

Apps to help you care

Further to our front page story we have looked around for some apps of interest to carers. With technology racing ahead at high speed, these days when people are faced with a problem or challenge, they increasingly ask "is there an app for that?"

There are indeed a number of apps targeted at people who care for others at home, and for people with Parkinson's.

Apps can help carer's keep themselves relaxed, fitter and more psychologically resilient to care more effectively.

With these apps, there is usually a free basic version and more complicated and deluxe versions are available if you are willing to spend a little.

As with our front page story about apps, we've just "tipped our toe in the water" and we recommend readers search online for more information.

If you use apps and know about them or you are just learning about them and you have some insights to share please tell us on our Parkinson's Facebook page or email us on info@parkinsons.org.nz. It's also helpful to tell people at your Parkinson's carer's group or other Parkinson's related groups about useful apps that you hear about.

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Helpful websites where you can read more about the pros and cons of particular apps and app reviews include www.mindfulness.com, www.psychcentral.com and www.webmd.com.

For a story about apps for brain health see the front page.

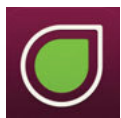


FIG (www.fig.com)

The Fig app is good for carers for looking after themselves and tracking their tasks and describes itself as "your personal wellness guide for body and soul." It allows you to track progress on a wide variety of

activities, from eating healthy to drinking enough water, and even calling your family to say thank you. You can tell the app how many times a day or week you'd like to complete the activity and receive reminders when you need them.



LIFT PULSE 2.0 (www.tremortalk.com)

This is an app that carers can use with people they are caring for, especially if smooth movements on keyboards are tiring or just plain difficult. A smart phone app created by Lift Labs, has released the results of data gathered from users since updating the app in June 2013. Lift Pulse 2.0 includes a journal feature that measures and records tremors. It also records what medications someone is taking for tremor and how they are doing with sleep, exercise and stress. The app stores journal entries anonymously in Lift Lab's private database.

You have access to this data through your phone and computer, and Lift Lab analyses it to provide you with information on how different factors affect your tremor.

IBIOMED ([visit the app store on iTunes](#))

Essentially a program that allows a caregiver to keep a detailed log for the person they are caring for. You can create a profile for your loved one, the online information says, and add data on what medications they're taking, what tests they've had, any special diets or supplements they may be on, and places to take notes on their day-to-day condition.

Carers may want to read our front page story for more information on exercise and relaxation apps.