

Ten tips on how technology can help people with dementia and sight loss

Technology can make your life easier if you are living with sight loss and dementia. These tips provide some key points for you and your family / carers to consider before embracing the digital age.

- Technology can solve many problems from setting heating, closing blinds or planning a journey. Think about what you need it to do.
- Don't be afraid to try new devices, they really can maintain or enhance your quality of life and can help you complete tasks independently.
- Think about what type of device you need. Do you want something you can only use at home or a mobile solution such as tablet or smartphone?
- The rise of voice recognition means that you can now complete certain tasks by talking to your computer or device. Could this work for you?
- Try to test a product at home before you buy it and ensure it is right for you. Also consider the price and any ongoing costs when choosing a phone or additional software.
- RNIB has produced a number of useful technology videos, topics include how to get online and make sense of your mobile phone.
Watch now at rnib.org.uk/technologyhelp
- Don't forget to adopt a routine for regularly charging products.
- Tablets and phones can be used to set useful reminders to alert you to take medication, attend important appointments or meet up with friends
- RNIB and Dementia Circle provide information on a range of products based on people's experience of living with dementia or with sight loss.
Visit: <http://shop.rnib.org.uk> and dementiacircle.org
- RNIB has a Technology Support Squad that can set up, fix problems and help you use your technology for free.

Need more help?

Download: Effective practice guide for using technology to support people with sight loss and dementia at rnib.org.uk/aboutdementia

RNIB Helpline: **0303 123 9999** Website: rnib.org.uk

Alzheimer Scotland Helpline: **0808 808 3000**



Supporting people
with sight loss



**Alzheimer
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Action on Dementia