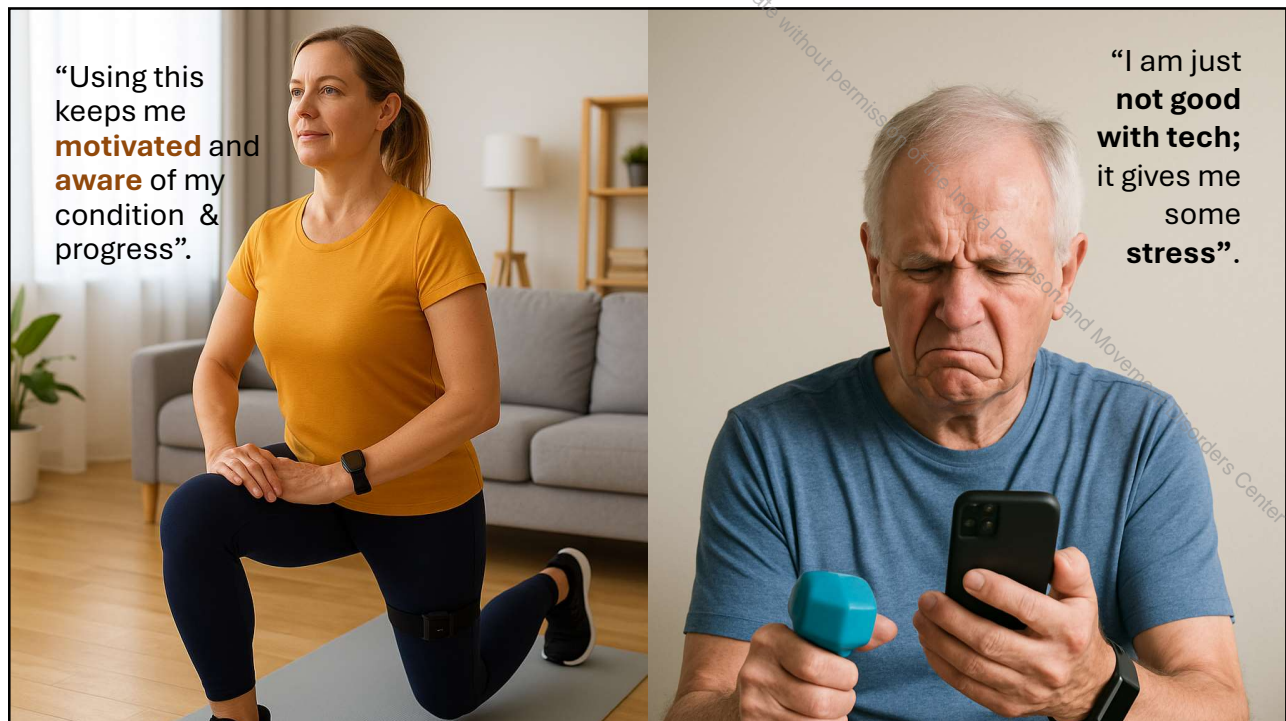




1



2

Today's program



What technologies
are people
commonly using?



What other
technology may be
useful in
Parkinson's?



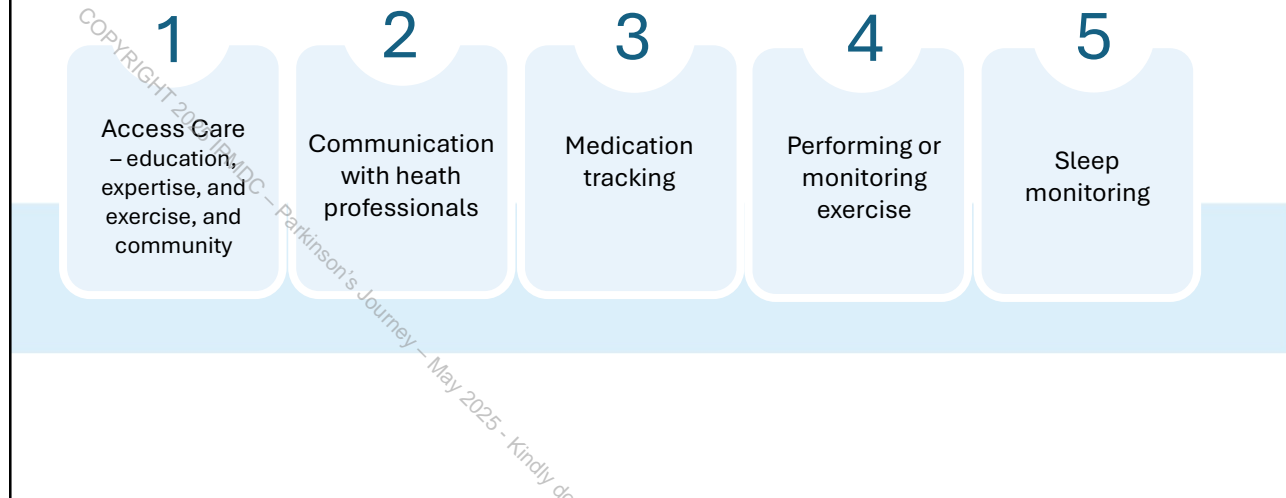
What are common
challenges or alerts
in using technology?

3

1. What tech are people using most?

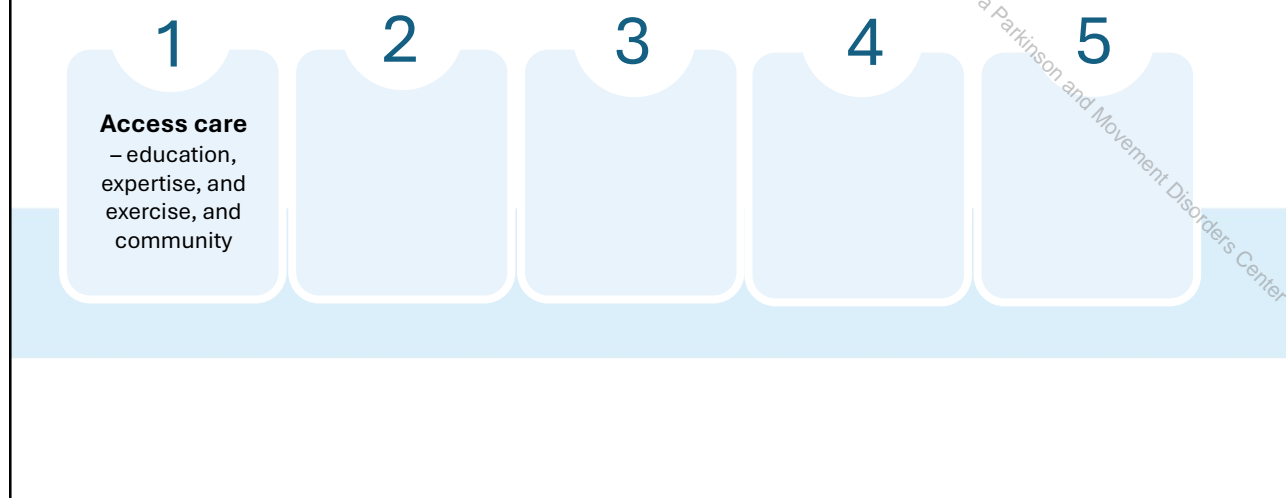
4

Top 5 reasons for using Technologies



5

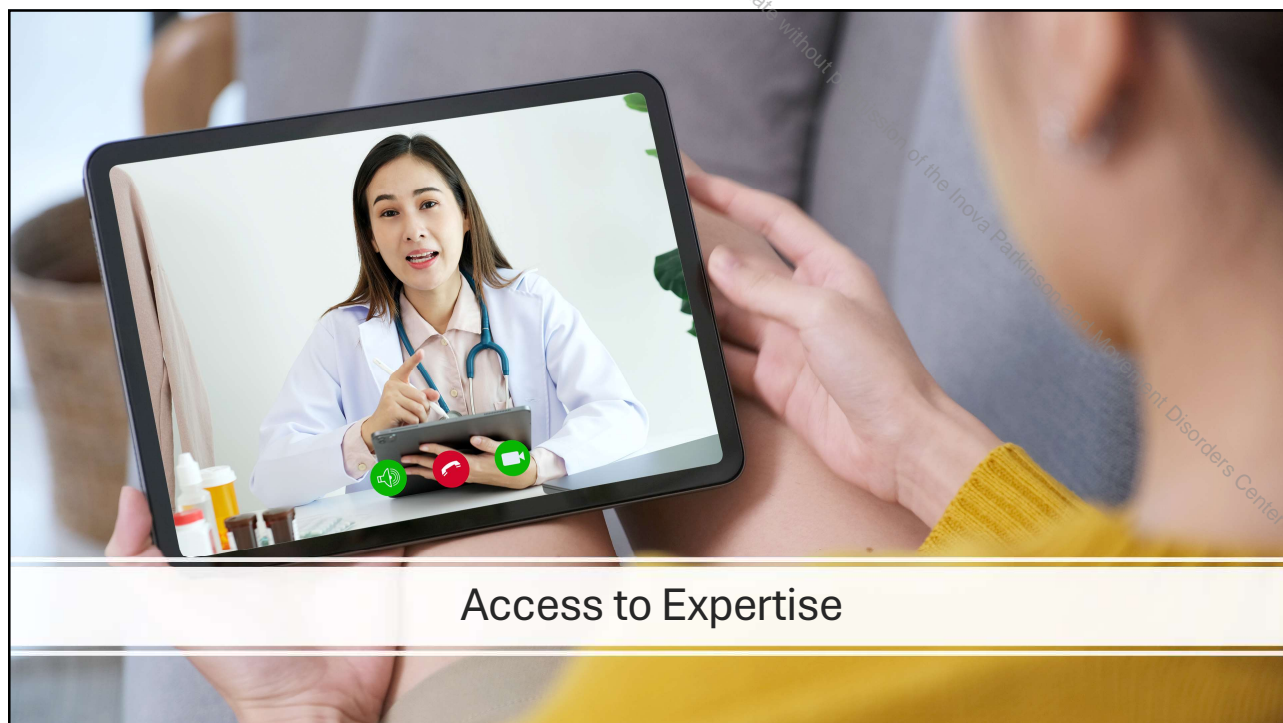
Top 5 reasons for using Technologies



6



7

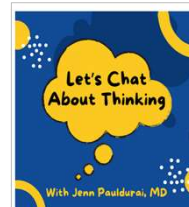


8



9

Access to Education



10

Access to Community



Shared experience

HealthUnlocked



Parkinson's in the news



Smart Patients



Advice regarding treatments

patientslikeme®

11

Top 5 reasons for using Technologies

1

Access care
– education,
expertise, and
exercise, and
community

2

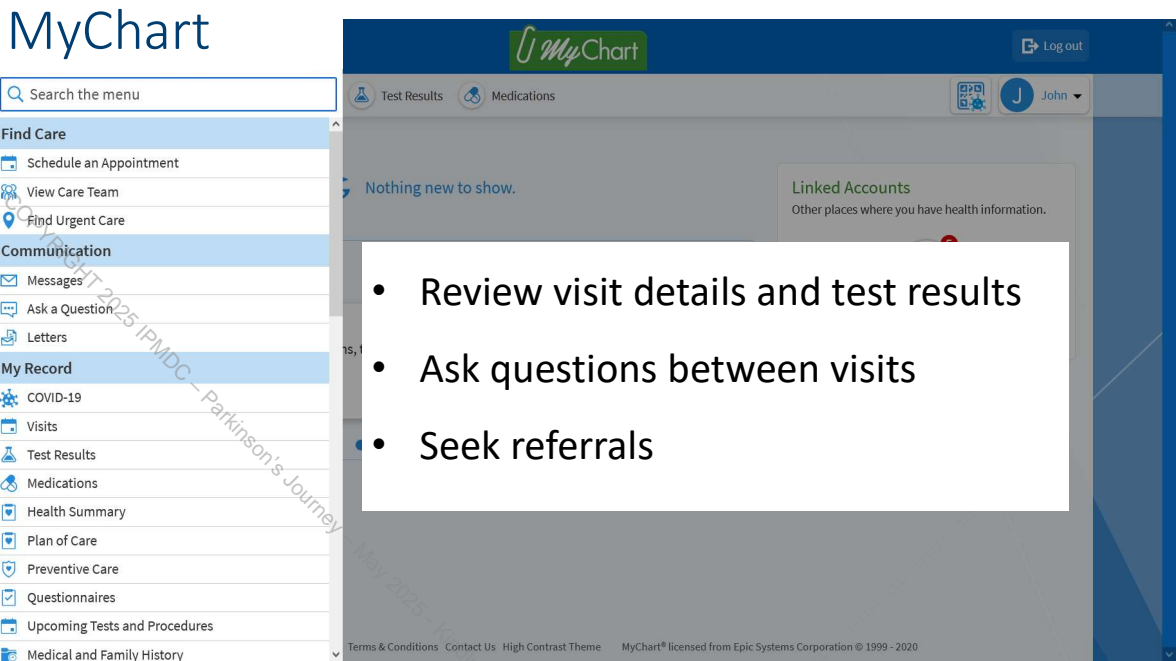
Communication
with health
professionals

3

4

5

12



MyChart

Search the menu

Find Care

- Schedule an Appointment
- View Care Team
- Find Urgent Care

Communication

- Messages
- Ask a Question
- Letters

My Record

- COVID-19
- Visits
- Test Results
- Medications
- Health Summary
- Plan of Care
- Preventive Care
- Questionnaires
- Upcoming Tests and Procedures
- Medical and Family History

Test Results Medications

Log out

Nothing new to show.

Linked Accounts
Other places where you have health information.

- Review visit details and test results
- Ask questions between visits
- Seek referrals

Terms & Conditions Contact Us High Contrast Theme MyChart® licensed from Epic Systems Corporation © 1999 - 2020

13

Top 5 reasons for using Technologies

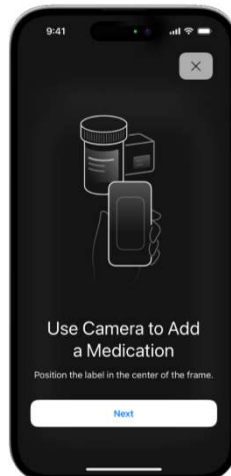
- 1 Access care – education, expertise, and exercise, and community
- 2 Communication with health professionals
- 3 **Medication and symptom tracking**
- 4
- 5

14

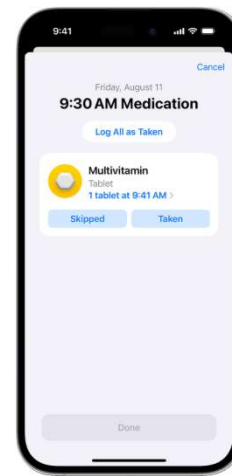
“Native” med reminders (iOS/Apple)



Input the details



Or use the camera



Turn on notifications

15

3rd party apps (esp. for Android)



MyTherapy: Medication Reminder (4+)
Pill Tracker & Med Alarm
smartpatient GmbH
★★★★★ 4.8 • 1.4K Ratings
Free - Offers In-App Purchases

My Therapy App (iOS and Android)

<https://www.mytherapyapp.com>



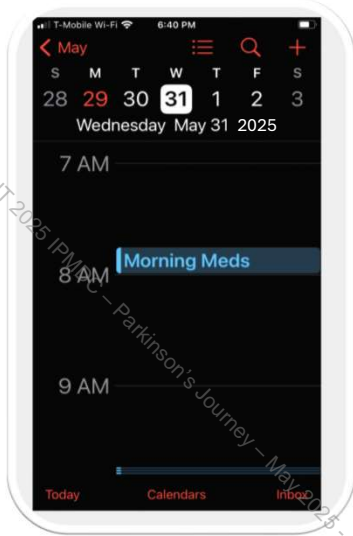
Medisafe (iOS and Android)

<https://www.medisafe.com>

CAVEAT: **Not** PD-Specific

16

“Hack” your smartphone calendar or smart speaker



Smartphone calendar

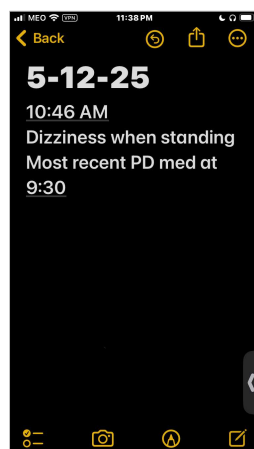


Smart speaker reminders

CAVEAT: No other features

17

Ongoing manual symptom-tracking can be cumbersome



“Notes app”



Texting yourself

18

Consider a dedicated app for long-term monitoring


StrivePD For patients ▾ For partners ▾ Patient stories Help center [Download now](#)

Take control of your Parkinson's journey

StrivePD is a free, easy-to-use care companion tool that empowers people with Parkinson's and their caregivers to take control of their Parkinson's journey. By providing real-time, personalized health insights, StrivePD helps track symptoms, medication adherence, and activity levels, while connecting users to clinical trial opportunities.

For those moments when you need that extra layer of support, StrivePD Guardian is here to help. StrivePD Guardian—a premium service—offers continuous monitoring and tailored feedback to help manage Parkinson's more effectively, optimize treatment decisions, and stay on top of care.

[Download StrivePD](#) [StrivePD Guardian](#)



Pair with an Apple Watch wearable for passive data capture

iOS only

19

StrivePD For patients ▾ For partners ▾ Patient stories Help center [Download now](#)

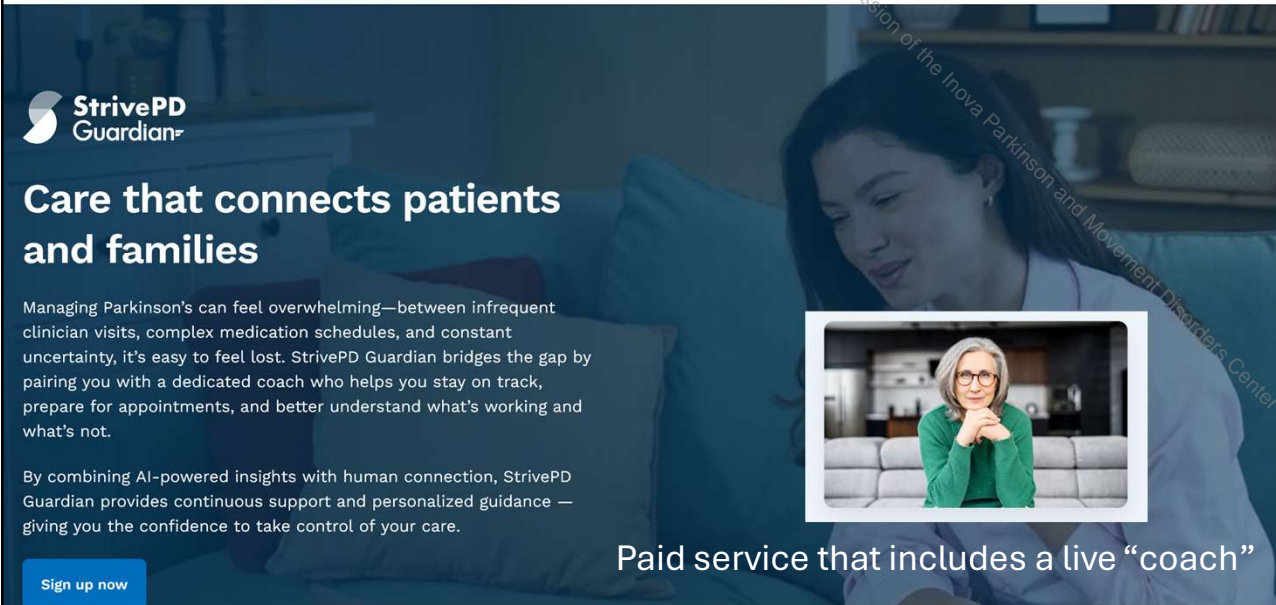
StrivePD Guardian

Care that connects patients and families

Managing Parkinson's can feel overwhelming—between infrequent clinician visits, complex medication schedules, and constant uncertainty, it's easy to feel lost. StrivePD Guardian bridges the gap by pairing you with a dedicated coach who helps you stay on track, prepare for appointments, and better understand what's working and what's not.

By combining AI-powered insights with human connection, StrivePD Guardian provides continuous support and personalized guidance — giving you the confidence to take control of your care.

[Sign up now](#)



Paid service that includes a live “coach”

20



Consumer activity monitors are primarily motivation tools.

21

Consider apps designed by someone with Parkinson's

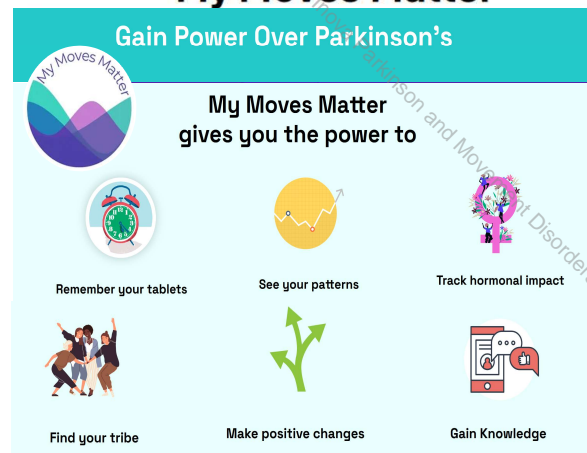
Parkinson's On



<https://parkinsonson.com>

My Moves Matter

Gain Power Over Parkinson's



<https://www.mymovesmatter.com>

22

Prescription-only apps

Neuro RPM



Parky 4 Parkinson's



Kinesia U (GLNT)



23

Top 5 reasons for using Technologies

1

Access care
– education,
expertise, and
exercise, and
community

2

Communication
with health
professionals

3

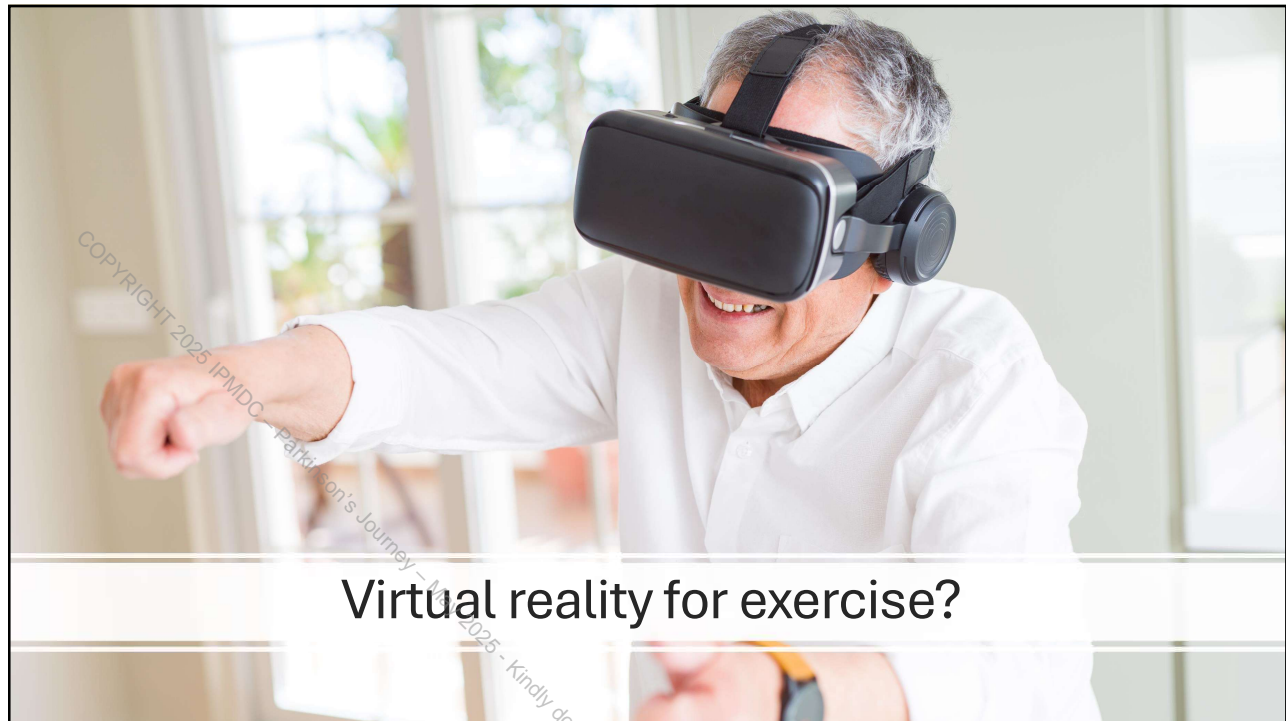
Medication
tracking

4

Performing or
monitoring
exercise

5

24



25



Augmented reality, not fully immersive virtual reality



26

Apps, streaming, and other services for exercise?



- Most are not PD-specific
- Not tailored to your specific needs (esp. pre-recorded videos)
- Minimal feedback (primarily exertion-based)

27

Consider
older tools
like the Wii
Fit...



28

mimo.fit How it works Why mimo.fit? Science behind it Our Team Contact us **Early Bird Program**

Earlybird Program

Spots are limited! Help shape mimo.fit into a life-changing tool for PwPD.
Built by the community, for the community.

Why join?

- 1 Exclusive access**
Be the first to try mimo.fit.
- 2 Big savings**
Buy a set of 3 mimos at production cost (\$88) and get the new version for free once available.
- 3 Personal support**
Our friendly team will guide you 1-on-1 every step of the way.
- 4 Make a real impact**
You will directly shape mimo.fit into a powerful tool that enhances quality of life for people with Parkinson's.

What will you do?

- 1 Make it part of your routine**
Use mimo.fit weekly and share your perspectives of what works for you.
- 2 Collaborate with us**
Share your genuine feedback with us through email. We will schedule video calls with you to discuss your experience.

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Top 5 reasons for using Technologies

- 1 Access care**
– education, expertise, and exercise, and community
- 2 Communication**
with health professionals
- 3 Medication tracking**
- 4 Performing or monitoring exercise**
- 5 Sleep monitoring**

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2. What other technology may be useful in Parkinson's?

31

Tracking of key symptoms – Sleep



Apple
Watch



Fitbit



Oura Ring

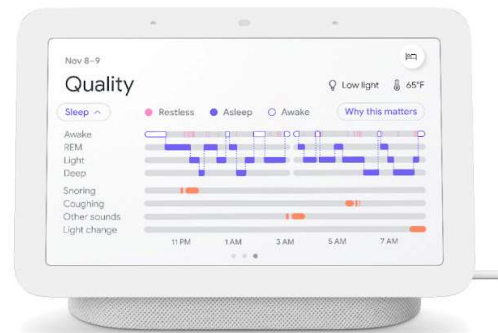
32

“Ambient” monitoring approaches

Sleep Cycle



“Sleep Sensing” on Google Nest



33

Tracking of key symptoms- Falls



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



Samsung Galaxy Watch



Google Pixel Watch



Multiple Garmins (Fenix, Forerunner, Vivoactive etc)

34

Not a
replacement
for a
dedicated
service

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 system. Get access to the help you need 24/7/365 and unparalleled support.
[See Pricing](#)

Mobile System
This single piece mobile system includes five locating technologies to quickly pinpoint your location* and dispatch help.
[See Pricing](#)

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

35

Drooling

Particularly
effective with a
Bluetooth
earpiece, or use
haptic cues (w/
Apple Watch only)

<https://speechtools.co/swallow-prompt>

SPEECHTOOLS

Put an end to excess saliva with Swallow Prompt
This simple app allows you to set the frequency of the reminders to swallow.
[App Store](#) [Google Play](#)

Excess saliva can be an unpleasant and embarrassing problem
Swallow Prompt has been designed to help people who have difficulty in managing their saliva (drooling). This includes people with reduced sensation or awareness such as those with Parkinson's Disease, Brain Injury, Cerebral Palsy or Learning Difficulties. It has been designed and tested by a specialist Speech and Language Therapist.
[Read our review and recommendation by Parkinson's UK](#)

36

Beech Band



<https://www.beechband.com>

37

Chat GPT(?)

“Delusions” continue to plague this approach.

- Trained on a wide range of data (of varying quality)
- Reinforcement learning and decoding strategies exacerbate these issues.



Message ChatGPT
Chat GPT, do you lie?



Search

38



39

Parkinson-specific versions = step in the right direction

Parkibot

<https://parkibot.com/>

AskShan

<https://thrivewelltogether.com/askshan/>

Confirm information before taking action

40

3. What are the common challenges in using technology?

41

THE LATEST AND GREATEST TECHNOLOGIES




Not always ideal:

Untested

Cost

Unfamiliarity

42



Most tech requires some maintenance

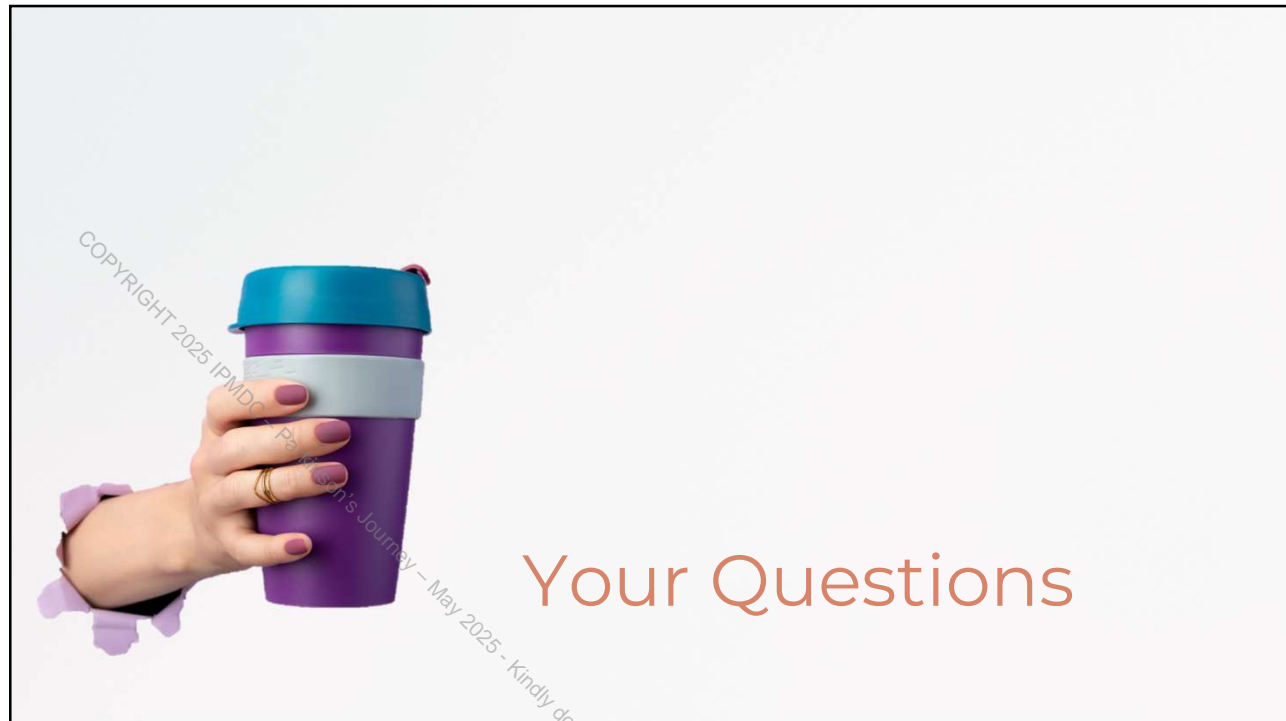
- Software updates
- Hardware failure
- Other troubleshooting

43



Gender and racial disparities

44



Your Questions

45

Validated technology for Speech issues

SpeechVive

- Plays “multispeaker babble” in earpiece to induce Lombard effect
 - No indication of desensitization for at least three years
- NIH-funded research by Jessica Huber, PhD CCC SLP at Purdue University
- iOS app available for testing stimulability

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