

There's an App for That: Helping Your Senior Manage Life from Afar. Marie Villeza



[Photo by Pixabay](#)

Watching your parents get older and seeing their health begin to fade is tough for any child, but especially those who [live far away](#). Worries can really pile up when you aren't able to see your parent daily, but fortunately there are services, apps and technology that can help you give an aging parent more of your assistance and attention, even from a distance. Whether you live across the country or across the world, you can utilize every resource at your disposal to ensure your [senior parent](#) is cared for when you cannot be by their side every day.

Using video chat to check in

Sometimes, all it takes is one phone call to help a parent living on their own, like making a decision at a doctor's appointment or learning about a new medication together. These check-ins can also reassure an adult child that things are going just fine. However, if your parent suffers from a cognitive disorder like dementia or Alzheimer's, [video chat](#) can be a great way to stay connected.

Not only can you be a more prominent presence in the life of a mind that struggles with memory, but you can also help keep them on track. For example, perhaps your parent has been missing medication. It's a very real possibility—seniors take almost one-third of the prescriptions used in the US, and fill up to [13 prescriptions annually](#). You can use iPhone's Facetime app, Skype's [video conferencing app](#) or Whats App to check in with your senior when you want to walk them through taking their medications.

Communicating with other caregivers

Managing your senior parent from long distance means you'll likely need to check in with other caregivers and stay up-to-date on their appointments. AARP makes a [great app](#) for handling schedules, documenting health concerns, and communicating with other people involved in your parents' care, like home healthcare workers, transportation services, health and fitness coaches, and housekeeping employees. [Care Zone](#) is another useful app with similar features, which allows you to manage the care of your aging parent in detail, including taking medications, no matter the distance. Keeping up with their schedule is an effective way to keep up with their health progress.

Downsizing and moving into a new home

Managing care from afar sometimes means managing space. Whether your parent needs to move into a smaller home or an assisted living facility, you can help them [downsize their belongings](#) in order to make this move smooth. Downsizing for an aging parent is an emotional time. Many items are associated with a memory of a person that may or may not be around anymore, so an abundance of patience and compassion is imperative.

Monitoring health and well-being

When you can't see your parent daily, you can't help but to wonder if they are safe in their surroundings. Is the house clean enough? Are the handrails secure enough? Are there risks of slips or falls? There are several useful [emergency response apps](#) that use remote monitoring to put the wellbeing of your senior parent right in your hands. Not only can they help you keep in touch with emergency responders, but they can also give you info on living patterns, like missed meals or a slip in physical activities. One such app, [Lively](#), even provides intelligent medication reminders.

[Long-distance caregiving](#) can sometimes make you feel as if you are missing out on important information. However, with the right technology and a regular routine, you can monitor your aging senior, get updates from caregivers, and connect with them face-to-face more often than ever before.

Marie Villeza hopes to fight ageism by connecting seniors with the resources they need to live happy, healthy lives. To aid her efforts, she developed [ElderImpact.org](#), which offers senior citizens and their caregivers, resources and other advice that will help them make the best decisions for their lives in an ever-changing world.