













APPS FOR CARERS
























LifeTec has identified the following list of apps that may be helpful for carers. Please check back regularly as we continue to add and update new apps.

















LEGEND



Reading Apps	Platform
 <p>iBOOKS allows you to download and read books. iBooks includes the iBooks Store, where you can download the latest bestselling books or your favorite classics – day or night. https://itunes.apple.com/au/app/ibooks/id364709193?mt=8</p>	 Only
 <p>KINDLE gives users the ability to read Kindle books, and PDFs on an easy-to-use interface. With access to over 1,000,000* books in the KindleStore Amazon Whispersync, it automatically syncs your last page read, bookmarks, notes, and highlights across devices (including Kindle), so you can pick up your book where you left off on another device. https://itunes.apple.com/au/app/kindle/id302584613?mt=8</p>	
 <p>OVERDRIVE Read eBooks and listen to audiobooks from your library using OverDrive Media Console on iPad, iPhone, and iPod touch. More than 22,000 libraries worldwide offer titles via OverDrive, so download the app and add your library today. https://itunes.apple.com/au/app/overdrive-media-console-library/id366869252?mt=8</p>	
 <p>MAGNIFY Magnifying Glass With Light. You can also take a photo of the magnified text or image and save it to your device for later retrieval. https://itunes.apple.com/au/app/magnifying-glass-light-digital/id406048120?mt=8</p>	
 <p>TV LOUDER Use this app with headphones to make the TV sound louder without turning the TV volume way up. https://itunes.apple.com/au/app/tv-louder/id795853896?mt=8</p>	
 <p>SOUND AMP Simple-to-use controls allow you to tune the sound with the equalizer, adjust background sound levels for each situation, and replay the last 30 seconds. https://itunes.apple.com/au/app/soundamp-r/id318126109?mt=8</p>	

Safety Alert		Platform
	<p>HELP ME The 'Help Me' button sounds a warning and allows you to send off an SMS text to two (2) nominated 'safety' numbers, as part of your Trusted Safety Network. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated.</p> <p>https://itunes.apple.com/au/app/help-me/id510561786?mt=8</p>	
	<p>ACCIDENT ALERT ensures that if you fall, an alarm is triggered, an email or SMS with your current position is sent to your chosen recipients. Accident Alert provides your contact with your current position, making it easy for him to find and help you.</p> <p>https://itunes.apple.com/au/app/accident-alert/id434807870?mt=8</p>	
	<p>FIND MY PHONE will let you use another iOS device to find it and protect your data. Simply install this free app on another iOS device, open it, and sign in with the Apple ID you use for iCloud. Find My iPhone will help you locate your missing device on a map, remotely lock it, play a sound, display a message, or erase all the data on it.</p> <p>https://itunes.apple.com/au/app/find-my-iphone/id376101648?mt=8</p>	
	<p>LIFE 360 allows you to create discreet Circles for the important people in your life, share your location with who you want, when you want, get automatic notifications when friends and family arrive at favorite places and communicate one-to-one or to an entire group with free in-app messaging</p> <p>https://itunes.apple.com/au/app/life360-family-locator-messaging/id384830320?mt=8</p>	
	<p>FIND MY FRIENDS allows you to locate friends and family using your iPhone, iPad, or iPod touch. Just install this free app and sign in with the Apple ID you use with iCloud. Adding a friend is easy — just choose from your contacts or provide an email address to send an invitation. When your friend accepts your invitation using the Find My Friends app on their device, you can start following their location. Your friends can request to follow your location the same way.</p> <p>https://itunes.apple.com/au/app/find-my-friends/id466122094?mt=8</p>	

Medical Apps	Platform	
	<p>PILL TRACKER PRO makes it easy to manage all of your pills and get reminders whenever you need to take one. You can enter recurring daily, weekly, bi-weekly, monthly pills, get reminders. It also provides a calendar to chart all pills.</p> <p>https://itunes.apple.com/au/app/pill-tracker-pro/id490657529?mt=8</p>	
	<p>WEB MD has health tools like Symptom Checker and local health listings, in addition to trusted information about medicine and first aid essentials.</p> <p>https://itunes.apple.com/au/app/webmd-trusted-health-wellness/id295076329?mt=8</p>	
	<p>CARDIOGRAPH measures your heart rate using the device's built-in camera to take pictures of your fingertip and calculate your heart's rhythm. You can save your results for future reference, keep track of multiple people with individual profiles, add notes and locations, and even print out your measurements for sharing or safe keeping.</p> <p>https://itunes.apple.com/au/app/cardiograph-heart-rate-pulse/id441079429?mt=8</p>	
	<p>BP MONITOR Allows you to record your blood pressure and weight. It comes with lifetime data visualization, statistics reporting, medication correlation, email import/export, built-in reminders and much more.</p> <p>https://itunes.apple.com/au/app/blood-pressure-monitor-family/d430133691?mt=8</p>	
	<p>SLEEP CYCLE An intelligent alarm clock that analyses your sleep and wakes you in the lightest sleep phase – the natural way to wake up feeling rested and relaxed.</p> <p>https://itunes.apple.com/au/app/sleep-cycle-alarm-clock/id320606217?mt=8</p>	
	<p>EASY DIET DIARY helps you to manage your weight. It has over 50 000 Australian and New Zealand foods and over 400 exercise activities that let you track your food and exercise quickly and easily. Track your energy intake (in kilojoules or calories), major nutrients, the energy you burn in exercise, and your weight. Enter foods by scanning their barcodes or by searching the database.</p> <p>https://itunes.apple.com/nz/app/calorie-counter-new-zealand/id551146245?mt=8</p>	
	<p>MOVES automatically tracks your everyday life and exercise. It automatically records daily walking, cycling and running, recognizes places in your daily life, visualizes your day in an easy-to-read timeline, shows the paths you took counts your steps and calorific useage</p> <p>https://itunes.apple.com/au/app/moves/id509204969?mt=8</p>	
	<p>WHITE NOISE helps you sleep soundly by providing high-quality looped sounds such as Ocean Waves, Floor Fan, Thunderstorm and Campfire.</p> <p>https://itunes.apple.com/au/app/white-noise-ambience-lite/id428075504?mt=8</p>	

Care Apps		Platform
	<p>RALLY ROUND is an online and mobile service that makes it easy for family members and friends to co-ordinate how they all help out a loved one who wants to stay living independently in their own home. Everyone invited to help can easily see what jobs need doing, who has agreed to do what and what jobs have already been done and by whom.</p> <p>https://itunes.apple.com/gb/app/rally-round-organise-jobs/id602832206?mt=8</p>	
	<p>CARE FOR ME Care for Me enables all needs to be recorded within specific care categories (physical and social) to provide clear and easily accessible instructions. A calendar facilitates a timed day-to-day care plan and changes can be made quickly and easily. The App enables recording and storing of all care requirements in video, photo or text format in one central location for quick access to visualise the cares required.</p> <p>https://itunes.apple.com/au/app/care-for-me/id603038235?mt=8</p>	
	<p>NICAN allows you to easily find recreation, leisure, travel, accommodation and support services that cater for and/or are accessible to people with disabilities in your location. Users can see what is available close to their current location and how to get there using GPS. You can also search for specific information using keywords. The App allows you to directly call the listing or you can share the information with family and friend using email.</p> <p>https://itunes.apple.com/au/app/nican/id664462511?mt=8</p>	 
	<p>MyDLINK gives you access to your Cloud Cameras, Cloud Routers and NVR even when you're on-the-go. It allows you to view your live Cloud Camera feeds and manage your Cloud Routers from anywhere using a Wi-Fi or 3G/4G connection.</p> <p>https://itunes.apple.com/au/app/mydlink-lite/id372571229?mt=8</p>	 
	<p>iPassword can securely store your important information and can automatically log you into websites with a single tap. There's no need to remember the usernames, passwords, or even the website addresses.</p> <p>https://itunes.apple.com/us/app/password-manager-free-secure/id547904729?mt=8</p>	 
	<p>TrackR allows you to track and locate devices with StickR attached.</p> <p>https://itunes.apple.com/au/app/trackr-use-wallet-trackr-or/id588363491?mt=8</p>	 

Schedule an assessment here:
<https://lifetec.org.au/our-services/referrals/>

LifeTec provides this information for your convenience. It should not be construed as professional advice. Individuals should seek independent professional advice on the suitability and reliability of these apps for their own circumstances.