

# APPS AND SOFTWARE TO ASSIST CAREGIVING

Product Name	Description	Cost	
<b>Caregiver Specific Apps:</b>			
CareMind	Apple IOS only, syncs with Fitbit	Free	
CareZone	all-in-one tracking on web, tablet, or mobile	Free	
<b>Tracking Medications or project management (software)</b>			
Excel Spreadsheets	Microsoft Word	Often pre-installed.	
Numbers Spreadsheets	Apple/Mac	Comes with Mac/Apple operating system.	
Apache Open Office	PC & Mac	Free	
Asana	Project management website & app	Free for teams up to 15 people.	
Trello	Project management website & app	Free	
<b>General Services: websites &amp; apps</b>			
<b>Food Delivery</b>			
Instacart	Shop at local stores: Safeway, King Soopers, and Whole Foods	Delivery fees start at \$5.99/order.	
Amazon Pantry	Get groceries, snacks and household items delivered. No fresh produce.	Delivery fees start at \$5.99/box.	
<b>Meal Prep</b>			
Freshly	Prepared non-frozen meals cooked and delivered.	\$8.99/meal and up	
Sunbasket	Pre-measured ingredients & recipe cards; food delivered, you cook.	\$10.99/serving and up	
Blue Apron	Pre-measured ingredients & recipe cards; food delivered, you cook. Sign in to view plans.	\$9.99/serving and up	
HelloFresh	Pre-measured ingredients & recipe cards; food delivered, you cook. Sign in to view plans.	\$9.99/serving and up	
<b>Transportation</b>			
Uber	Smart phone app to call for transportation services	\$0.14/minute and up	
Lyft	Smart phone app to call for transportation services	\$0.90/mile & up	
Go Go Grandparent	Concierge service for Uber & Lyft	Ride fees based on service plus \$0.19/minute concierge fee	
<b>Crisis Management, Counseling, and Self-Care</b>			
CrisisTextLine.org	text-based crisis intervention	Free	
TalkSpace	online counseling	\$128/month and up	
Betterhelp	online counseling	\$35/week and up	
Calm Meditation App	guided meditations	Free for some elements. Unlock full app for \$12.99/month	
Stop, Breathe, and Think App	guided meditations	Free. Unlock premium elements for \$5.83/month (paid annually) or \$9.99/month (billed monthly).	
Insight Timer	guided meditations	Free	

# APPS AND SOFTWARE TO ASSIST CAREGIVING

Community Coordination			
MealTrain	friends and family sign up on shared calendar to provide meals	Free	
<a href="http://WhatFriendsDo.com">WhatFriendsDo.com</a>	create a "team" of friends to help with actionable support like chores, errands, meal prep, and more	Free	
TaskRabbit	connect to neighbors who want to help; pay for one task at a time	Free to sign up; pay for tasks a la carte	
Social Media			
Skype	Video messaging	Free for most calls; international connections incur a charge.	
Facebook Messenger	Video messaging and text-based chat with friends	Free	
FaceTime	Video messaging app for Apple/Mac products	Free	
Meetups	Find local special interest and support groups.	Free	
NextDoor	Connect with neighbors in your immediate area.	Free	
Facebook	Keep up with family & friends.	Free	
Facebook private groups	Connect with others facing similar situations in a private Facebook forum.	Free	
<i>Smart Devices — hands-free verbal interactive devices that can play games, recite audiobooks, play music, provide company, and connect to the internet to set reminders, make lists, hear news, and more.</i>			
Alexa	Amazon's artificial intelligence device	\$49 and up for various Alexa-enabled speaker devices	
Google Home	Google's artificial intelligence device	\$129	
Siri or Cortana	SmartPhone voice activated artificial intelligence help	Pre-installed on your Apple or Android device.	
Wearable Tech			
GPS monitoring	Medical alert for emergencies	\$19.95/month and up	
FitBit	track steps, heart rate, sleep patterns	\$59 and up	
Bellabeat Leaf	track activity, sleep, periods, stress, and meditation	\$95 and up	

**Please note:** Longmont Senior Services has a Senior Computer Tech Center which provides peer support and affordable personal coaching, classes, and demonstrations for residents age 50+. The SCTC can help set up new software and apps! Call for more information at 303-651-8411.