

# **A Journey to Finding Tips and Tricks**

## A Talk by Joe Esposito

- A Caregiver, Techie, and Over Thinker
- These are all anecdotes!
- Feel free to reach out!
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# A Quick Introduction

## A bit about Nora and I

- Help4HD 20 Questions
- LetsTalkAboutHD
- In it together
- Easy going

## Key Areas

- Force Multipliers
- Household Tips
- Kitchen Tips



## **Early Stage - Force Multipliers**

- GPS Tracking
  - Apple Find My
  - Google Location sharing
- Fall Detection
  - Apple Watch
  - Samsung Watch
- Driver Tracking

## **Early Stage - Household Tips**

- Planning for the future
  - House Hacking
  - Walkable Neighborhoods
- Don't Wait - Do it now!
  - Travel



## **Mid Stage - Force Multipliers**

- Spoken Word Media
- Cameras / Motion Detection
- Coud Baby Monitor App
- Call Buttons & (more options)
- Alexa 'Drop In'

## Mid Stage - Household Tips

- Be Flexible!
- Things change fast
- 'Active Sleep' Solutions
  - Railings or Bumpers
  - Consider a separate bedroom
- Plan accommodations
  - wheelchair accessibility
  - bathroom accessibility

## **Mid Stage - Kitchen Tips**

- Food Processors and soft foods
- Cups with Lids and Straws



## **Late Stage - Force Multipliers**

- Active Monitoring
- Delivery Services (Cheaper then in home care!)

## Late Stage - Household Tips

- Extra Linens == Less Laundry
- Build your own Supply Chain
- Unconventional Layouts
- Music!

## Late Stage - Kitchen Tips

### Some Ideas

- Cream of wheat, eggs, milk + flavor
- maple syrup + vanilla = pancake batter
- peppers + ham = western
- PB&J
- Smoothies (whole milk yogurt, fruit, spinach)
- weekly roast chicken + frozen veggies

### Tips

- Coming Soon - [Help4HD Cookbook!](#)
- [Track Macros](#)
- Show the Plate before blending
- Taste it and say yum!
- Use [Squeeze Bottles](#)
- Pasta doesn't blend well.
- Calorie Boosters
  - Iced coffee w/ protein powder and heavy cream
  - powdered potatoes in soups