



# 10 tips on how technology can help people with dementia and sight loss



**R N I B**

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See differently



**Alzheimer  
Scotland**  
Action on Dementia

# 10 tips on how technology can help people with dementia and sight loss

Technology can make your life easier if you are living with sight loss and dementia. These tips provide some key points for you and your family / carers to consider before embracing the digital age.

1. Technology can solve many problems from setting heating, closing blinds or planning a journey. Think about what you need it to do.
2. Don't be afraid to try new devices, they really can maintain or enhance your quality of life and can help you complete tasks independently.
3. Think about what type of device you need. Do you want something you can only use at home or a mobile solution such as tablet or smartphone?
4. Try to test a product at home before you buy it and ensure it is right for you. Also consider the price and any ongoing costs when choosing a phone or additional software.
5. The rise of voice recognition means that you can now complete certain tasks by talking to your computer, phone or smart speaker device. Could this work for you?
6. Smart speakers, tablets and phones can be used to set useful reminders to alert you to take medication, attend important appointments or meet up with friends.
7. Don't forget to adopt a routine for regularly charging products.
8. RNIB and Alzheimer Scotland provide information on a range of products based on people's experience of living with dementia or with sight loss. Visit:  
**[rnib.org.uk/shop](https://www.rnib.org.uk/shop)**  
**[meetadam.co.uk](https://www.meetadam.co.uk)**  
**[rnib.org.uk/technology](https://www.rnib.org.uk/technology)**  
**[alzscot.org/living-with-dementia/staying-independent](https://www.alzscot.org/living-with-dementia/staying-independent)**
9. RNIB has a Technology for Life support team who can help with technology queries and issues, offering information, advice and guidance over the phone, via email or by setting up a volunteer request.
10. RNIB offer grants to registered blind or partially sighted people for useful technology that can help you to live independently. For more information and to apply visit: **[rnib.org.uk/grants](https://www.rnib.org.uk/grants)**

Download: Effective practice guide for using technology to support people with sight loss and dementia at <http://bit.ly/3GTDggP>

**RNIB Helpline: 0303 123 9999**

**Alzheimer Scotland provide a 24-hour Freephone Helpline which includes support for technology enquiries, please call: 0808 808 3000**

