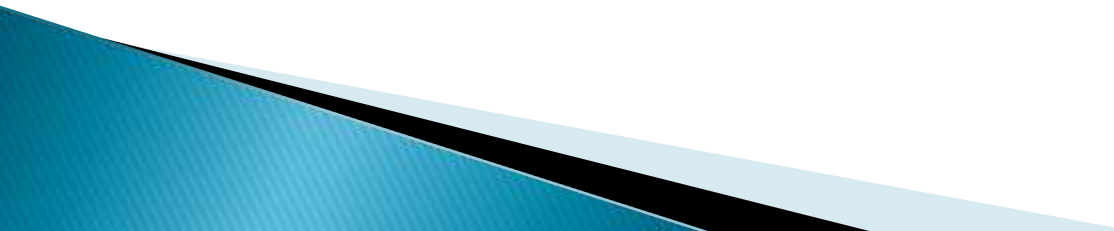



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# Using Technology to Reach Family Caregivers




# How we use technology in DC

- ▶ The Lifespan Respite Project in The District of Columbia uses various forms of technology such as a DCOA news blast and Coveritlive.
  - ▶ DCOA Eblast is email newsletter that is sent out weekly from our External and Affairs Communication Department. The eblast lets caregivers know about up coming events around the District and caregiver chats.
  - ▶ Coveritlive– is an online system that we use to host our every other week caregiver chats.
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# What is covered in the chats

- ▶ The caregiver chats cover various topics and diseases such as Alzheimer's, Diabetes, HIV/AIDS, etc.
  - ▶ In each chat we discuss the disease, how to care for that person and the caregiver themselves, and how to access respite.
  - ▶ The chats are archived and can be replayed.
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# How this helps the caregiver and increase outreach

- ▶ This helps the caregiver gain knowledge on the disease, caregiving tips and services and how to access respite.
  - ▶ Also this helps as a great outreach tools.
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# Discussion