

**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:
  - [joe@j-espo.com](mailto:joe@j-espo.com)
  - [Facebook](#)



# 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 (for me!)
- Cameras / Motion Detection
- Cloud Baby Monitor App
- Call Buttons & (more options)
- Alexa 'Drop In'
- House Cleaners



# Mid Stage - Household Tips

- Be Flexible, things change fast!
- 'Active Sleep' Solutions
  - Railings or Bumpers
  - Sleep Tracking
  - 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

- Be Transparent
- Active Monitoring
- Delivery Services (Cheaper then in home care!)
- Broda Seating



The screenshot shows a presentation editor interface with the following elements:

- Top Bar:** Includes standard window controls (minimize, maximize, close), a title field "help4hd presentation....", and buttons for "Edit", "Play", "Themes", "Customize", "View", "Show Preview", and "Export".
- Left Panel:** A slide titled "Mid Stage - Force Multipliers" containing a bulleted list of projects:
  - Spoken Word Media
  - Cameras / Motion Detection
  - Cloud Baby Monitor App
  - Call Buttons & (more options)
  - Alexa 'Drop In'
- Right Panel:** A "Customize Theme" sidebar featuring a promotional box for "Deckset":

**Introducing Deckset**  
Turn your notes into beautiful presentations

Below this are buttons for "Copy of Work (Edited)", "Save as New Theme" (with a gear icon), and a "List" section.

72  
73  
74  
75  
76  
77  
78  
79  
80  
81  
82  
83  
84  
85  
86  
87  
88  
89  
90  
91  
92  
93  
94  
95  
96  
97  
98  
99  
100  
101  
102

----  
.footer:  
![fit](mid2.jpeg)

## Mid Stage – Force Multipliers  
- [Spoken](https://www.audible.com/.../Media)(https://atp.fm)  
- [Cameras / Motion Detection](https://smile.amazon.com/B095XCGKTF/)  
- [Cloud Baby Monitor App](https://smile.amazon.com/Cloud-Baby-Monitor-App/.../Buttons)(https://smile.amazon.com/Cloud-Baby-Monitor-App/.../options)(https://www.the-ambient.com/google-smartthings-2527)  
- [Alexa 'Drop In'](https://www.amazon.com/alexa-drop-in/.../The-first-force-multiplier-is-starts.-Work,-household-chores-to-take-their-time.-I-found-audiobooks-allowing-me-time-for-entertainment-headphones-help-block-out-hours)(https://www.amazon.com/alexa-drop-in/.../The-first-force-multiplier-is-starts.-Work,-household-chores-to-take-their-time.-I-found-audiobooks-allowing-me-time-for-entertainment-headphones-help-block-out-hours)  
^ The first force multiplier is starts. Work, household chores to take their time. I found audiobooks allowing me time for entertainment headphones help block out hours  
- [Call](https://smile.amazon.com/Call/.../Buttons)(https://smile.amazon.com/Call/.../options)(https://www.the-ambient.com/google-smartthings-2527)  
- [Alexa 'Drop In'](https://www.amazon.com/alexa-drop-in/.../The-first-force-multiplier-is-starts.-Work,-household-chores-to-take-their-time.-I-found-audiobooks-allowing-me-time-for-entertainment-headphones-help-block-out-hours)(https://www.amazon.com/alexa-drop-in/.../The-first-force-multiplier-is-starts.-Work,-household-chores-to-take-their-time.-I-found-audiobooks-allowing-me-time-for-entertainment-headphones-help-block-out-hours)  
^ I was 7 years ahead of the world with Covid. I went looking for a remote time or even a false start. I found ways. These tools allowed  
## Mid Stage – Household Tips  
- Be Flexible!  
- Things change fast  
- 'Active Sleep' Solutions  
- [Railings](https://www.amazon.com/Railings/.../Bumpers)(https://www.amazon.com/Railings/.../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 - 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





