



Larchmont Friends of the Family



November is National Family Caregivers Month, and **Larchmont Friends of the Family (LFOF)** would like to highlight their President of the Board of Directors, Tina Sadarangani.

In addition to her dedication to LFOF, Tina Sadarangani, PhD, ANP-BC, GNP-BC, is an NYU Professor, a board-certified geriatric nurse practitioner, and, most importantly, helping two aging parents - who would never admit they are aging - age successfully.

Despite her experience, keeping track of all the moving parts of Tina's parents' health has been overwhelming, which made her wonder how everyday people, with no training, do this on a regular basis. When doctors asked Tina for information during appointments, she would find herself digging through old text messages, and e-mails, or searching for pieces of paper. She knew there had to be a better way to track and share relevant information with doctors, family members, and aides.

That's why Tina leveraged her NIH-funded research to create **CareMobi**, an app that facilitates team-based communication for caregivers, by connecting caretakers, health providers, and adult centers all in one place. Tina spent hundreds upon hundreds of hours interviewing family members, doctors, and other caregivers of older adults to understand what challenges they face in coordinating care for their loved ones. She realized that people would not only benefit from easy-to-use technology to keep them organized, but they also needed practical advice to make them informed and activated caregivers. During this time, Tina also created **The Enlightened Caregiver** - a guide for practical tips on how to manage and coordinate health effectively. It is more than just a social media push, it's a movement to give family members -who

are the backbone of our healthcare system - the tools and advice they need to support successful aging.

For more information about CareMobi and The Enlightened Caregiver, please visit:

<https://nursing.nyu.edu/w/caremobi>

<https://www.instagram.com/enlightenedcaregiver/>

About Larchmont Friends of the Family (LFOF): Larchmont Friends of the Family is a local not-for-profit volunteer organization that has been actively and quietly helping families in our community for more than 20 years. Established by compassionate residents, the group offers practical and financial support to those who have been faced with a medical crisis or loss. We hope to bring back a sense of normalcy to family life in any way we can, and our door is always open. We are contacted privately through neighbors, friends, families, and the school district when someone in the community is in need and jump into action.