

## It's Done! App Helps Early-Stage Dementia Sufferers

A unique smartphone/tablet App called ***It's Done!*** is helping early-stage dementia sufferers remember whether they turned off the stove, locked the door, or took their medication. For those dealing with short term memory loss, the app instantly confirms the completion of everyday routine tasks. The app can even notify loved ones and caregivers that a task has been done. People with dementia who use a smartphone or tablet have found the ***It's Done!*** app offers new hope for improving their quality of life.

***It's Done!*** has received strong reviews from users coping with memory loss. One user wrote: "I cannot tell you how long I have been looking for an application just like this one. I have seen it in my mind many times and now it's a reality..." Another wrote: "Very cool. It is great for daily use, especially remembering those small details."

With the ***It's Done!*** app, users simply check-mark "Done" their routine everyday tasks (lock the door, turn off the stove, etc.). Later, when the uneasy thought occurs, "Did I remember to...?", ***It's Done!*** confirms whether the task is done. The need to re-check, second-guess, or worry is eliminated.

A potentially life-saving feature of the ***It's Done!*** app is its ability to automatically generate a text message or email to notify others when a task is done. So within seconds of taking a daily medication and check-marking ***It's Done!***, a loved one or caregiver immediately receives a text or email confirming it. While helping the user recall the completed task, ***It's Done!*** also assures others, reducing their need to call or worry.

The ***It's Done!*** app is designed with an intuitive interface that aids the memory process. Tasks first appear with an empty check-box and message "Task Awaiting Completion". When a task is check-marked done, a bright green check-mark appears with a "click" sound and phone vibration. These visual, audible, and tactile cues reinforce confirmation of each completed task. A timestamp automatically confirms when a task is done. Tasks performed multiple times in a day can be checked, unchecked, and checked again, with a new time stamp each time the task is completed. The app tracks the number of times a task is done and all completed tasks are stored in the app's history for review at any time.

***It's Done!*** also has a task reminder alert that notifies users at the appointed time, helpful for prescribed medication times, important phone calls, and other time-specific tasks.

***It's Done!*** is available for iPhone/iPad at the [iTunes AppStore](#) and for Android devices at [Google Play](#). It's also available for Kindle devices at [Amazon](#).

The ***It's Done!*** [website](#) provides detailed information about the app, User Guide videos, FAQ, and Customer Support.

The creator of the ***It's Done!*** app, Howard A.J. Lester, points to the vital public service the app provides. "Everyone forgets whether they did something every now and then," Lester said, "and, for those people, ***It's Done!*** is a fun and handy app for confirming stuff is done. But, for folks with memory loss due to



dementia, brain injury, or other medical conditions, this simple, yet vital, app can certainly improve their quality of life.”

And for their loved ones and care-givers? Lester says, “We believe ***It’s Done!*** can create real peace of mind for the caregivers and loved ones of those who suffer from short-term memory loss...just one more tool for helping everyone rest easy.”

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