October 2026

Tip of the Month

AT A GLANCE

- This month's topic is **Technology!**
- Reach out to **Erika** for more information

Changing with Technology

How can Speech Therapy help?

Keep Your Mind Sharp

Many apps and devices offer fun and engaging ways to support your cognition.

- Brain games and memory apps (Lumosity, Elevate, or simple puzzle apps).
- Digital newspaper and reading apps to stay informed and engaged.
- Voice assistants (like Alexa or Google) can help with reminders, weather, and daily trivia.

Support Your Safety

Technology can help you live more safely and confidently at home and in the community.

- Medical alert systems for emergencies.
- Smart home devices (lights, thermostats, doorbells).
- GPS or tracking devices if you ever need extra support when out and about.

Access to Care & Information

Technology puts helpful resources right at your fingertips.

- Telehealth appointments make it easier to see your healthcare providers.
- Find exercise, nutrition and wellness resources online.
- Use trusted websites or apps for medication reminders and health tracking.

Make Communication Easier

Technology can support your ability to express yourself and be understood.

- Use voice-to-text features on phones or tablets for easier messaging.
- Try apps that help with word finding or memory (like Constant Therapy or Pictello).
- Consider hearing aid or device compatibility with your phone for clearer conversations.

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.