

Mobile Apps to Support Caregiving

There are many free mobile applications (apps) available that can assist caregivers. Here are some that may make your caregiving journey easier and more convenient.

Note: The apps listed are NOT specifically endorsed by Keiro and are provided solely as potential options that may enhance your caregiving journey. It is up to each individual to determine what is helpful for their own situation.

Care Coordination Apps – These apps help bring together all the information and resources that family caregivers need to know in order to maximize the caregiving experience for those involved. These “tools” help to coordinate care among multiple caregivers, streamlining caregiving effort for their loved one.



Carely allows you to track caregiving responsibilities, as well as share the status of loved ones in a social-media like fashion.



Caring Village allows you to make a “village,” caregiver team, that can coordinate meals, transportation, and medications. You can also securely communicate in their in-app chat function as well as keep a wellness journal.



Lotsa Helping Hands allows you to coordinate various caregiving tasks, as well as share photos of how your loved one is doing.

Mindfulness and Meditation Apps – Caregiving is a demanding role, yet self-care is often neglected. Making self-care a priority can improve one’s overall health and well-being. Here are some free mindfulness apps available.



Insight Timer has a variety of options available including calming music, guided meditation, breathing techniques, etc.



UCLA Mindful, created by UCLA's Mindful Awareness Research Center, provides various guided meditation, as well as explanations on the science behind mindfulness.



Mindfulness.com Meditation provides 2,000+ guided meditations, as well as short and quick guided meditation options as well.

Supporting Loved Ones with Cognitive Impairment – Some apps may help those specifically caring for loved ones affected by cognitive impairment.



MindMate (only on Apple or your laptop) provides brain stimulating games as well as healthy recipes for brain health.



Iridis, developed by University of Stirling and Space Architecture (Europe) Ltd., provides practical tips on how to make your home environment more dementia friendly.

Others – Here are other apps that may be of additional help.



MedSafe Medication Management – This app helps provide reminders for when to take your medication, as well as when stocks are running low.



RxSaver– This app provides price comparisons with your nearby pharmacy, as well as finds coupons available when you need to restock medication.