



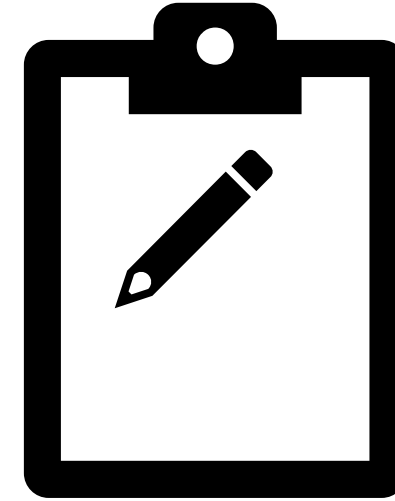
Assistive Technology for Medication Management

Presented by:

Courtney Ness Fuchs, ATP

February 8th, 2023

AT for Med Management Considerations - Part 1



- Do they need a reminder, organizer/dispenser, or both?
- How many times per day do they take medication?
- If they need a dispenser, does it need to be locked?
- How big of a space is needed for the pills at each dose? How many pills per dose, and how large are the pills?
- Do they have medications that will not fit in a pill box such as creams or insulin?
- How is their dexterity? Will they be able to open a pill box to retrieve their medications?
- How is their vision?
- How is their hearing?

AT for Med Management Considerations - Part 2

- How is their attention span? If the person can retrieve their medication from the dispenser, do they still need prompts to take the pills? Are they likely to double dose?
- How is their memory? Are there special instructions they may not remember? i.e. take with food
- Does the person need help filling the dispenser? If so, how often is someone available to do this or to do a compliance check?
- Do they need a monitored solution that will alert someone immediately if they've missed a dose? Who needs to be alerted?

Reminder Watches

TabTime Vibrating Reminder Watch

- Up to 10 silent vibrating alarms/day



e-Pill Alarm Watches

- Multiple watch options available



Timer Caps for Pill Bottles

TimerCap

- Indicates how much time has passed since the bottle was last opened
- No programming



e-Pill TimeCap & Bottle

- Display indicates the last time/date the bottle was opened
- Can set alarms on the hour, up to 24 alarms/day



"Analog" Dose Trackers

Take-n-Slide Medication Tracker

- Peel and stick onto each pill bottle
- Slide the indicator for that day to indicate you've taken that day's dose



PILL IT Scratch Off Stickers

- Peel and stick onto each pill bottle
- Scratch off the icon to indicate you've taken that day's dose



Pill Popper Dose Tracker

- Stretchy band can go around different sizes of bottles
- Pop the indicator for that day to indicate you've taken that day's dose
- Additional indicators for 2nd and 3rd daily doses



Basic Pill Organizers

EZ Dose Push Button AM/PM Pill Organizer



Tons of options available online. Search for the number of times per day. If dexterity is a concern, look at reviews to find an easier-to-open/arthritis-friendly option.

e-Pill 5 Times a Day x 7 Day Large Pill Organizer

- e-Pill offers a wide variety of medication dispensers



MedCenter System Monthly Pill Organizer

- Unlocked pill box organizer
- Up to 4 talking audio alarms per day
 - Alarms state the day, time, and dose to take.
- 31 numbered pill boxes each with four compartments: morning, noon, evening, and night.
 - Each compartment can hold up to 10 M&M-sized pills
- Pill boxes are coded red/green to indicate when the date has passed
- MedCenter offers different profile systems, i.e. extra-large, weekly, are available



Med-Q

- Unlocked pill box organizer
- Up to 2 alarms/day
- Alarm sounds and lights up the compartment to be taken at that time
- Alarm volume gradually increases
- Portable and battery-powered
 - Batteries should last about 1 years



Sagely Smart Extra Large Pill Organizer

- 7 daily pill boxes with AM/PM slots
- Large compartments hold up to 10 large vitamins each
- Push through for easy filling
- Free companion app for [iOS](#) and [Android](#) to remind you when it is time to take your pills



Family/Caregiver Monitoring Option

MedReady 1700

- Locked, timed dispenser with audio alarm
- Flashing model available
- Holds 28 doses
- Up to 4 alarms/day
- Landline and cellular monitored models available
 - Receive notifications of missed doses via text message, email, or phone call
 - Monthly monitoring fee
 - Cellular model allows caregivers to change alarm times, trigger early doses, and change alarm times remotely.
 - Does not require Wi-Fi (uses landline phone or cellular towers)



Family/Caregiver Monitoring Option

Dose Flip

- Locked, timed medication dispenser with audio and flashing alert
- Portable size (5" diameter) & 3-4 day battery life
- Receive notifications of missed doses via text message, email, or phone call
- Online dashboard shows all device history, incl. tampering. A monthly report can be sent.
- Adaptive equipment available for free
 - Stand to make flashing light easier to see
 - Adaptive flipper for those who struggle with picking up the device
 - Extra trays for pre-filling
- \$60/month monitoring fee
- Does not require Wi-Fi (connected via cell towers)
- Offers free trials - info@dosehealth.com



With adaptive flipping device

App Alerts + Family/Caregiver Monitoring Option

Medisafe App

- Enter all of your medications to receive a reminder for each
- Reminders can be customized to use fun voices such as Darth Vader and Elsa
- Alerts a family member or caregiver if a dose is missed
- Alerts to drug interactions
- Refill reminders
- Free app for [iOS](#) and [Android](#) with paid option available for many additional features

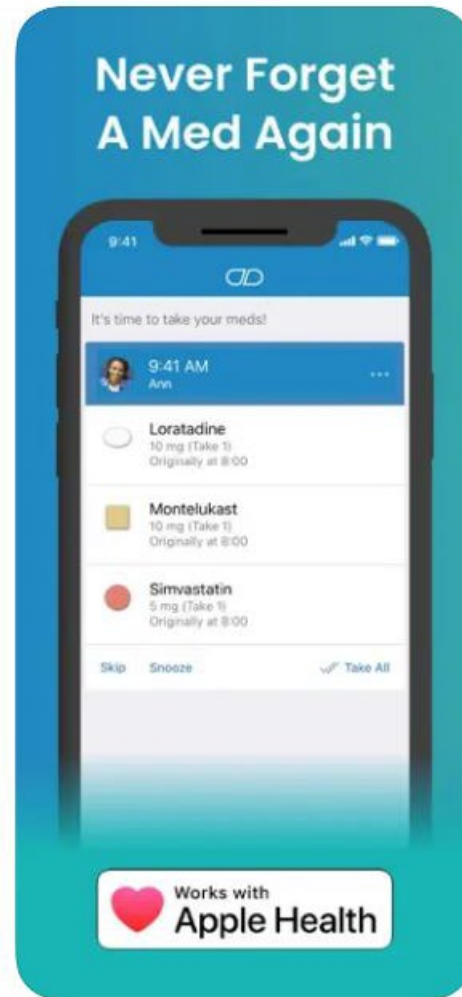


Image credit: [howtodrawforkids.com](https://www.howtodrawforkids.com)

iOS 16 + watchOS 9 Health App Medication Feature

- Add each medication and supplement you take, including form and strength. Select the pill shape and color.
 - Add meds by searching or by using the phone's camera
- Log medications from the Health app on your iPhone or from the Medications app on your Apple Watch
- Receive reminders that it is time to take meds via notifications on your iPhone or Apple Watch
- See potential drug interactions
- Export a copy of your current med list
- Review up to 28 days' worth of medication compliance history

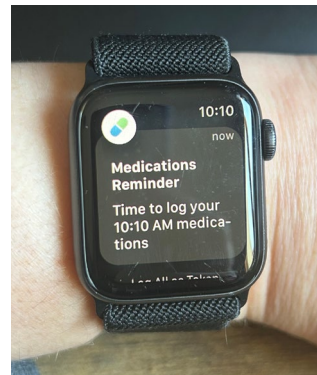
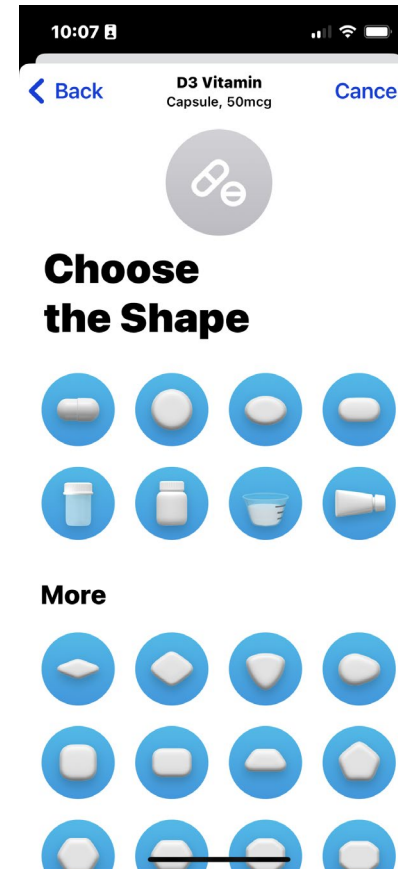
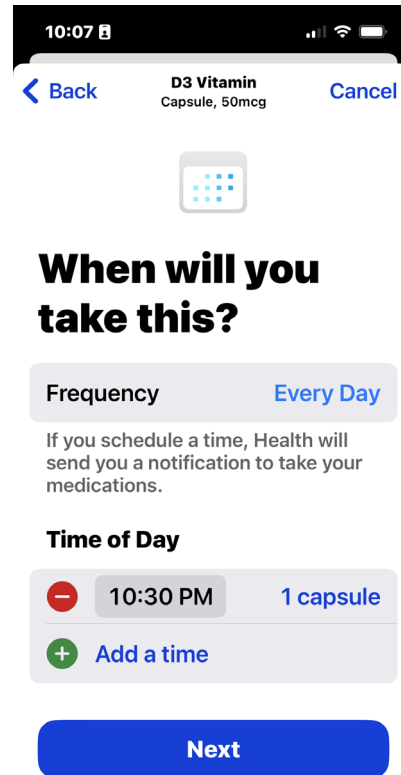







Image credit: Warner Brothers

Use Your Smart Assistant!

Alexa, Google Assistant, Siri, Bixby, oh my!

Alexa Reminders

- Will announce and display the reminder from the Alexa device(s) of your choice
- Can announce once, twice, thrice, or persistently for up to an hour
- Can send notifications and text messages to a smartphone
- Can be set to announce at a time OR a location
- Custom repeat frequency - daily, weekly, monthly, etc.
- Can be set to repeat up to 24 times/day
- If there are multiple Alexa household members, you can select who the reminder is for

11:48   

[Cancel](#) **ADD REMINDER** [Save](#)

Remind me to
Take your evening meds

☒ At a time ☐ At a location

Announces from [Kitchen Echo Show](#)






Start date [Wed, Jan 25](#)

Repeat [Daily](#)

Time [10:30 PM](#)

7	27	
8	28	
9	29	AM
10	30	PM
11	31	
12	32	
1	33	

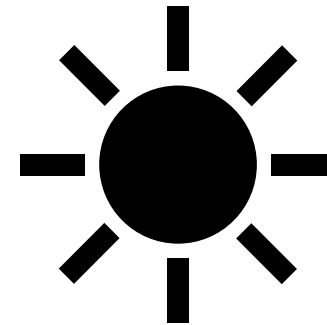
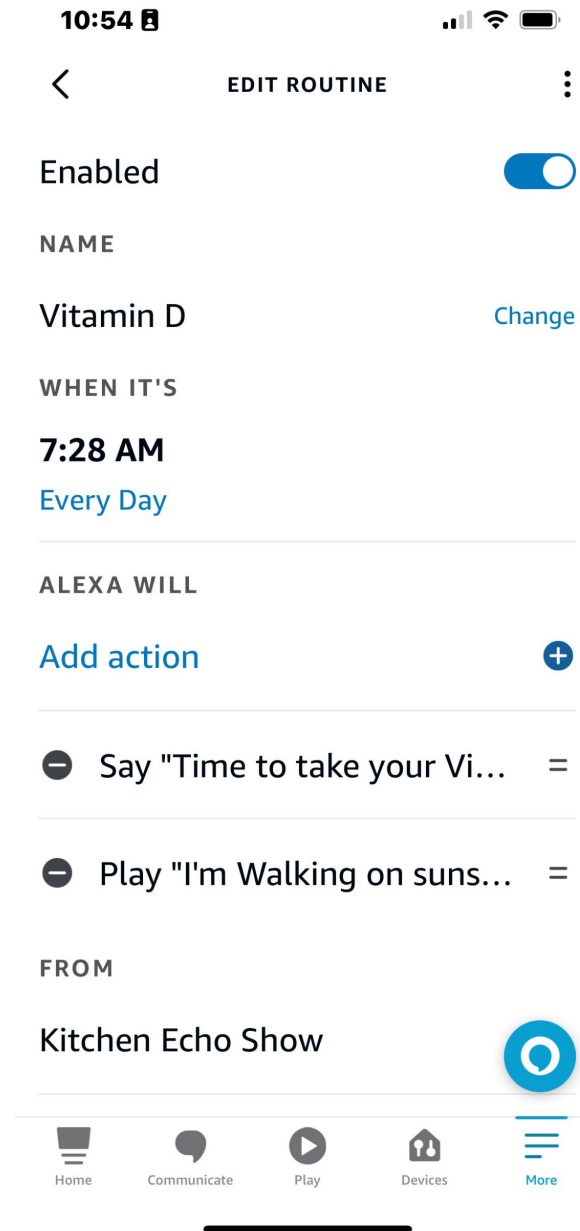
Reminder for [Courtney](#)

Home Communicate Play Devices More

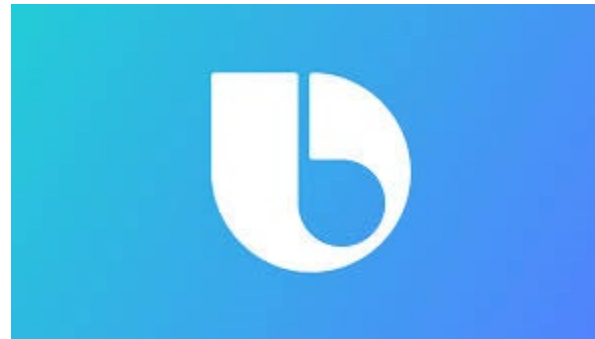
Alexa Routines

- Completely customizable!
- Set up a medication reminder routine that will be triggered at a certain time(s) each day
- Alexa can announce a custom message, i.e. "Take your Vitamin D" or "Take ½ of a tab of your Metformin with a full glass of water"
- Add additional supports such as a song, bell for attention, or a follow-up reminder 3 minutes later



Links to Other Smart Assistants

- ▶ [Google Assistant](#)
 - ▶ [Google Assistant Reminders](#)
 - ▶ [Google Assistant Routines](#)
- ▶ Siri/iOS
 - ▶ [iOS Reminders](#)
 - ▶ [iOS Automation in Shortcuts](#)
- ▶ Bixby
 - ▶ [Bixby Reminders](#)



ScriptAbility Accessible Prescriptions Labels for the Visually Impaired

ScriptTalk Talking Labels



ScriptView



Other AT for Medication Help

*This image depicts AutoDrop and AutoSqueeze being used together



Eye drop applicators



Pill pack punchers



Long-handled
lotion/ointment
applicators

Try Before You Buy!

Free demonstrations and short-term loans of various medication dispensers and reminders are available through your state's AT Program!

North Dakota Short-Term Loans



The screenshot shows the North Dakota ASSISTIVE TECHNOLOGY website. The header includes the logo and a search bar. The main content area welcomes visitors to "North Dakota ASSISTIVE TECHNOLOGY FOR ALL!" and describes the "ND Assistive's AT4All" program as a place to loan, sell, buy, or give away equipment. A sidebar on the left contains navigation links for Home, Announcements, and a list of items.

North Dakota ASSISTIVE TECHNOLOGY

Courtney Ness Fuchs
cness@ndassistive.org

Home

Announcement Add

Announcement List

ITEMS

Newly Listed Items

Item Add

Wanted Item Add

Item List

WELCOME TO North Dakota ASSISTIVE TECHNOLOGY FOR ALL!
Technology to benefit individuals with disabilities

ND Assistive's AT4All

Your Place to Loan, Sell, Buy, or Give Away Equipment

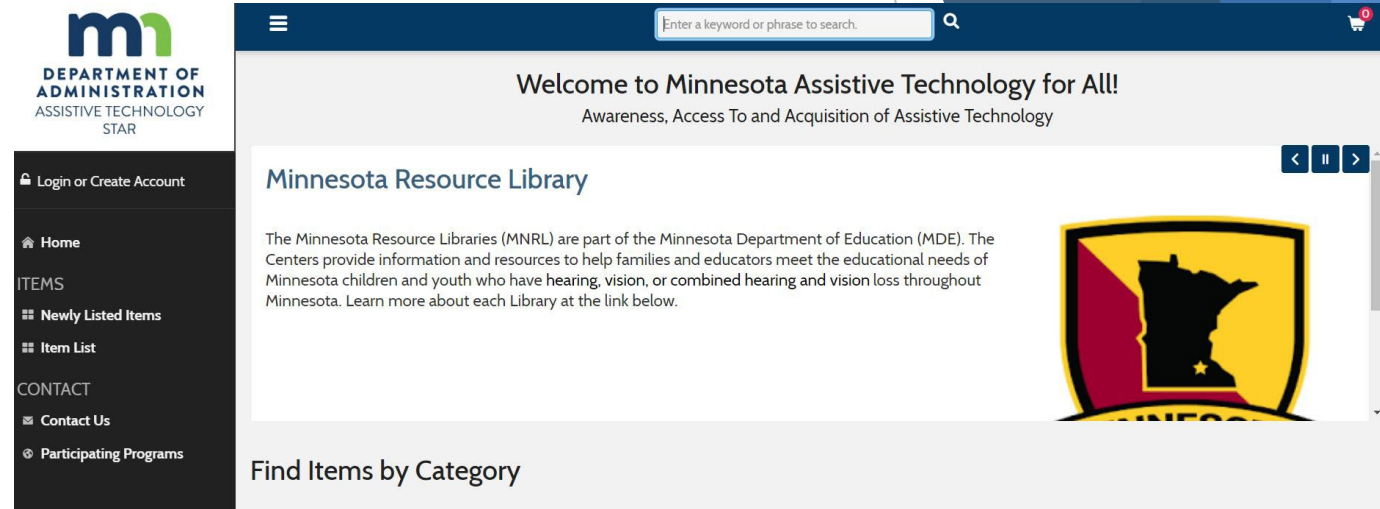
ND AT4All is ND Assistive's equipment database for our equipment loan library where we list our assistive technology for short and long-term loans for the public to easily locate and check out items.

In addition, ND Assistive provides use of this database at no charge to individuals and non-profit, state, and school-based organizations to host their assistive technology inventories. Individuals can simply create an account as indicated below. If you are interested in registering your organization, please contact us to get started.

Please make sure you are searching within the right program for your needs. Below are some steps to get you started. If you need assistance, please email us at info@ndassistive.org or call 1-800-895-4728.

- Create an account by clicking "Login or Create Account" and follow the prompts.

Minnesota Short-Term Loans



The screenshot shows the Minnesota Department of Education website. The header includes the logo and a search bar. The main content area welcomes visitors to "Minnesota Assistive Technology for All!" and describes the "Minnesota Resource Library" as a place to find information and resources to help families and educators meet the educational needs of Minnesota children and youth who have hearing, vision, or combined hearing and vision loss throughout Minnesota. A sidebar on the left contains navigation links for Home, Items, and Contact.

DEPARTMENT OF ADMINISTRATION
ASSISTIVE TECHNOLOGY STAR

Login or Create Account

Home

ITEMS

Newly Listed Items

Item List

CONTACT

Contact Us

Participating Programs

Welcome to Minnesota Assistive Technology for All!
Awareness, Access To and Acquisition of Assistive Technology

Minnesota Resource Library

The Minnesota Resource Libraries (MNRL) are part of the Minnesota Department of Education (MDE). The Centers provide information and resources to help families and educators meet the educational needs of Minnesota children and youth who have hearing, vision, or combined hearing and vision loss throughout Minnesota. Learn more about each Library at the link below.

Find Items by Category

Potential Funding Avenues through ND Assistive

Contact ND Assistive to discuss your client's unique situation. We will guide you through possible funding sources.

ND Residents

Senior Safety Program

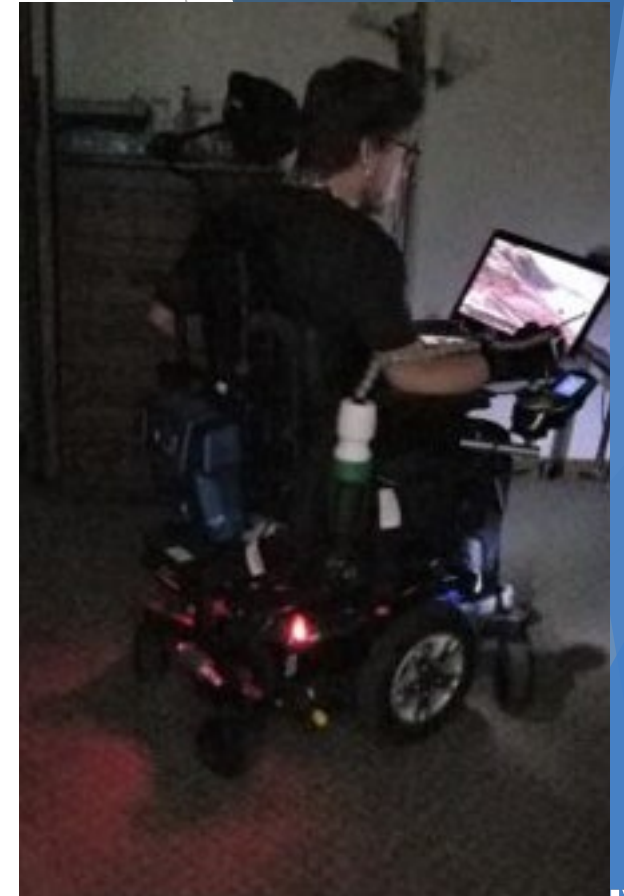
- ▶ To qualify you must:
 - ▶ Be a North Dakota resident;
 - ▶ Be age 60 or over; and
 - ▶ Not live in a skilled nursing facility.
- ▶ Receive free assistive safety devices to help increase safety and independence in your home
 - ▶ Examples: anti-elopement devices, alerting devices for hearing loss, grab bars, bathtub rails, handheld shower heads, shower chairs, raised toilet seats, toilet safety frames, medication reminders and dispensers, personal hearing amplifiers, adaptive silverware
- ▶ Request Form is available on [ND Assistive's website](#)
- ▶ *This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Aging, and granted ²³ through the North Dakota Department of Human Services, Aging Services Division.*



ND & Moorhead, MN Residents

Possibilities Grant Program

- ▶ Open to ND or Moorhead, MN residents with disabilities who meet income guidelines.
- ▶ Purchases assistive technology devices and services - can provide partial payment
- ▶ Grants do not exceed \$2,000
- ▶ Applications are reviewed by a committee as they are received.
- ▶ Applications are available on [ND Assistive's website](#)



Contact Us - North Dakota

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North Dakota Assistive

www.ndassistive.org
800-895-4728
<https://www.facebook.com/NDAssistive/>

ND AT4ALL

<https://nd.at4all.com/>

Bismarck Office

4501 Coleman St, Suite 107
Bismarck, ND 58503

Fargo Office

3240 15th St S, Suite B (south door)
Fargo, ND 58104

Contact Us - Minnesota

Jamis Wehrenberg

Assistive Technology Specialist

Minnesota STAR

Jamis.wehrenberg@state.mn.us

Minnesota STAR

<https://mn.gov/admin/star/>

888-234-1267

Relay: 800-624-3529

<https://www.facebook.com/MNSTARProgram>

MN AT4ALL <https://mn.at4all.com/>

Main Contact

STAR Program

358 Centennial Office Building

658 Cedar Street

Saint Paul, MN 55155

