

There's an App for that....

Being a family caregiver does not leave you with much time to run errands. With today's technology, you have an infinite number of resources and information on the Internet. With a click of the mouse or a push of a button on your smart phone, you can have anything you want or need delivered to you. So for a small delivery fee and/or a minimum order you can have meals, medications, groceries, personal items, household items, and even pet supplies delivered to your door in a few easy steps. Having these options, you no longer need to worry about leaving your family member alone while you go to do the shopping. Let the shopping come to you.

An independent life has always been an essential part of our society. With home delivery at your fingertips, you will have more time to have an independent life for yourself and those close to you. If you are able to take your family member out, instead of standing in line at the grocery store you will have time to go see a movie, take a stroll through the park while eating ice cream. Stop by a local coffee shop or memory café to converse, and while you are there, you can put in that grocery order and pick it up on the way home. If you can meet the family member's needs with the help of technology, you don't have to depend on others for help.

If you are tired or feeling too overwhelmed to cook, you can have your favorite eateries deliver to you as well. Phone apps like Uber Eats or Doordash have a wide variety of restaurants that participate in home delivery, or call the restaurant you are wanting and ask if they deliver. Your meal will be delivered hot and ready to eat, for a small fee of course.

The freedom of trying new meals can enhance the mood of the family member you are caring for. If you find yourself making the same meals over and over, maybe find a recipe from your family member's past or try out a meal kit home delivery service like Hello Fresh, Green Chef, Freshly, Sun Basket, EveryPlate or Purple Carrot. You pick the menu and they send you the ingredients. These services can be by subscription or a per meal fee.

Getting medical supplies or certain prescriptions can be daunting or even a little embarrassing. There are websites that offer home prescription delivery such as pillpack.com or med4home.com. You can also check with your local pharmacy if they have a delivery service. If you have United Healthcare Community Plan, they offer up to \$680.00 in credit to acquire items from their Health Products Benefit Catalog. You can call 1-844-540-2930 for more information.

Please keep in mind that most deliveries are made within the metro area. If you feel that the store or restaurant may not deliver to your address or you have any questions regarding ordering online, please contact the business directly.

Using technology effectively can make life easier, but with technology progressing at such a fast pace it can be anything but simple. Using technology will not solve all the woes of being a caregiver since there are times in one's life, where having human interaction can boost the mind, body, and soul.

Happy Shopping!