0:0:0.0 --> 0:0:0.580  
Cristen Reat  
About yourself.

0:0:0.870 --> 0:0:1.200  
NJ  
OK.

0:0:1.550 --> 0:0:3.220  
NJ  
My name is Natalie Jolivette.

0:0:3.630 --> 0:0:32.980  
NJ  
I'm a wife and mom of 30 years and then kids and I'll just get his 24 and youngest is 19 and my youngest child has an intellectual disability, has Down syndrome and I am also a registered nurse, a retired registered nurse was a nurse for 37 years and and I'm an only child and I take care of my mother who was diagnosed with dementia in six in 2016.

0:0:33.80 --> 0:0:33.760  
NJ  
No, I'm sorry.

0:0:34.170 --> 0:0:37.90  
NJ  
2018 that's a little bit about me.

0:0:38.450 --> 0:0:39.580  
Cristen Reat  
Thank you for that.

0:0:40.310 --> 0:0:45.350  
Cristen Reat  
So either for yourself or your mom or your son, or any of them.

0:0:45.660 --> 0:0:53.820  
Cristen Reat  
Umm, if you could tell me just a typical day of helping to manage or if you do all of it and managing their medications.

0:0:54.630 --> 0:0:54.890  
NJ  
OK.

0:0:56.90 --> 0:0:59.30  
NJ  
Well, 22 devil.

0:0:59.90 --> 0:1:2.960  
NJ  
I'll speak on both my son and my mother for my son.

0:1:3.10 --> 0:1:8.870  
NJ  
He does not take very many medications on the medications that he takes are as needed.

0:1:10.250 --> 0:1:15.950  
NJ  
So, for instance, he has some GI issues and so he has some prescribed.

0:1:17.250 --> 0:1:28.460  
NJ  
Medications for his stomach issues, and he has some over the counter things that I give him and so the prescriptions I give pretty much every day or every other day.

0:1:28.910 --> 0:1:31.840  
NJ  
And then the UM over the counter medications.

0:1:31.850 --> 0:1:38.20  
NJ  
I give him if he still, if he complains of symptoms, he cannot take the medications himself.

0:1:38.30 --> 0:1:48.680  
NJ  
So I administer them, and if it's during the school year, I just administer every administering every morning on our way out of the door on the way to school.

0:1:49.190 --> 0:1:51.480  
NJ  
In the summertime, it's whatever he wakes up.

0:1:51.900 --> 0:1:53.900  
NJ  
I'll just give them to him at that time.

0:1:54.470 --> 0:1:55.450  
NJ  
That's for my mom.

0:1:56.670 --> 0:1:59.890  
NJ  
Previously, she was living at home and so I would.

0:2:0.60 --> 0:2:7.880  
NJ  
Uh, it started off with me placing her medication in one of those medication pill boxes Monday.

0:2:7.890 --> 0:2:17.510  
NJ  
You know that are labeled Sunday through Saturday and I would monitor whether or not she would take them or not just by going over every three or four days to make sure that she took them.

0:2:17.800 --> 0:2:19.330  
NJ  
And that's how it started.

0:2:19.420 --> 0:2:25.340  
NJ  
This is the mother with dementia, obviously, but then she she was tricky.

0:2:25.700 --> 0:2:30.50  
NJ  
And so she would say that she took the medications, but she wasn't taking the medications.

0:2:30.60 --> 0:2:42.770  
NJ  
I would find the medrol later on somewhere build up so, but by that point I had her placed into a an assisted living facility and now they administer the medications.

0:2:43.450 --> 0:2:48.10  
NJ  
One more thing though, there were lots of, but this may be a question that comes further.

0:2:48.20 --> 0:2:48.330  
NJ  
I'll.

0:2:50.550 --> 0:2:50.750  
Cristen Reat  
Yeah.

0:2:48.340 --> 0:2:51.830  
NJ  
I'll, I'll let you end up, but there were lots of troubling errors.

0:2:51.840 --> 0:2:57.830  
NJ  
But with the mom on how to get her to take or remember to take the medications.

0:2:58.220 --> 0:3:0.900  
NJ  
So I don't know if that's a question that comes later or.

0:3:1.310 --> 0:3:2.730  
Cristen Reat  
That is, tell me more about that.

0:3:3.210 --> 0:3:3.630  
NJ  
OK.

0:3:4.810 --> 0:3:8.520  
NJ  
So first I began with just calling her mom.

0:3:8.530 --> 0:3:9.700  
NJ  
Did you take your medication?

0:3:10.250 --> 0:3:11.180  
NJ  
She would say yes.

0:3:11.710 --> 0:3:20.340  
NJ  
Then I would go over and either see the medication still in her pill box or later on I will find it in her drawer that she wasn't taking it.

0:3:20.770 --> 0:3:22.630  
NJ  
So then I would call her and.

0:3:23.290 --> 0:3:25.770  
NJ  
Say you know I'm on the phone with her mom.

0:3:25.780 --> 0:3:28.700  
NJ  
Go get your medicine right now and let and take it right now.

0:3:28.930 --> 0:3:34.540  
NJ  
And so that would work periodically that work for a few months, and she would do that. And it was twice a day.

0:3:34.580 --> 0:3:36.30  
NJ  
Would just call in the morning and night.

0:3:36.90 --> 0:3:39.860  
NJ  
We take them and then I would look at the pill box and sure enough, they'd be missing.

0:3:40.410 --> 0:3:44.620  
NJ  
And then then she started saying she was.

0:3:44.730 --> 0:3:47.520  
NJ  
She took it, but she wasn't really taking them on the phone.

0:3:47.750 --> 0:3:50.680  
NJ  
And and then I tried to get an iPhone for her.

0:3:50.690 --> 0:3:51.830  
NJ  
Well, I got an iPhone for her.

0:3:51.840 --> 0:3:54.510  
NJ  
I would try to FaceTime her so that I could see her take it.

0:3:55.780 --> 0:4:6.990  
NJ  
No, because she may answer the phone or she may not, you know, or she may put me on audio, but not video, and so that that was a failure.

0:4:7.480 --> 0:4:24.470  
NJ  
And so then I got a I put a reminder on her phone and alarm, and so the alarm would go off and she was supposed to whenever, whenever that alarm would go off on her phone, take the medications again, that that by then I started.

0:4:24.530 --> 0:4:38.550  
NJ  
I just gave up the idea of having them in the pill box them Sunday through Saturday Pill box and I would just keep them in the in her medication bottles because I thought, OK, well, she can read the bottle still and then she can take the pill out when the alarm would go off.

0:4:39.540 --> 0:4:46.340  
NJ  
Well, then I would go over and count the medications and there would be the same amount of pills in there that that's the one I want the day before.

0:4:46.350 --> 0:4:47.790  
NJ  
So that was a failure.

0:4:48.540 --> 0:4:52.780  
NJ  
So all of those things, I think that's all that I tried.

0:4:55.490 --> 0:4:59.900  
NJ  
Ohh, there was a period of time where I I just rode out Monday.

0:4:59.990 --> 0:5:8.350  
NJ  
You know the days of the week and then I would just little boxes that I just a little rough, crude little grid that I made where she could check off you know.

0:5:8.400 --> 0:5:8.960  
NJ  
Morning.

0:5:8.970 --> 0:5:11.560  
NJ  
Evening, where she was to check when she took the pills.

0:5:12.750 --> 0:5:13.800  
NJ  
That didn't work either.

0:5:14.110 --> 0:5:19.260  
NJ  
So anyway, so all those are some of the message methods that I've tried, but they failed.

0:5:19.270 --> 0:5:20.990  
NJ  
It gently and so.

0:5:21.860 --> 0:5:24.250  
Cristen Reat  
That's a lot of things that you tried.

0:5:24.260 --> 0:5:29.890  
Cristen Reat  
Let let me ask you this because this has come up with more than one person.

0:5:30.410 --> 0:5:30.620  
NJ  
This.

0:5:30.100 --> 0:5:38.850  
Cristen Reat  
So do you think in your mom's case, was it more an issue with not remembering or whatever systems that you're using?

0:5:38.860 --> 0:5:43.0  
Cristen Reat  
She ignores or just willful, not wanting to take them.

0:5:45.530 --> 0:5:46.570  
Cristen Reat  
Uh, yeah.

0:5:44.20 --> 0:5:46.890  
NJ  
Both so because if.

0:5:47.80 --> 0:5:47.770  
NJ  
Because she?

0:5:47.980 --> 0:5:50.80  
NJ  
Because with dementia, she know.

0:5:57.490 --> 0:5:57.690  
Cristen Reat  
Yeah.

0:5:50.90 --> 0:6:5.910  
NJ  
I'm sure that the the IT waxes and wanes the mental status you know, and so if she understood, if she if she was having one of those clear days where she understood what was going on then she would know that she would need to take the medication.

0:6:5.920 --> 0:6:11.790  
NJ  
But she may forget to take the medication and then other days it was like you said it was just willful to just.

0:6:11.800 --> 0:6:13.670  
NJ  
No, you know, just I don't.

0:6:13.680 --> 0:6:14.350  
NJ  
I don't need it.

0:6:14.390 --> 0:6:15.350  
NJ  
I'm not gonna take it.

0:6:15.400 --> 0:6:16.890  
NJ  
And you're trying to make me take it?

0:6:16.900 --> 0:6:18.440  
NJ  
So I'm really not gonna take it.

0:6:20.160 --> 0:6:20.830  
Cristen Reat  
Got it.

0:6:19.530 --> 0:6:21.200  
NJ  
So you just the company?

0:6:20.900 --> 0:6:29.530  
Cristen Reat  
So when you tried the FaceTime, UM, that was kind of related to another question is what would make you feel confident that the medications were taken.

0:6:34.0 --> 0:6:34.460  
NJ  
Umm.

0:6:38.820 --> 0:6:39.50  
NJ  
Like.

0:6:29.540 --> 0:6:41.80  
Cristen Reat  
So before she was emphasis the sister living and she was like in her own place, it sounds like video confirming was it was something that would have been evidence was there.

0:6:41.140 --> 0:6:45.360  
Cristen Reat  
Is there any other things that you could have thought of where you'd feel confident that she took it?

0:6:45.370 --> 0:6:47.200  
Cristen Reat  
Or is it just basically just checking?

0:6:53.870 --> 0:6:54.230  
Cristen Reat  
OK.

0:6:47.800 --> 0:6:55.450  
NJ  
No, that was really the only way was for me to see them put them in her mouth because she would tell me.

0:6:55.540 --> 0:6:56.610  
NJ  
Ohh yes, I took them.

0:6:56.660 --> 0:6:58.100  
NJ  
You know, I took them with breakfast.

0:6:58.110 --> 0:6:59.90  
NJ  
Ohh yes, I had to.

0:6:59.100 --> 0:7:8.410  
NJ  
I had eggs and ham for breakfast and I took it before I took my first flight of him and then I would go over there and the pill would still be in Monday slot, you know?

0:7:9.100 --> 0:7:9.280  
Cristen Reat  
Yeah.

0:7:8.960 --> 0:7:11.710  
NJ  
So yeah, so that.

0:7:11.140 --> 0:7:19.930  
Cristen Reat  
Yep, since you tried so many things, do you have ideas of what a good reminder system would be like?

0:7:19.940 --> 0:7:23.830  
Cristen Reat  
Like what would it do or what could that look like?

0:7:24.790 --> 0:7:24.940  
NJ  
Uh.

0:7:24.0 --> 0:7:28.400  
Cristen Reat  
Whether it's for your mom or even for for you know, Kyle.

0:7:29.190 --> 0:7:38.900  
NJ  
I think it's solely depends on the person, because for instance, I unfortunately really do just suffer from.

0:7:43.230 --> 0:7:46.920  
NJ  
Being an overzealous mom, or overprotective or whatever.

0:7:46.930 --> 0:8:1.680  
NJ  
Whatever term you want to use, but I have a hard time letting go, but really and truly I could set up an alarm on Kyle's phone and for him that would remind him to take his medication everyday, and I know that it would work for him.

0:8:1.830 --> 0:8:12.990  
NJ  
And so I know that, you know, depending on the disability, I mean, you know, the level of the intellectual disability, then yes, that would work and would work well.

0:8:14.50 --> 0:8:15.600  
NJ  
And we worked well for Cole.

0:8:15.610 --> 0:8:17.330  
NJ  
If Mom would just let go, right?

0:8:17.340 --> 0:8:20.580  
NJ  
But Mom is just a control freak and just hadn't let go.

0:8:20.950 --> 0:8:26.580  
NJ  
And so I think that's something that we're really work is just an alarm.

0:8:26.630 --> 0:8:38.960  
NJ  
The only problem with so on your on an iPhone you can put a text in there and so the text would say would just pop up and say take your medicine tile or something like that.

0:8:39.250 --> 0:8:50.760  
NJ  
But what would be ideal is if, like someone like who's like my mom, who would be a little bit more cognitively, cognitively impaired before she is before she got 2.

0:8:50.850 --> 0:8:51.880  
NJ  
Extreme right?

0:8:51.970 --> 0:8:52.300  
Cristen Reat  
Mm-hmm.

0:8:52.10 --> 0:9:0.460  
NJ  
But if if something would say, take your lesson April, take your Zantac you know, or it's 9:00 AM.

0:9:0.470 --> 0:9:8.400  
NJ  
Specifics you know, because different people take different medications and different times, and so it would be ideal to have a queue.

0:9:8.410 --> 0:9:11.610  
NJ  
That said, take your Zantac at night.

0:9:11.620 --> 0:9:12.350  
NJ  
It's 9:00 AM.

0:9:12.360 --> 0:9:13.200  
NJ  
Take your Zantac.

0:9:13.980 --> 0:9:15.170  
NJ  
It's noon.

0:9:15.260 --> 0:9:16.550  
NJ  
Take your aspirin.

0:9:16.600 --> 0:9:19.30  
NJ  
Whatever you know, it's 6:00 PM.

0:9:19.40 --> 0:9:26.190  
NJ  
Take your whatever you know, I think that would be a specific queue like that would be ideal.

0:9:27.800 --> 0:9:44.230  
Cristen Reat  
So is that why you think unlike with your mom and her and, you know, the cognitive disability and the dementia versus Kyle, why are you confident or fairly confident that a system like that might work for him?

0:9:44.240 --> 0:9:50.70  
Cristen Reat  
Is that the audio, the text, the, the the customization like why do you?

0:9:50.80 --> 0:9:53.40  
Cristen Reat  
Why do you feel pretty confident that it would work with him?

0:9:53.950 --> 0:10:15.0  
NJ  
Because Kyle is very good with structure and routine, those two things if if if he had that queue then eventually after about a month he would know that it's time to to that the alarm would go off and he would know that it's time to get to take his medicine.

0:10:15.320 --> 0:10:20.210  
NJ  
However, he may if there is more than one, he may not know which one to take.

0:10:21.460 --> 0:10:22.700  
Cristen Reat  
Hmm hmm.

0:10:20.220 --> 0:10:32.450  
NJ  
If there a different time, so that is why I'm confident they will work with him, but it needs to go step further than you know, just the alarm.

0:10:33.80 --> 0:10:33.930  
Cristen Reat  
Just that, right?

0:10:33.940 --> 0:10:34.410  
Cristen Reat  
Just that.

0:10:34.420 --> 0:10:36.950  
Cristen Reat  
What what's currently like built into?

0:10:39.320 --> 0:10:39.660  
NJ  
Umm.

0:10:37.300 --> 0:10:41.910  
Cristen Reat  
Since you mentioned an iPhone, what so it would need to be something beyond what?

0:10:44.410 --> 0:10:45.100  
NJ  
Exactly.

0:10:41.920 --> 0:10:46.80  
Cristen Reat  
Just what's built in, like, more customized? Mm-hmm.

0:10:45.330 --> 0:10:46.940  
NJ  
Mm-hmm. Yep.

0:10:47.930 --> 0:11:2.560  
Cristen Reat  
So whether it's with her, whether it's with your mom at that time or with Kyle, what can you tell me a little bit about what might be your biggest frustration in managing medications and maybe you've already covered that?

0:11:3.540 --> 0:11:4.340  
NJ  
Ohh.

0:11:7.650 --> 0:11:10.520  
NJ  
Well, I'm not a spring chicken.

0:11:15.260 --> 0:11:15.490  
Cristen Reat  
Umm.

0:11:11.290 --> 0:11:32.120  
NJ  
And so sometimes I forget, you know, because it was quite a bit to manage it some it, you know, different points in my life to remind my husband to take what he needed to take remind Kyle what he needed to take and my mom what she needed to take and and me.

0:11:34.550 --> 0:11:34.810  
Cristen Reat  
Umm.

0:11:32.180 --> 0:11:37.120  
NJ  
You know, sometimes me, you know, you know, you know, different pairs of time.

0:11:37.130 --> 0:11:46.260  
NJ  
I was on medication and I am, of course, Mom really forgets because she puts herself less, but so that that was that.

0:11:46.270 --> 0:11:47.840  
NJ  
That was a huge challenge for me.

0:11:47.850 --> 0:11:50.10  
NJ  
Just keeping up with everyone.

0:11:50.670 --> 0:11:50.990  
Cristen Reat  
Umm.

0:11:51.530 --> 0:11:53.500  
NJ  
Everyone. Everyone.

0:11:53.920 --> 0:11:54.640  
Cristen Reat  
That's a lot.

0:11:53.870 --> 0:11:55.660  
NJ  
Yeah, yeah.

0:11:55.730 --> 0:11:59.220  
NJ  
If it were just one person, it was I.

0:11:59.230 --> 0:12:1.740  
NJ  
I don't think it was as much of a challenge.

0:12:1.830 --> 0:12:5.380  
NJ  
As long as I had a reminder myself, you know?

0:12:5.830 --> 0:12:5.990  
Cristen Reat  
Yeah.

0:12:5.490 --> 0:12:8.850  
NJ  
But for instance, but they've really that wasn't a challenge.

0:12:8.860 --> 0:12:13.540  
NJ  
If it's just one because I literally would keep, you know, keep Kyles right.

0:12:13.550 --> 0:12:17.880  
NJ  
His medication right there are by the refrigerator so that it's visual.

0:12:17.890 --> 0:12:26.700  
NJ  
It's right there for me to see so that I can, although you know some warnings you're rushing out of the door and you're like he walks out of them.

0:12:26.830 --> 0:12:30.480  
NJ  
Like God Dang it, I forgot to give it to him, you know?

0:12:30.490 --> 0:12:33.580  
NJ  
So yeah, yeah.

0:12:32.160 --> 0:12:39.130  
Cristen Reat  
So with his medications with Kyles, do you leave them in the bottles or you mentioned a pill box with your mom?

0:12:39.140 --> 0:12:45.840  
Cristen Reat  
Do you use some sort of pill box with Kyle or just or just you physically leave the medications where you can see them?

0:12:46.290 --> 0:12:48.440  
NJ  
I just physically leave it where I can see them.

0:12:48.650 --> 0:12:48.890  
Cristen Reat  
Umm.

0:12:48.450 --> 0:12:50.970  
NJ  
If we're going for vacation, then I'll put it in a box in.

0:12:50.980 --> 0:12:53.60  
NJ  
I put it in a pill box, you know?

0:12:53.20 --> 0:12:53.530  
Cristen Reat  
As I said.

0:12:55.900 --> 0:12:56.130  
Cristen Reat  
OK.

0:13:3.640 --> 0:13:3.930  
Cristen Reat  
Right.

0:12:53.170 --> 0:13:3.930  
NJ  
But no, but generally yeah, a few times I try to do that, but then it I found it wasn't even necessary because, you know, like it pretty much remember if it's just him what?

0:13:3.940 --> 0:13:6.970  
Cristen Reat  
And it's only it sounded like you said they're just as needed.

0:13:8.210 --> 0:13:10.30  
NJ  
Right, right.

0:13:10.40 --> 0:13:10.750  
NJ  
Exactly.

0:13:7.40 --> 0:13:11.350  
Cristen Reat  
There's at the moment there's not anything regular that makes sense.

0:13:10.840 --> 0:13:11.420  
NJ  
Exactly.

0:13:11.490 --> 0:13:11.950  
NJ  
Exactly.

0:13:12.280 --> 0:13:12.950  
NJ  
Yeah. Yep.

0:13:11.420 --> 0:13:17.360  
Cristen Reat  
OK, so kind of a follow up to the you know, what's the biggest frustration?

0:13:17.370 --> 0:13:21.490  
Cristen Reat  
What is the best part or positive part of managing Kyle's medications?

0:13:25.260 --> 0:13:25.600  
Cristen Reat  
If any.

0:13:22.770 --> 0:13:26.50  
NJ  
Ohh exit.

0:13:26.520 --> 0:13:27.540  
NJ  
Well, absolutely.

0:13:34.650 --> 0:13:34.800  
Cristen Reat  
Yeah.

0:13:27.550 --> 0:13:43.840  
NJ  
We just have to be the relief that he gets, you know, when the from the medication working, you know, because and like specifically he has some some GI upset when he's nervous you know or or or anxious.

0:13:44.250 --> 0:13:48.30  
NJ  
And so his his stomach heal complained of a stomach ache.

0:13:48.430 --> 0:13:55.860  
NJ  
And so I know as a nurse that that's just an increase of these secretions in his stomach based on stress.

0:13:56.170 --> 0:14:9.320  
NJ  
And so to quail that then he has his prescriptions Zantac or Pepcid or, you know, or whatever to just, you know, just call me stomach down.

0:14:19.770 --> 0:14:20.30  
Cristen Reat  
Yeah.

0:14:9.600 --> 0:14:22.580  
NJ  
And so that's why I said it's ideally he would take it everyday, but he doesn't really need it every day, like especially during the summer months because he doesn't have that anxiety in that that you know that. Yeah.

0:14:22.690 --> 0:14:23.550  
NJ  
So it's a little different.

0:14:26.290 --> 0:14:26.750  
Cristen Reat  
Got it.

0:14:27.130 --> 0:14:28.10  
NJ  
Yeah, yeah.

0:14:28.730 --> 0:14:37.210  
Cristen Reat  
So back to kind of another little follow up to the whether it's the pill bottles themselves or a pill organizer.

0:14:37.760 --> 0:14:38.0  
NJ  
Umm.

0:14:38.110 --> 0:14:40.0  
Cristen Reat  
Umm, how much?

0:14:50.50 --> 0:14:50.350  
NJ  
To the.

0:14:40.390 --> 0:14:52.340  
Cristen Reat  
So again, in thinking about your mom, when you used to organize the pills, and then it, you know, eventually it just didn't work out because because, you know, she was not taking them.

0:14:52.770 --> 0:14:53.940  
Cristen Reat  
How much time?

0:14:53.950 --> 0:15:1.420  
Cristen Reat  
Just as a caregiver, would you expect to put into some sort of organizer or a tool for it to work?

0:15:2.510 --> 0:15:2.750  
NJ  
Umm.

0:15:1.530 --> 0:15:8.560  
Cristen Reat  
So some people have just described, you know, their elaborate kind of regimens and and how time intensive it is.

0:15:8.570 --> 0:15:9.470  
Cristen Reat  
So how much time?

0:15:10.160 --> 0:15:19.740  
Cristen Reat  
Umm, you know, would you expect to put it into some sort of tool or method or system like per day or per week or if there's a, if there's a way you can estimate that?

0:15:20.360 --> 0:15:23.670  
NJ  
Right, so my mom, fortunately, is heavy.

0:15:23.680 --> 0:15:25.190  
NJ  
I mean healthy generally.

0:15:27.640 --> 0:15:28.90  
Cristen Reat  
Hmm.

0:15:25.400 --> 0:15:31.910  
NJ  
So she only took two medications, you know, and so, so minimal time.

0:15:37.30 --> 0:15:37.260  
Cristen Reat  
Mm-hmm.

0:15:31.920 --> 0:15:39.100  
NJ  
Like I would go over every Sunday to feel the pill, case up, the pill organizer and I would take 5 minutes.

0:15:39.110 --> 0:15:40.170  
NJ  
Literally 5 minutes.

0:15:40.880 --> 0:15:41.240  
NJ  
Umm.

0:15:41.680 --> 0:15:49.250  
NJ  
However, for instance, I know now if this assisted living facility she's on 4/4.

0:15:51.340 --> 0:15:55.630  
NJ  
Yes, four prescription medications and then one over the counter medication.

0:16:8.230 --> 0:16:8.520  
Cristen Reat  
Umm.

0:15:56.220 --> 0:16:13.890  
NJ  
And so that and there are different times of the day you know, so it still could be done weekly, but it would take probably 15 or 20 minutes to sort the the times and the actual medications out for her.

0:16:13.830 --> 0:16:14.380  
Cristen Reat  
Umm.

0:16:19.500 --> 0:16:19.610  
NJ  
The.

0:16:15.30 --> 0:16:22.260  
Cristen Reat  
And for for Kyle, when you talked about kind of the reminders or the customized kind of messages for him?

0:16:22.880 --> 0:16:23.90  
NJ  
Umm.

0:16:23.80 --> 0:16:23.520  
Cristen Reat  
Umm.

0:16:23.660 --> 0:16:34.390  
Cristen Reat  
If if in whatever form, if that requires some sort of setup like what, what time, how much time would you expect to put into that to set that up?

0:16:35.570 --> 0:16:35.830  
NJ  
Umm.

0:16:34.780 --> 0:16:38.30  
Cristen Reat  
Like, do you have an ideal time?

0:16:38.390 --> 0:16:38.650  
NJ  
OK.

0:16:40.610 --> 0:16:42.860  
NJ  
OK, right.

0:16:38.140 --> 0:16:44.950  
Cristen Reat  
Have you done that either for yourself or ever with anyone else, and that this could also be like a nursing question to you?

0:16:48.600 --> 0:16:48.930  
NJ  
A.

0:16:44.960 --> 0:16:50.60  
Cristen Reat  
Like if you set some things up, how much time is spent putting into a system or a tool?

0:17:2.970 --> 0:17:3.200  
Cristen Reat  
Mm-hmm.

0:17:7.500 --> 0:17:7.660  
Cristen Reat  
Yeah.

0:16:50.990 --> 0:17:7.700  
NJ  
Again, probably 15 minutes or left or less because it would just be a matter of entering the time on the clock as I'm setting it as an alarm and then repeat, you know, a daily repeat or a weekly repeat or whatever, you know.

0:17:11.50 --> 0:17:11.350  
Cristen Reat  
OK.

0:17:8.50 --> 0:17:12.320  
NJ  
So probably again 15 minutes. Umm.

0:17:12.530 --> 0:17:14.650  
Cristen Reat  
How much do you want to know?

0:17:15.370 --> 0:17:20.400  
Cristen Reat  
Umm about the efficacy or or side effects of medication.

0:17:20.410 --> 0:17:25.830  
Cristen Reat  
So in other words, what do you wanna learn about the medication information?

0:17:27.570 --> 0:17:27.930  
NJ  
Yeah.

0:17:26.910 --> 0:17:28.250  
Cristen Reat  
Like, do you want to know that?

0:17:29.330 --> 0:17:33.0  
NJ  
So UM as a nurse and mom?

0:17:33.280 --> 0:17:33.540  
Cristen Reat  
Umm.

0:17:34.60 --> 0:17:36.980  
NJ  
Umm, but I'm a little.

0:17:45.850 --> 0:17:46.70  
Cristen Reat  
Mm-hmm.

0:17:37.530 --> 0:17:56.120  
NJ  
I'm a little odd or different and that I really don't like to take a lot of medications or give some a lot of medications, and so I read everything and so I read about the efficacy and I read about the side effects.

0:17:56.450 --> 0:18:1.400  
NJ  
And then I also do a lot of trying to 1st find out.

0:18:1.410 --> 0:18:8.240  
NJ  
You know, there's something homeopathic that I can give as a matter of fact, that's something I always deal is something extremely serious.

0:18:8.250 --> 0:18:23.40  
NJ  
But I always try and read and try and do something over the counter or something holistic before I make a doctor's appointment because if I can Umm if I can fix it myself, or like even like using old school methods.

0:18:23.50 --> 0:18:26.600  
NJ  
It I used, you know, the grandmother juiced with us as kids.

0:18:26.830 --> 0:18:27.750  
NJ  
Then I'm gonna do that.

0:18:27.760 --> 0:18:29.860  
NJ  
If that doesn't work, then we're going to the doctor.

0:18:30.250 --> 0:18:41.720  
NJ  
So circling back to what you were saying, once we make it to the doctor and he's prescribed something, then as soon as I get home, I'm going to be Googling and reading a see.

0:18:42.700 --> 0:18:44.350  
Cristen Reat  
That's exactly what I was getting at.

0:18:45.700 --> 0:18:46.930  
NJ  
And side effects.

0:18:46.940 --> 0:18:51.40  
NJ  
So yes, I'm very interested in both of those things.

0:18:53.90 --> 0:18:54.480  
Cristen Reat  
As a caregiver, right?

0:18:55.940 --> 0:18:56.110  
NJ  
Yes.

0:18:54.490 --> 0:19:10.270  
Cristen Reat  
So as a caregiver, so this question also, you know, when we're talking with with individuals who would be using themselves, they're just, they're many who, who have described how they are told to take stuff and they don't know why they're on it.

0:19:11.470 --> 0:19:12.230  
NJ  
That would be my husband.

0:19:13.340 --> 0:19:14.250  
NJ  
That would be my husband.

0:19:14.640 --> 0:19:15.130  
NJ  
Ohh right.

0:19:14.740 --> 0:19:15.330  
Cristen Reat  
Yeah.

0:19:15.400 --> 0:19:15.690  
Cristen Reat  
No.

0:19:15.140 --> 0:19:16.150  
NJ  
He's not gonna read any.

0:19:19.10 --> 0:19:19.400  
NJ  
Uh.

0:19:15.740 --> 0:19:26.470  
Cristen Reat  
So we're just trying to understand like the education piece is that, would that be a helpful part of a system or a tool like how much do you wanna know about why you're taking what you're taking?

0:19:30.610 --> 0:19:30.890  
Cristen Reat  
Sure.

0:19:26.800 --> 0:19:33.30  
NJ  
Umm, taking off the nurses hat and let's and let's pretend like I'm my husband.

0:19:33.40 --> 0:19:35.570  
NJ  
Just a caregiver and a parent or or right?

0:19:35.640 --> 0:19:35.880  
NJ  
Right.

0:19:35.270 --> 0:19:36.430  
Cristen Reat  
OK. Mm-hmm.

0:19:37.970 --> 0:19:57.620  
NJ  
He would want information, but it would need to be very condensed and to the point because and I think this is with several people, especially with elderly people, they're not going to read a whole bunch of information about, you know, side effects or, I mean, generally speaking, of course.

0:19:57.760 --> 0:19:58.100  
Cristen Reat  
Mm-hmm.

0:20:6.940 --> 0:20:7.100  
Cristen Reat  
Yeah.

0:19:57.930 --> 0:20:9.650  
NJ  
And so I think if there were just like bullet points, you know, this medication is for your blood pressure and don't take these foods with this medication.

0:20:10.530 --> 0:20:12.70  
NJ  
Can you know something?

0:20:12.80 --> 0:20:14.160  
NJ  
Just broad.

0:20:14.570 --> 0:20:19.50  
NJ  
That's the word for others, I think.

0:20:19.120 --> 0:20:19.360  
Cristen Reat  
Yeah.

0:20:19.110 --> 0:20:20.250  
NJ  
Or at yeah.

0:20:21.270 --> 0:20:30.220  
Cristen Reat  
So how important would it be for you in any of these roles as a caregiver or for yourself or or as a nurse?

0:20:30.270 --> 0:20:33.800  
Cristen Reat  
How important would it be for you to understand how many?

0:20:33.850 --> 0:20:38.790  
Cristen Reat  
How the medications are working or and or how the side effects are affecting you?

0:20:38.800 --> 0:20:52.290  
Cristen Reat  
And the question here is more on the terms of like like a scale and the best example I can give is is with the COVID vaccines right for anybody who registered with the National registry would get that little text message.

0:20:52.550 --> 0:20:52.720  
Cristen Reat  
Hey.

0:20:52.730 --> 0:20:53.840  
Cristen Reat  
Hey, how are you feeling?

0:20:55.200 --> 0:20:55.670  
NJ  
Umm.

0:20:53.850 --> 0:21:3.680  
Cristen Reat  
And they did a little, a little scale for you to say, you know, to track, to track side effects is would that be something important for you?

0:21:3.690 --> 0:21:7.600  
Cristen Reat  
Would that be something that you that would be helpful or just a distraction?

0:21:14.320 --> 0:21:15.390  
NJ  
As a nurse?

0:21:15.400 --> 0:21:16.0  
NJ  
Caregiver.

0:21:17.160 --> 0:21:19.550  
NJ  
Probably a distraction.

0:21:20.390 --> 0:21:20.620  
Cristen Reat  
Mm-hmm.

0:21:20.130 --> 0:21:21.200  
NJ  
Just a distraction.

0:21:22.160 --> 0:21:25.140  
NJ  
Umm yeah, yeah.

0:21:30.520 --> 0:21:30.680  
Cristen Reat  
OK.

0:21:28.850 --> 0:21:30.880  
NJ  
Yeah, yeah.

0:21:31.10 --> 0:21:34.240  
NJ  
If it's for me, if you know it's kind of weird.

0:21:34.250 --> 0:21:42.790  
NJ  
If, if it's a fact finding you know, like like you said, like you just mentioned, how are you feeling something like that?

0:21:42.890 --> 0:21:44.250  
NJ  
For me, that would be a distraction.

0:21:44.940 --> 0:21:50.820  
NJ  
Umm, but if it's information being provided to me, then that's not a distraction and that would welcome that.

0:21:51.550 --> 0:21:51.820  
Cristen Reat  
Mm-hmm.

0:21:52.970 --> 0:21:54.580  
NJ  
Yeah, that makes.

0:21:54.200 --> 0:21:54.670  
Cristen Reat  
OK.

0:22:1.850 --> 0:22:2.80  
NJ  
Umm.

0:21:54.750 --> 0:22:9.820  
Cristen Reat  
So kind of in the context also of of kind of let's say a medication as prescribed, you're taking it and then six weeks later or you know whether it's a virtual visit or in person, you've got to communicate back.

0:22:9.830 --> 0:22:11.620  
Cristen Reat  
Like, hey, how do you think this is working?

0:22:13.230 --> 0:22:13.860  
Cristen Reat  
You know what?

0:22:13.870 --> 0:22:19.350  
Cristen Reat  
It's some sort of tracking information or, you know, symptom tracker.

0:22:19.770 --> 0:22:19.960  
NJ  
Umm.

0:22:19.820 --> 0:22:20.190  
Cristen Reat  
Yeah.

0:22:20.200 --> 0:22:26.370  
Cristen Reat  
Be helpful in kind of reporting back to to understand how how the medication is working.

0:22:30.920 --> 0:22:31.490  
Cristen Reat  
Mm-hmm.

0:22:27.420 --> 0:22:32.990  
NJ  
If it's succinct, yes, you know, like like scale of 1 to 10, you know?

0:22:33.40 --> 0:22:33.690  
NJ  
Yeah.

0:22:31.530 --> 0:22:33.880  
Cristen Reat  
Got it. Yeah.

0:22:33.880 --> 0:22:35.210  
NJ  
Then yes, absolutely.

0:22:35.220 --> 0:22:41.410  
NJ  
Just something I can just quickly you know answer if it's gonna be a 10 question survey.

0:22:42.650 --> 0:22:44.210  
Cristen Reat  
Not really. OK.

0:22:41.500 --> 0:22:44.340  
NJ  
No, no, no, no.

0:22:45.60 --> 0:22:46.170  
NJ  
Excuse me one second, though.

0:22:46.180 --> 0:22:46.550  
NJ  
OK.

0:22:46.910 --> 0:22:47.130  
Cristen Reat  
Sure.

0:22:46.940 --> 0:22:48.360  
NJ  
I'm gonna tell Christy.

0:22:48.400 --> 0:22:48.870  
NJ  
Hey, Chris.

0:22:50.170 --> 0:22:52.180  
NJ  
Hey, Chris, can you?

0:22:52.190 --> 0:22:57.200  
NJ  
Uh, make sure that Kyle is brushing his teeth and washing his face and getting dressed.

0:22:57.590 --> 0:22:58.240  
NJ  
OK.

0:22:58.290 --> 0:22:59.320  
NJ  
OK, thanks.

0:22:59.890 --> 0:23:0.850  
NJ  
Alright, sorry about that.

0:23:0.900 --> 0:23:1.710  
Cristen Reat  
That's OK.

0:23:1.720 --> 0:23:3.320  
Cristen Reat  
No, I've got one more question.

0:23:3.730 --> 0:23:4.10  
NJ  
OK.

0:23:4.580 --> 0:23:8.880  
Cristen Reat  
This is the last one so and you may have already answered it.

0:23:8.890 --> 0:23:14.550  
Cristen Reat  
I don't know if you had a magic wand when it came to medication management in any of these roles.

0:23:14.820 --> 0:23:15.720  
Cristen Reat  
What would you do with it?

0:23:20.430 --> 0:23:25.320  
Cristen Reat  
If you could create your own perfect thing, what would you do with it?

0:23:24.230 --> 0:23:26.800  
NJ  
I would have umm.

0:23:30.360 --> 0:23:30.590  
NJ  
Umm.

0:23:32.350 --> 0:23:33.640  
NJ  
Well, two things came to mind.

0:23:35.30 --> 0:23:35.330  
Cristen Reat  
No.

0:23:34.30 --> 0:23:39.780  
NJ  
The first thing that came to mind was that I want somebody's calling calling back.

0:23:39.950 --> 0:23:50.640  
NJ  
I would have a robot ohm administered the medications on time and make sure that they took them, that that would.

0:23:50.650 --> 0:23:55.540  
NJ  
That would be ideal if I had a magic wand, but realistically a magic wand.

0:23:59.200 --> 0:24:1.10  
NJ  
I think I probably already answered it.

0:24:1.60 --> 0:24:5.210  
NJ  
It would just be some sort of tool that would just tell them.

0:24:5.340 --> 0:24:7.490  
NJ  
I thought that wouldn't tell me if they took it or not.

0:24:8.920 --> 0:24:11.750  
NJ  
Maybe I don't know if there were some tool.

0:24:12.780 --> 0:24:14.450  
NJ  
Ohh well OK.

0:24:14.460 --> 0:24:16.490  
NJ  
So maybe if the tool not only.

0:24:18.50 --> 0:24:19.270  
NJ  
Reminded them.

0:24:19.660 --> 0:24:23.310  
NJ  
Ohh that's what would work if the tool yes OK.

0:24:23.420 --> 0:24:33.210  
NJ  
If the tool reminded them to take the medication and then after they took the medication then they would have to do something, I don't know.

0:24:33.320 --> 0:24:35.990  
NJ  
Press a button to say taken you know.

0:24:36.920 --> 0:24:46.400  
NJ  
Umm, I think that would give me some peace to know that they've taken, although my mother probably would have pushed the button and said she took it and it didn't really take it.

0:24:47.390 --> 0:24:49.30  
Cristen Reat  
I want to hear more about the robot.

0:24:50.670 --> 0:24:52.280  
Cristen Reat  
Tell me about more about this robot.

0:24:53.670 --> 0:24:55.970  
NJ  
I need the robot to be able to go up the stairs.

0:24:56.610 --> 0:24:57.60  
NJ  
What?

0:24:57.640 --> 0:25:1.460  
NJ  
And then the medication stand there and make sure he takes it.

0:25:1.470 --> 0:25:6.910  
NJ  
And then come on back down or can go into a closet until it's time to come back out again.

0:25:8.480 --> 0:25:9.210  
Cristen Reat  
I love it.

0:25:10.470 --> 0:25:11.270  
NJ  
Yeah.

0:25:11.360 --> 0:25:12.670  
NJ  
Yeah, I think that's it.

0:25:12.270 --> 0:25:12.940  
Cristen Reat  
That's awesome.

0:25:12.950 --> 0:25:13.420  
Cristen Reat  
OK.

0:25:13.510 --> 0:25:20.660  
Cristen Reat  
That's all I have, except are the last thing is really if what didn't I ask you if is there anything else?

0:25:21.330 --> 0:25:22.800  
Cristen Reat  
Final final thoughts.

0:25:22.810 --> 0:25:27.70  
Cristen Reat  
Final comments or anything that I didn't ask you that you wish I had asked.

0:25:33.800 --> 0:25:36.760  
NJ  
Ohh no no.

0:25:43.410 --> 0:25:43.610  
Cristen Reat  
No.

0:25:40.540 --> 0:25:45.690  
NJ  
No, no, no, no, no, no, I don't think so.

0:25:45.760 --> 0:25:53.170  
NJ  
But what I would like to know though is if you would just keep me posted on the progress that you guys make.

0:25:53.180 --> 0:26:2.440  
NJ  
Like if you get, I'd love to know if you get the grant and then a year from now if y'all have developed your app or or or not.

0:26:2.500 --> 0:26:6.0  
NJ  
You know, just keep me posted on the progression cause that, yeah.

0:26:9.10 --> 0:26:9.220  
NJ  
OK.

0:26:5.840 --> 0:26:20.350  
Cristen Reat  
I will absolutely keep you posted and I am still offering the gift card if you for your time and really our plan would be umm, whether we get the grant or not.

0:26:21.110 --> 0:26:21.950  
Cristen Reat  
We're so committed.

0:26:24.560 --> 0:26:35.830  
Cristen Reat  
We're so committed to it at this point because we put so much work in and we feel so strongly and we've talked to and so many people that that were just committed to getting it done somehow.

0:26:36.260 --> 0:26:36.590  
NJ  
Ohh.

0:26:36.910 --> 0:26:43.880  
Cristen Reat  
So we may, we may just try to work with a corporate sponsor or we're really committed to it.

0:26:43.890 --> 0:26:47.200  
Cristen Reat  
So we do wanna circle back to let people know.

0:26:47.210 --> 0:26:53.300  
Cristen Reat  
First of all, the update and then eventually when we have what is called a minimum viable product.

0:26:53.330 --> 0:26:53.550  
NJ  
Mm-hmm.

0:26:59.430 --> 0:26:59.630  
NJ  
Mm-hmm.

0:26:53.530 --> 0:27:2.690  
Cristen Reat  
Meaning, like even just a like a map of how a tool would work that we wanted additional feedback on that.

0:27:2.700 --> 0:27:12.260  
Cristen Reat  
So if I could put a yes by your name that that it whether it's this fall or next spring or something, if you'd be willing to to answer more questions that would be ideal.

0:27:12.980 --> 0:27:14.420  
NJ  
Sure, sure, sure, sure.

0:27:14.580 --> 0:27:15.60  
Cristen Reat  
So.

0:27:14.640 --> 0:27:18.70  
NJ  
Yes, yes, I have all the time in the world.

0:27:19.190 --> 0:27:19.930  
Cristen Reat  
Look at you.

0:27:22.810 --> 0:27:23.450  
Cristen Reat  
I love it.

0:27:23.580 --> 0:27:23.820  
Cristen Reat  
No.

0:27:24.700 --> 0:27:26.130  
Cristen Reat  
Well, that's that's it.

0:27:26.140 --> 0:27:26.990  
Cristen Reat  
That's all.

0:27:25.430 --> 0:27:27.570  
NJ  
And OK, great.

0:27:27.580 --> 0:27:27.760  
NJ  
Great.

0:27:27.360 --> 0:27:28.730  
Cristen Reat  
That's all I've got.

0:27:28.890 --> 0:27:29.290  
NJ  
OK.

0:27:28.740 --> 0:27:31.270  
Cristen Reat  
And so thank you so much for your time.

0:27:31.280 --> 0:27:33.230  
Cristen Reat  
Please make sure to tell Chris Hello.

0:27:30.800 --> 0:27:34.630  
NJ  
That's absolutely I will.

0:27:34.440 --> 0:27:35.610  
Cristen Reat  
And Kyle hulett.

0:27:35.620 --> 0:27:36.600  
Cristen Reat  
Tellem, Vincent says.

0:27:36.610 --> 0:27:37.110  
Cristen Reat  
Hello.

0:27:37.360 --> 0:27:37.580  
NJ  
Uh.

0:27:37.120 --> 0:27:39.610  
Cristen Reat  
And then maybe at some point I'll see you in person.

0:27:40.180 --> 0:27:41.560  
NJ  
Yes, that would be great.

0:27:42.460 --> 0:27:42.930  
Cristen Reat  
OK.

0:27:42.940 --> 0:27:44.210  
Cristen Reat  
Thanks so much, Natalie.

0:27:41.630 --> 0:27:45.140  
NJ  
OK, alright. Of course.

0:27:45.150 --> 0:27:46.890  
NJ  
Take good care that.

0:27:45.920 --> 0:27:47.30  
Cristen Reat  
OK, you too.

0:27:47.40 --> 0:27:47.230  
Cristen Reat  
Bye bye.