

My wife keeps a water bottle with her now. She felt dizzy and lost consciousness one day while walking with me. I took her to the ER (emergency). According to the physician there, she was most likely dehydrated at the time. It was a hot day too. Since then, she's been reminding me to drink water every now and then and to carry a water bottle, just like her.



Being on the receiving end of nagging can certainly be irritating. However, it's often a sign that someone cares. I know she does.



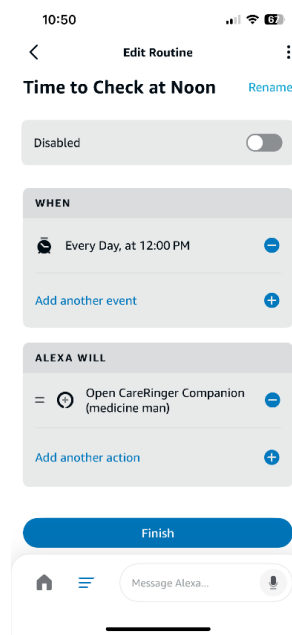
Recently, a friend shared a post suggesting that dehydration could be the cause for sudden mental confusion in elderly people, and could be mistaken as onset for memory loss. The fact is that people over 60 gradually stop feeling thirsty and start drinking less water, and it could become a problem over time. I noticed that in me. I also found myself quite unaware these days, not sure if it has anything to do with age. I want to make a conscious effort to drink more water from now on to stay hydrated.



To remind me of time to take my meds, I have been successful in using Alexa<sup>®</sup> to nag me. So, I use it to make sure I drink enough water every day. I just say "cancel now" to stop the nagging and it will stay silent until the next time. I still want to get my wife involved for her peace of mind, but only when I am not able to adhere to the habit of drinking about 60 oz. of water a day.

Since I can't be close by my Alexa every time it speaks to me, I added a smart light to remind me. It seems to work better. Still, if I tend to miss responding to the reminder, I expect my wife to get some sort of notification which I try to avoid.

If you think this application is for you, please contact me. Here is the Alexa Routine I setup for my Echo<sup>®</sup> device to do the nagging at noon. Just copy the routine for additional naggings at different times, and let me help you enable the CareRinger Skill (Medicine Man) to do the rest. That's all.



About me: Henry is a former-telecommunications professional, now attending to the needs of elderly people. For years, he has been teaching senior-friendly technologies in his local communities. He is an inventor and Founder of CareRinger Inc., and holds patents on methods that apply to his service. He is currently a Conejo Vally Senior Volunteer Program Advisory Board member and a former commissioner for the Council on Aging in the City of Thousand Oaks ('21-'23).



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