracks missed activities
- Alerts caregivers if routines are skipped

Pros:

- Adds safety monitoring layer
- Reduces staff workload
- Structured daily care management

Cons:

- More complex systems
- Usually facility-based or higher cost

5) **LOW-TECH SUPPORT (ALWAYS RECOMMENDED ADD-ON)**

Items:

- Large digital clock (day/date/time)
- Whiteboard schedule in room
- Printed daily routine sheet

Why it matters:

- Reinforces orientation visually
- Works even if tech fails
- Helps reduce confusion episodes

★ **BEST PRACTICE COMBINATION (REAL-WORLD USE)**

For most assisted living residents and independent living seniors with mild to moderate dementia.

- ✓ Voice assistant (Alexa or similar)
- ✓ Large visual clock
- ✓ Simple printed daily routine
- ✓ Optional caregiver dashboard if needed

Disclaimer:

This guide is intended for general informational and educational purposes only and does not constitute medical, legal, or professional caregiving advice.

Technology solutions, reminder systems, and care platforms may not be appropriate for every individual and should be selected based on the person's cognitive abilities, medical condition, living environment, and supervision needs. These tools are not substitutes for professional medical care, emergency response services, or direct caregiver support. Families and caregivers should consult with qualified healthcare professionals, memory care specialists, or assisted living staff before implementing any care technology or routine support system. Product availability, features, and costs may change over time.