

Cool Tech Gear: Apps, wearables, & other technologies for better Parkinson's care

Recently Diagnosed | Online Guide

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Objectives for today's session



Benefits & challenges of using tech tools from
your perspectives



Discuss tech tools you can use today



Discuss interesting technologies on the near
horizon

2



3

**Destined to change the way we see
Parkinson's**



4



Benefits & Challenges of using tech tools from your perspectives

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Do you use any **apps, wearable devices or other technologies** to manage your Parkinson's?



79,2% of people with PD
68% less 5y PD
Age 41-81

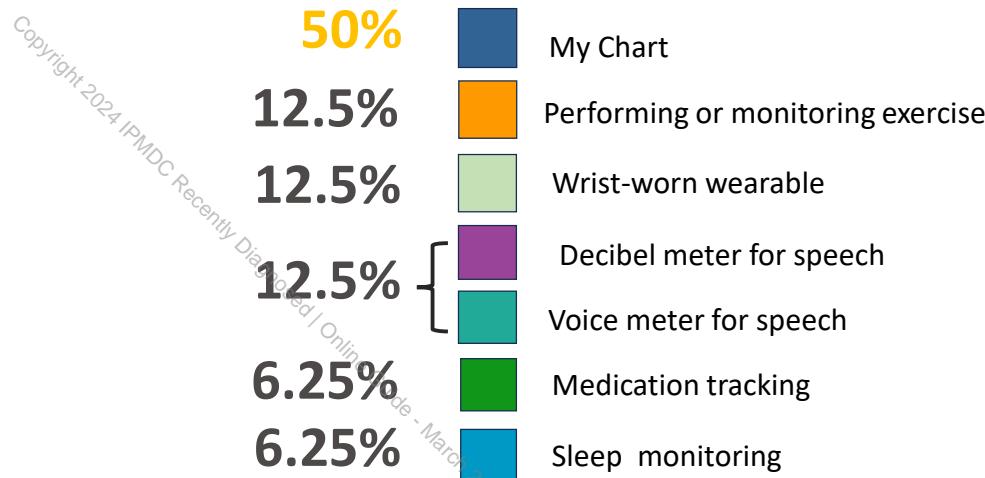
60 % YES

40 % NO

from patient questionnaires

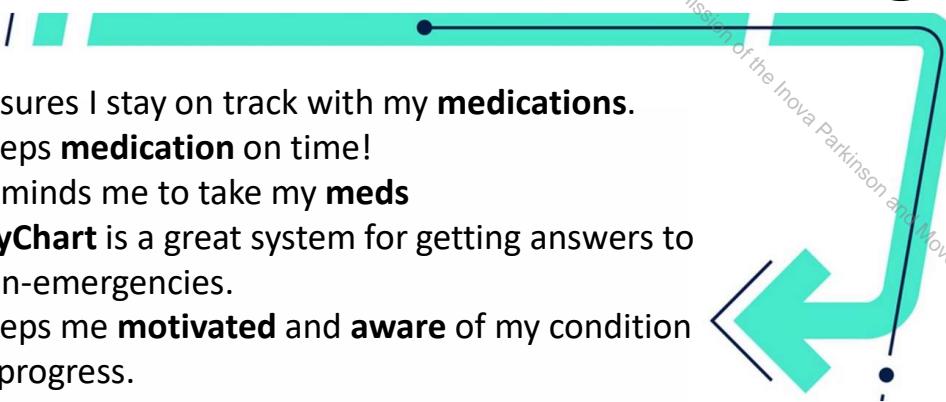
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What technologies do you commonly use?



7

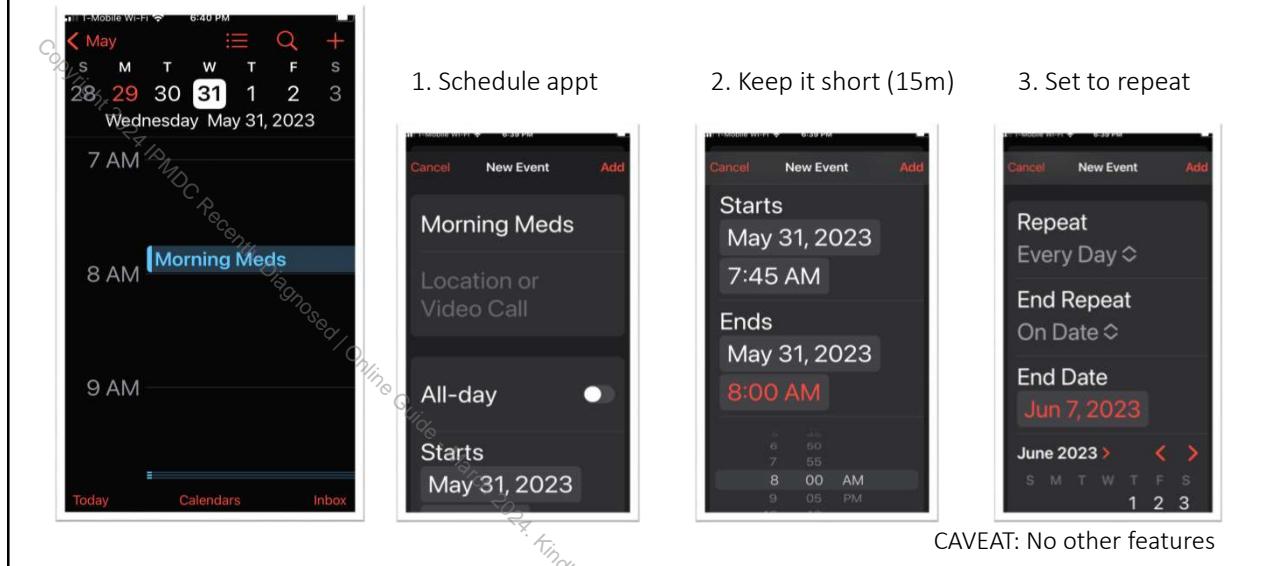
Best thing



- Ensures I stay on track with my **medications**.
- Keeps **medication** on time!
- Reminds me to take my **meds**
- MyChart** is a great system for getting answers to non-emergencies.
- Keeps me **motivated** and **aware** of my condition & progress.
- Documentation** of exercise level keeps me on track
- Fall alerts** can track my location if I am not at home.

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Simple med reminders on your phone



The image shows a sequence of three screenshots from a mobile calendar application:

- 1. Schedule appt**: The calendar view for May 31, 2023, showing a reminder for "Morning Meds" at 8 AM.
- 2. Keep it short (15m)**: The "New Event" creation screen for "Morning Meds" starting at 7:45 AM and ending at 8:00 AM.
- 3. Set to repeat**: The repeat settings screen for the event, set to "Every Day" from May 31, 2023, to June 7, 2023.

CAVEAT: No other features

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Leap Medication Tracker



- 20-30 day battery life (without GPS)
- Best as a medication management tool
 - Monitor compliance
 - Alerts healthcare providers or others
 - Automatically send refills
 - Also possible to monitor heart rate, exercise, and sleep

<https://www.medtechwearables.com/leap-medication-tracking.html>

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PHILIPS

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Products  Services  Solutions  Specialties  Contact & Support 



Medication adherence solution

[Population Health Management](#) > [Patient Activation](#) > [Medication adherence program](#) > [Spencer](#)

In-home dispenser and connected app

An enterprise-grade medication dispenser with a connected ecosystem, including an in-home dispensing device, pre-packaged, unit-dose medications from mail order, specialty pharmacies; and a provider portal and caregiver app.

[Contact us](#)

Talk with your physician...

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- The constant need to keep the devices **charged**.
- Reminds me to take my meds, but it's **annoying** and creates some **stress**.
- Do not know how to use other functions which might be valuable.
- I am **not good with tech**.
- Remembering to use.
- Difficult to interpret Fitbit info
- Not feeling data is **safe**.
- Not knowing what to choose (e.g. **falls**)

Worst thing

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Question from patient

“.... [is there a] way to use any of these technologies while ensuring that one’s personal information is not mined?”

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If you're not paying for the product, you
ARE the product

“Free”

Paid subscription

Medical

Free or inexpensive consumer products are often the least private.

Prescription-only products have the most privacy controls.

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Question from patient

It's hard to know which is the best device/app among all the choices

For example, which of many **fall alert** systems is the best one?

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FALL DETECTION ON “CONSUMER” WEARABLES*



Apple Watch SE or Apple Watch Series 4, or later)

Samsung Galaxy Watch

Google Pixel Watch

Multiple Garmins (Fenix, Forerunner, Vivoactive etc)

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Lifeline 50 YEARS 1974-2024

Healthcare and Senior Living 855-681-5351

Home System Mobile System Fall Detection App Contact Us

Life Is Better with Lifeline

Care, comfort and confidence are at your fingertips.

Get Started

Not All Medical Alert Systems Are Created Equal

Our easy-to-use medical alert systems let you summon any type of help whenever you need it, any time of day or night – even if you can't speak*. All you need to do is press your help button, worn as a wristband or pendant, and a Trained Care Specialist will make sure you quickly get the help you need.

Home System

Our most affordable press button option. Get access to the help you need 24/7/365 and uninterrupted support.

Mobile System

This single-piece mobile system includes five locating technologies to quickly pinpoint your location and dispatch help.

See Pricing

See Pricing



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Phillips Lifeline

<https://www.lifeline.com/>

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Question from patient

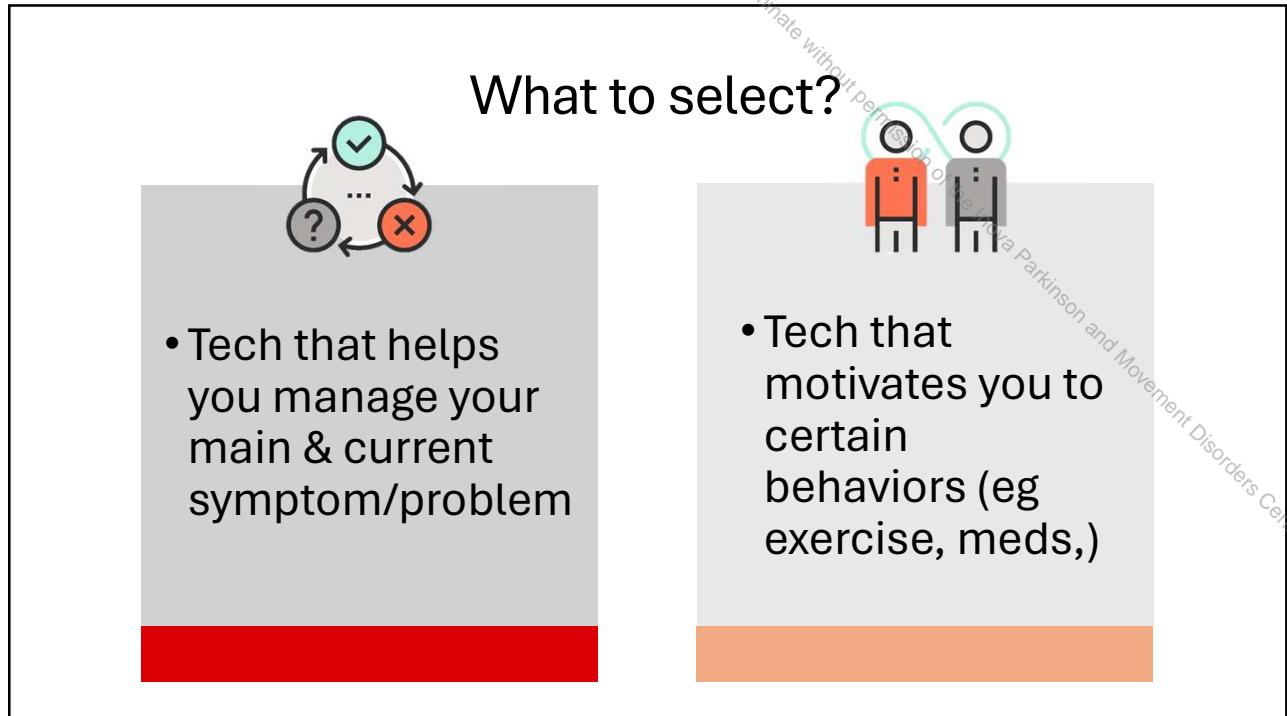
How closely should I monitor the development of my Parkinson's and how should I do it?

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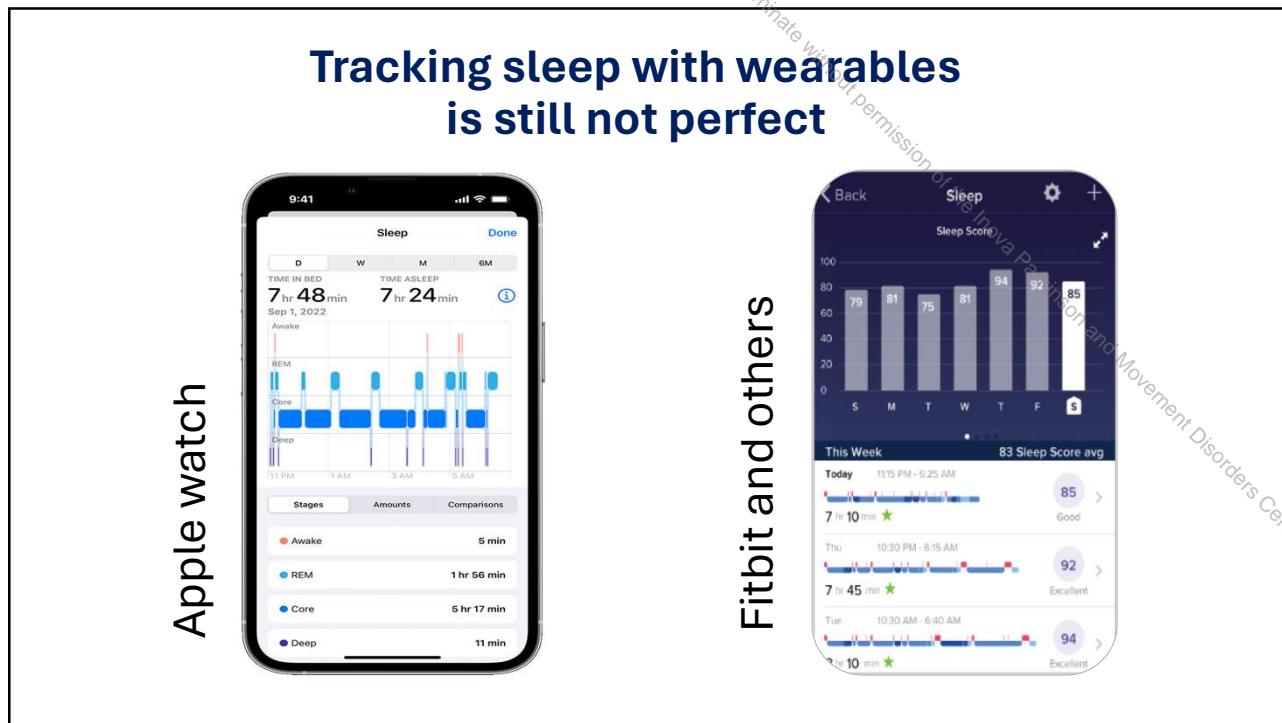
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20



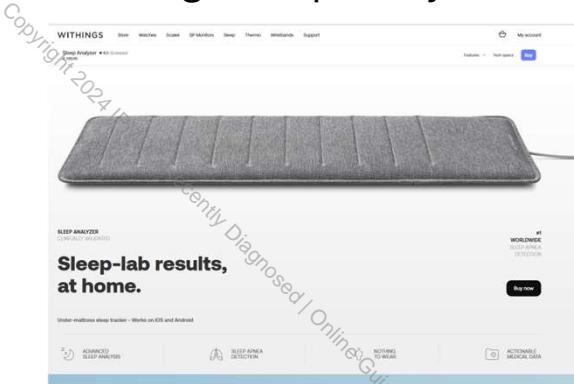
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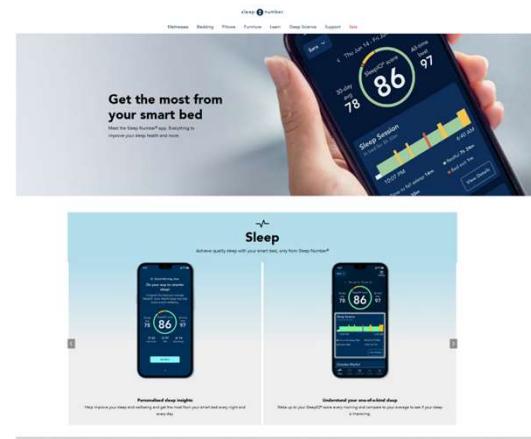
In-bed options

Withings Sleep Analyzer®



<https://www.withings.com/nl/en/sleep-analyzer>

Sleep Number app



<https://www.sleepnumber.com/pages/sleep-number-app>

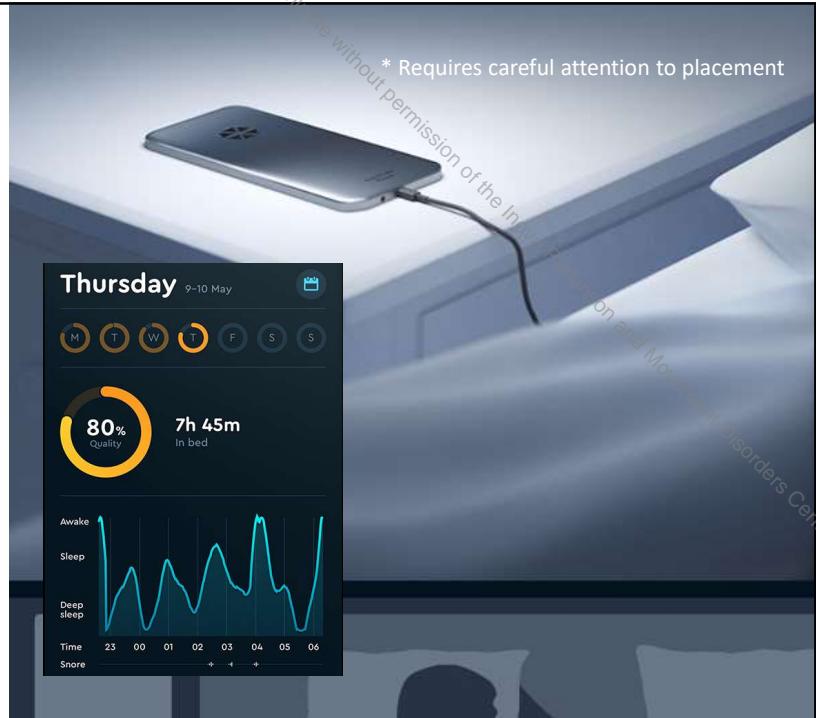
23

“Wearable-less” alternative



Sleep Cycle

<https://www.sleepcycle.com>



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Google Nest

“Micro-radar”
approach in conj.
with microphones,
ambient temperature
sensors etc.



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Discuss tech tools you can
use today

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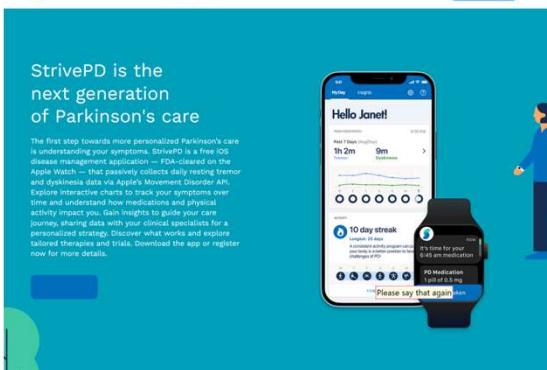
Question from patient

Are there any tracking apps for symptoms you would recommend?

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Free iOS Options

Strive PD (from Rune Labs)



<https://www.strive.group>

NeuroPath Navigator

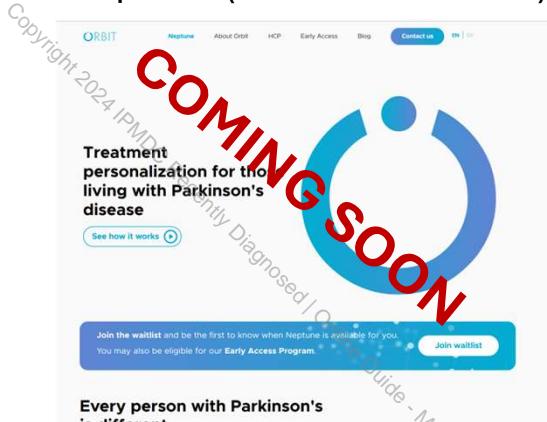


<https://neuropath.life>

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Free Android Options

Neptune (from Orbit Health)



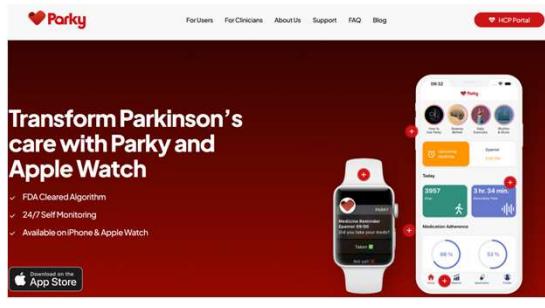
Soturi (Newell Health + Orion)



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Prescription-only options

Parky (H₂O Therapeutics)



<https://parkynow.com/>

Kinesia U (GLNT)



<https://www.glneurotech.com>

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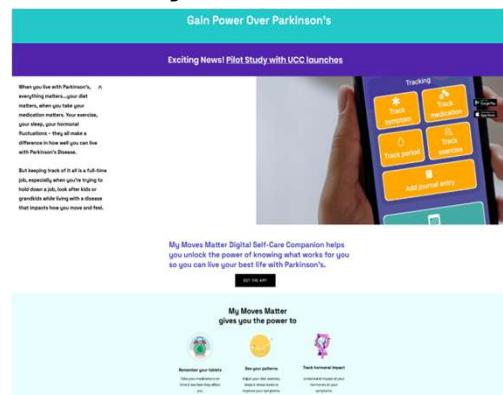
2 apps built by people with Parkinson's

Parkinson's On



<https://parkinsonson.com> <https://www.mymovesmatter.com>

My Moves Matter

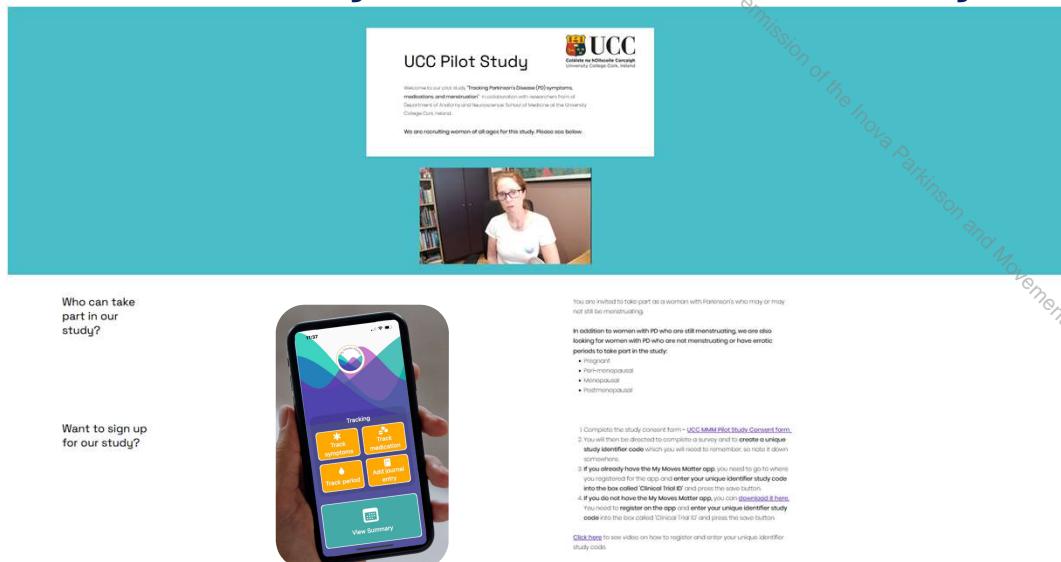


<https://www.mymovesmatter.com>

Both are available on iOS and Android

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New study for women with PD underway



<https://www.mymovesmatter.com/uccpilotstudy>

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Subscription model...

<https://pdbuddy.app/>

Live better with Parkinson's

An app inspired by science helping to slow down Parkinson's disease progression and improve quality of life.

Download from the App Store Get it on Google Play

Become PD buddy and live your best life!

Join daily routines
Designed by people with Parkinson's, these routines consist of tasks to help you manage your routine effectively. Join the fun exercise and track your progress.

Learn from others
Share your experiences and knowledge about Parkinson's with other people with Parkinson's. Access a database that contains everything you need to know about PD.

Never feel lonely
Make friends with other PD buddies, discover events to attend together, recommend places and mark your presence on the global map of PD buddies.

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Question from patient

Is there a wearable for monitoring low blood pressure?

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Recreating a BP cuff

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Omron Heart Guide™
<https://omronhealthcare.com>



Photoplethysmography (PPG)
Aktiia Wearable (EU Only)

<https://aktiia.com>



BioBeat Wearable or Patch (24 hr)

<https://www.bio-beat.com>



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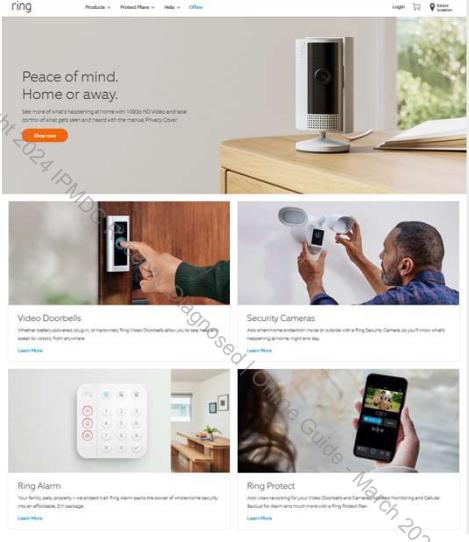
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Question from patient

Which is the best wireless remote motion detector/monitor with video and audio, which would alert me when my husband gets up or moves about, and I could then see and hear what he is doing while I am in another room?

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Ring vs Blink?



<https://ring.com>

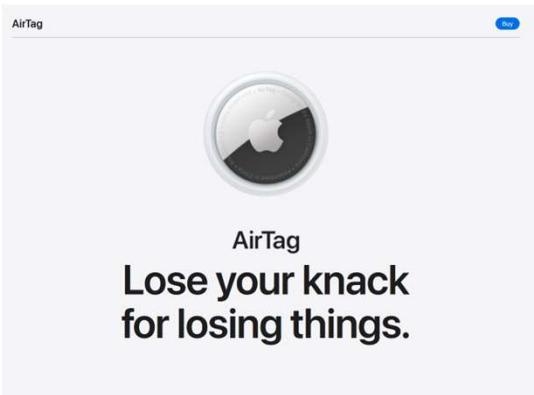


<https://blinkforhome.com>

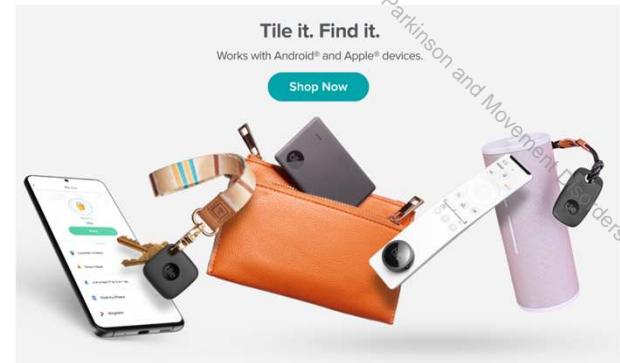
- Consider wired versions
- Can be integrated with Google Home, Alexa as well as smartphones

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Air Tags (iOS) vs Tiles (Android)

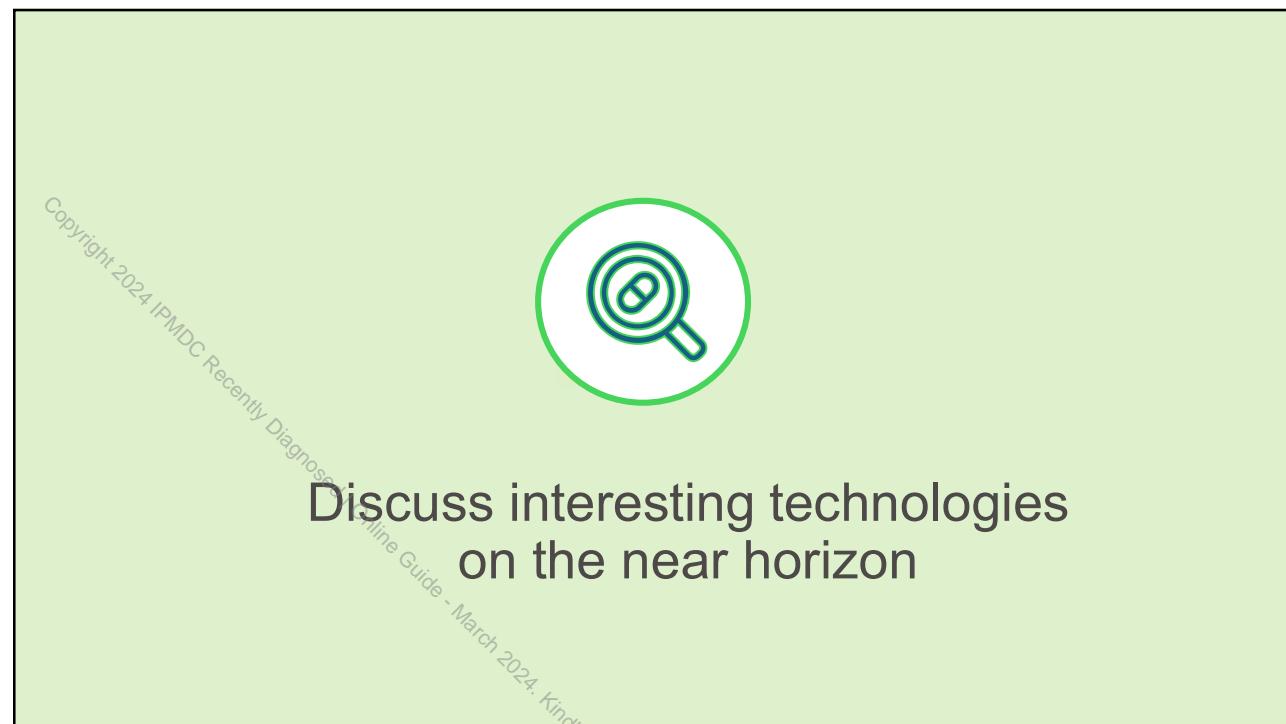


<https://www.apple.com/airtag/>



<https://tile.com>

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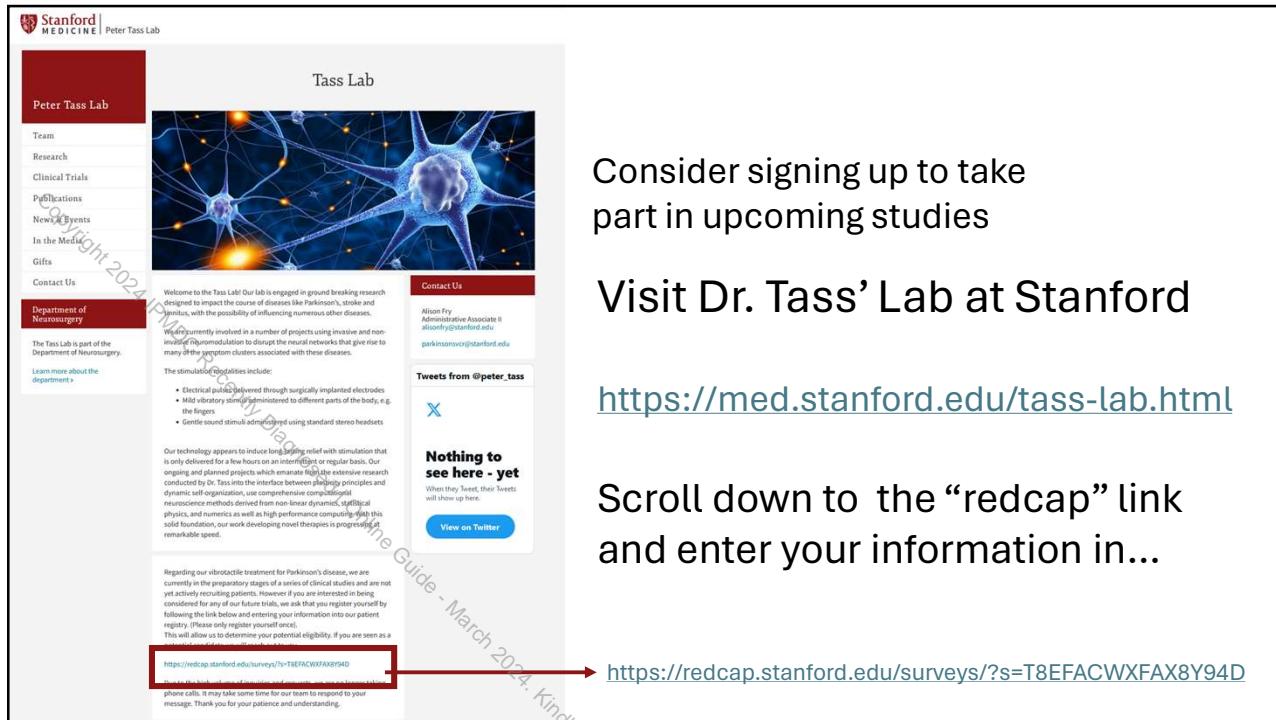
Vibrotactile Coordinated Reset Stimulation (aka Coordinated Reset Vibrotactile Stimulation)



Dr. Peter Tass
Stanford University

- Noninvasive
- Persistent effects
- Multiple studies

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A screenshot of the Stanford Medicine Peter Tass Lab website. The page features a main image of a neuron with glowing synapses. On the left, a sidebar includes links for Team, Research, Clinical Trials, Publications, News & Events, In the Media, Gifts, and Contact Us. A red banner at the top says "Peter Tass Lab". The main content area discusses the lab's work on Parkinson's, stroke, and brain anoxia, mentioning their use of non-invasive and non-pharmacological methods. A "Contact Us" section lists Alison Fry as an Administrative Associate II, with an email address and a "parkinsons@stanford.edu" link. A "Tweets from @peter_tass" box shows a single tweet: "Nothing to see here - yet". A red box highlights a survey link: "https://redcap.stanford.edu/surveys/?s=T8EFACWXFAX8Y94D". A red arrow points from this link to the URL "https://redcap.stanford.edu/surveys/?s=T8EFACWXFAX8Y94D" in the text below.

Consider signing up to take part in upcoming studies

Visit Dr. Tass' Lab at Stanford

<https://med.stanford.edu/tass-lab.html>

Scroll down to the “redcap” link and enter your information in...

<https://redcap.stanford.edu/surveys/?s=T8EFACWXFAX8Y94D>

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A screenshot of the Charco Neurotech website. The main image shows a person wearing a device on their chest. The text "CUE1 FOR PARKINSON'S" is prominently displayed, along with the tagline "A device for Parkinson's". Below the image, a description states: "The CUE1 is a non-invasive, wearable, medical device for people with Parkinson's, to improve movement and quality of life." Buttons for "What is the CUE1?", "Join waiting list", and "Waiting list checker" are visible. A watermark on the right side of the page reads "With permission of the Inova Parkinson and Movement Disorders Center".

<https://charconeurotech.com/>

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Thank you for coming today.

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