

CAREGIVING APPS

- Agefully (coming soon!) – UW-Madison School of Nursing is creating an evidence-based guidance, support and planning tool for adult children caring for aging parents. The app will help caregivers anticipate need, explore options and prepare for the future. Product is planned to be launched in 2018.
- [Alzheimer's Caregiver Buddy](#) - Focuses on providing support for the caregiver by giving in-the-moment tips and tricks in areas of daily routine, communication, behaviors, activities of daily living. It also provides live help 24 hours a day by clicking and calling the Alzheimer's Association 24 hour helpline.
- [Care Angel](#) - Free app that offers "artificially intelligent" caregiver calls to older adults that track their condition, visually tracked (care insights, reports and alerts), care circle contacts (may participate as a full Caregiver and download the app, or as a Care Aide, for alerts only, or as a Quick Call member, for speed-calling) - partners include payers, insurers, employers, senior living and LTC, pharma, nonprofit, health systems and senior device / product / service marketers. *(Wait list as of 6/14/17)*
- [CareZone](#) – Helps managing overall caregiving duties, including coordination of friends and family, health care record keeping and scheduling with a shareable calendar.
- [CaringBridge](#) - Allows you to create a site for yourself or the person you're caring for and invite family and friends to join. It's intended for a larger group of family and friends to stay updated, coordinate caregiving help and post notes of support.
- [First Aid by American Red Cross](#) - Get instant access to information on handling the most common first aid emergencies.
- [Symple](#) – Gives you a way to track the ebb and flow of your symptoms over time such as health concerns, mood, steps and sleep. Compare data to see how those stats align with your wellbeing. Also includes an interactive journal.
- [Pacifica](#) – Daily tools for stress and anxiety alongside a supportive community. Based on Cognitive Behavioral Therapy & Meditation. (Mindfulness app)

Online Resource:

- [Lotsa Helping Hands](#) – Creates a connected community with family and friends where you can post news and coordinate assistance for your loved one through a shared calendar.

Sources:

AARP – Apps to Help Caregivers Stay Organized: <http://www.aarp.org/home-family/caregiving/info-2016/caregivers-scheduling-apps-ag.html>

Mashable - 10 essential apps all caregivers should know: <http://mashable.com/2016/09/25/apps-for-caregiving-caregivers/#R671UseeAsq0>