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## Caregiving Apps for a Palliative Approach to Care

### What is an App?

An app is a software application designed for small, wireless devices such as smartphones and tablets. Apps allow users to play games, get directions, read books or access weather and news – it's like having a mini-computer with you, at all times. While apps are designed to make our lives easier, one must be cautious when downloading apps to ensure they are from a reputable source and that personal information will remain secure.

### How Caregiving Apps Can Help

Caregivers, providing a palliative approach to care at home, often have an overwhelming number of responsibilities. Some find that caregiving apps can really help!

Tasks that caregiving apps can help with include:

- maintaining and updating important information
- providing appointment and medication reminders
- keeping a log of activities
- coordinating various caregivers
- maintaining notes from doctors or other care providers

Did you know?

- Disease-specific caregiving apps are also available (e.g., Alzheimer's, cancer, heart disease, or diabetes)
- Most apps are free or are reasonably priced



**Caring Bridge** is described as a bridge that allows loved ones to stay in touch. It's helpful for a family that rallies around a loved one in need of care - facing surgeries, rehabilitation, and procedures. The app offers a space for multiple caregivers/family members to share pertinent information, such as updates, encouragement, and arranging care. A guest book offers a place for journal entries, medical updates, photos, stories, and tributes and more.



**Caring Village** is another app designed specifically for family caregivers to help them easily coordinate their loved one's care. Family caregivers connect via a secure messaging system and create "villages" among friends and relatives to help coordinate the specifics of a loved one's care. It's also possible to create customizable care plans and personalized to-do lists. Some of the many features include: a centralized calendar, document storage, a medications list and a wellness journal that allows you to share entries with the rest of your "village."

## Hospice Palliative Care Tip of the Month January 2019



**Care Zone** is a free secured app where you can keep all your loved one's pertinent information and invite family and friends to and participate in care. The app contains a place for notes and observations, a task list, medication logging (including pharmacy numbers, dosing, prescribing physicians, etc.), a place to upload photos -- and you can even send a voice message to up to 100 recipients.



**Lotsa Helping Hands**  
CREATE COMMUNITY

**Lotsa Helping Hands** is an app that helps you create a community of care for your loved one. It allows you to invite family, friends, volunteers, and others to join and then manage everything from sitters and errands to appointments and family gatherings using an interactive calendar. This app also includes a section called "Helping Hands," which serves as a message board and a well-wishes wall.

### Other Caregiving Resources

- [Caregiver Exchange](#)
- [Compassionate Care Benefits](#)
- [HPC Consultation Services](#)
- [Share the Care](#)
- [WW Healthline Services](#)
- [WW Integrated Hospice Palliative Care](#)