



Memoria

Your Memory Companion

User Manual

A companion app for families and carers
living with dementia and Alzheimer's

Version 1.3 — September 2026
myflaresa.co.za/memoria



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Welcome

Memoria helps you care for someone living with dementia or Alzheimer's. It does two things at once: it gives the person gentle, reassuring reminders of who is around them, and it gives you a simple place to write down how each day went.

It is built for the person doing the caring, usually a family member, often tired, often doing this alongside a job and a household. Nothing in it needs setting up more than once, and nothing needs a login.

What Memoria is not

- It is **not a medical device**. It does not diagnose anything, it does not score anything, and it never tells you whether a day was good or bad. It records what you observed, in your words, and shows it back to you.
- It is **not a monitoring system**. It does not track location, it does not listen, and it does not alert anyone automatically.
- It is **not a replacement for your care team**. It helps you tell them what has been happening, which is a different job.

Everything stays on the phone. Memoria has no accounts, no sign-in, and no server that sees your family's health information. Nothing you write is uploaded anywhere. Chapter 15 explains exactly what this means, including what happens when you choose to send an update to your family yourself.

The two sides of the app

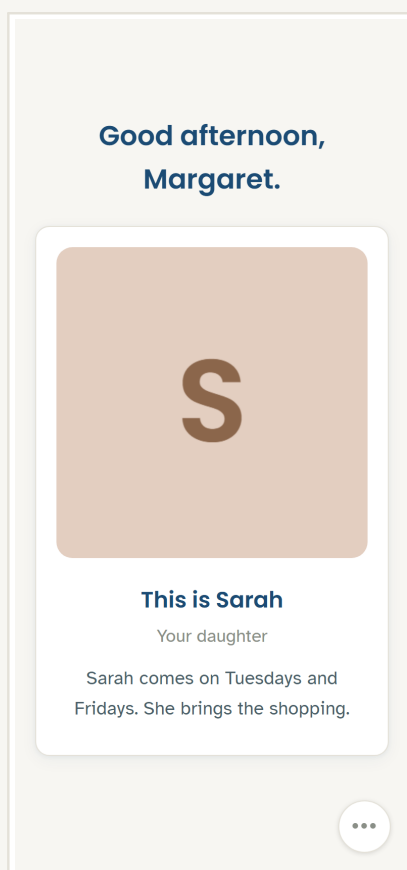
Memoria has two faces, and which one you see depends on who is holding the phone.

Patient Home

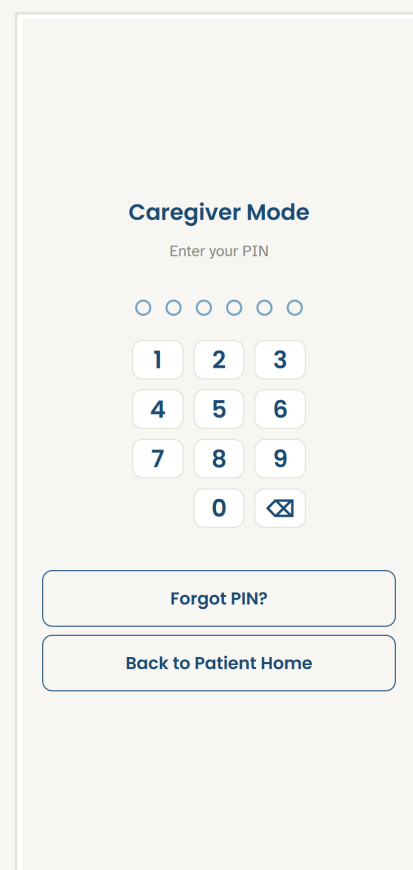
This is what the app always opens to — every single time, whatever was last on screen. It is deliberately almost empty: a greeting by name, and a card reminding the person who someone close to them is. There is nothing to get wrong and nothing to tap by accident.

Caregiver Mode

Everything else lives behind a PIN: the health log, medications, the reports, the settings. Tap the **⋮** button in the bottom corner of Patient Home, then **Caregiver access**, then enter your PIN.



Patient Home — what the person sees



Tap ⋮ to reach Caregiver access

Caregiver Mode returns to Patient Home on its own after a few minutes of inactivity, so the phone is never left sitting on your notes.

Setting up, once

The first time you open Memoria it asks for three things. This takes about two minutes and never happens again.

1. A caregiver PIN

Six digits, entered twice. This is what keeps the health log and the reports out of reach of anyone who picks up the phone — including, gently, the person you are caring for.

2. Your recovery phrase

Six words, shown once. **Write them down somewhere physical, away from the phone.** Because Memoria has no server and no account, there is no "forgot my PIN" email to send. This phrase is the only way back in.

Choosing a six-digit PIN

The recovery phrase — write it down

3. Who is setting this up

Your name and your relationship to the person, plus a short statement that you are doing this with their knowledge or as their next of kin. It is kept on the phone as an honest record of who configured it and on what basis.

Before we continue

A one-time record of who set this up, and on what basis — kept on this device only, not a legal document.

Your name

Your relationship to the patient

e.g. Daughter, professional caregiver, next of kin

- ☐ I am setting this up with the patient's knowledge, or as their legal representative/next of kin.

Continue

By continuing you agree to our [Terms of Use](#) and [Privacy Policy](#).

The one-time setup record

Memory Reminders

The cards on Patient Home are called Memory Reminders. Each one is a photo, a name, a relationship and a sentence in your own words — "Sarah comes on Tuesdays and Fridays. She brings the shopping."

You can add a voice recording to a card as well, so the person hears a familiar voice saying hello rather than only reading a name.

Adding and ordering cards

Caregiver Mode → **Memory Reminders**. Add a card for each person who matters day to day. You can reorder them, and you can choose whether Patient Home shows one card at a time in rotation or the whole set.

Reminder Cards auto-returns in 4:59

Health Log Medications How I'm Doing

Show

One card per day, rotating through ▾

S Sarah
Your daughter

↑ ↓ Edit

T Thabo
Your carer

↑ ↓ Edit

Add a card

Name

e.g. Sarah

Relationship

e.g. Your daughter

Caption (one line)

e.g. She visits every Sunday.

Memory Reminders in Caregiver Mode

The first time the app is opened each day it goes to the reminder cards automatically, before anything else. That is deliberate — it is the most reliable moment to reach someone, and it does not depend on notifications working on a particular phone.

The Health Log

This is where a day gets written down. It is built to be done in under a minute, standing in a kitchen.

Everything is a tap, not typing: hours of sleep and how it went, mood, any unsettled moments, whether there was sundowning, wandering or a fall, appetite, and which everyday things she managed herself.

The words are fixed on purpose

Mood is chosen from a short list — Sad, Withdrawn, Quiet, Happy — rather than a 1-to-5 scale. Memoria never turns a day into a number, because a number invites a judgement the app has no business making. Ticking two words is not "worse" than ticking one.

The screenshot shows the 'Health Log' app interface. At the top, there's a header with the app logo, the title 'Health Log', and a timer 'auto-returns in 4:59'. Below the header are three tabs: 'Health Log' (selected), 'Medications', and 'How I'm Doing'. The main content area is a form with the following sections:

- Day:** A date picker showing '2026/09/18' with a calendar icon.
- Sleep:** Two input fields: 'Hours' and 'Quality' (with a dropdown arrow).
- Mood — select any that apply:** Four buttons: 'Sad', 'Withdrawn', 'Quiet', and 'Happy'.
- Agitation — select any that apply:** Four buttons: 'Resistant to care', 'Raised voice', 'Pacing', and 'Restless'.
- Sundowning:** A checkbox labeled 'Occurred' and a dropdown menu labeled 'Time — select if known'.
- Wandering:** A section header with a dropdown menu below it.

The Health Log, set to today

Logging a day you missed

Change the **Day** field at the top. You can go back as far as you like; you cannot pick a day that has not happened yet. When you move off today, a note appears telling you which day is open and

whether anything is already recorded for it — so replacing an entry is never a surprise. The Save button names the day too.

The screenshot shows the 'Health Log' app interface. At the top, there's a header with the app logo, the title 'Health Log', and a status 'auto-returns in 4:59'. Below the header are three tabs: 'Health Log' (selected), 'Medications', and 'How I'm Doing'. The main content area has a light gray background. It starts with a disclaimer: 'A journal, not an assessment — nothing here is scored or interpreted.' Below this is a section titled 'Day' with a date input field showing '2026/09/16' and a calendar icon. An orange callout box states: 'You are editing Wed, 16 Sept 2026 — 2 days ago. Saving replaces what is already recorded for that day.' Below the callout is a 'Back to today' button. The 'Sleep' section has a numeric input for '7,5' and a dropdown menu set to 'Good'. The 'Mood — select any that apply' section has four buttons: 'Sad', 'Withdrawn', 'Quiet', and 'Happy' (which is selected). The 'Agitation — select any that apply' section has four buttons: 'Resistant to care', 'Raised voice', 'Pacing', and 'Restless'.

Filling in a day you missed

Use **Important notes** for something dated and specific, like a fall or an incident. For standing facts a clinician needs every time — allergies, "uses a walking stick indoors" — use Key Notes in My_Treatment (Chapter 8) instead, because those always appear in full on the report.

Medications

Two separate things live here: the list of what she is taking, and the daily record of what was actually taken.

The list

Name, dose, schedule, who prescribed it, and a photo of the packet if you want one — useful when someone else is covering for you and needs to know which box is which.

Memoria is a record-keeping tool. It holds no drug database, gives no dosing advice, and will never warn you about interactions. That is your pharmacist's job and your doctor's job, not an app's.

Ticking doses off

Each medication gets **Taken** or **Missed**. Tapping the one already showing clears it again, so a mis-tap is easy to undo.

The screenshot shows the 'Medications' app interface. At the top, there's a header with the app name 'Medications' and a status 'auto-returns in 4:59'. Below the header are three tabs: 'Health Log', 'Medications' (which is selected), and 'How I'm Doing'. The main content area is divided into two sections. The first section, titled 'Adherence', contains a 'Day' selector set to '2026/09/18'. Below this, there are two rows of medication tracking: 'Donepezil' and 'Memantine'. Each row has two buttons: 'Taken' and 'Missed'. The second section, titled 'Your medications', lists the medications with their details and actions. For 'Donepezil', it shows '10mg · One tablet at night' and has 'Edit' and 'Delete' buttons. For 'Memantine', it shows '20mg · One tablet each' and also has 'Edit' and 'Delete' buttons.

Adherence and the medication list

Ticking off a day you missed

The evening dose is the one most often forgotten — you are giving it at the end of a long day. Change the **Day** field and tick it off whenever you remember. This matters more than it looks: a dose that was given but never ticked reads as a *missed* dose on the report your doctor sees, and in the update your family reads.

 Medications

auto-returns in 4:58

Health Log

Medications

How I'm Doing

Record-keeping only — no dosing advice or interaction warnings.

Adherence

Day

2026/09/16

You are changing what is ticked off for Wed, 16 Sept 2026 — 2 days ago.

Back to today

Donepezil

Taken

Missed

Memantine

Taken

Missed

Your medications

Donepezil

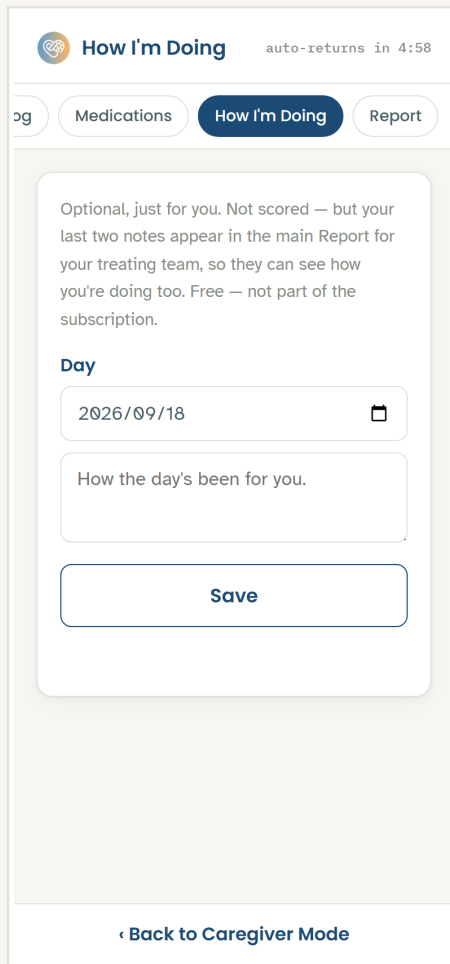
Recording doses for an earlier day

How I'm Doing — your own check-in

A short, optional note about how *you* are. Not the person you care for — you.

Caring for someone with dementia is relentless, and the people doing it are the ones least likely to be asked how they are coping. This is a place to say it in your own words. It is free, and stays free — it is not part of the subscription.

There is no scoring, no scale and no interpretation. You write a sentence; the app keeps it. You can write about an earlier day using the **Day** field, the same as everywhere else.



The screenshot shows the 'How I'm Doing' app interface. At the top, there's a header with the app logo, the title 'How I'm Doing', and a timer 'auto-returns in 4:58'. Below the header is a navigation bar with three buttons: 'Log', 'Medications', and 'How I'm Doing' (which is highlighted in dark blue), and a 'Report' button. The main content area is a light gray box containing a white card. The card has a paragraph of text: 'Optional, just for you. Not scored — but your last two notes appear in the main Report for your treating team, so they can see how you're doing too. Free — not part of the subscription.' Below this is a 'Day' label, followed by a date input field showing '2026/09/18' with a calendar icon. Underneath is a text input field with the placeholder 'How the day's been for you.' At the bottom of the card is a 'Save' button. Below the card, there is a 'Back to Caregiver Mode' link.

Your own check-in

Where these notes go. Your two most recent check-in notes *do* appear on the Full Report, so your treating team can see how the person caring is doing too. They are **never** included in a Family Update — see Chapter 9.

My_Treatment

A short standing summary of who this person is, medically, right now — written to be read in thirty seconds by a clinician or a paramedic who has never met her.

Diagnosis and date, known allergies, the care team with phone numbers, and a small Key Notes field for permanent facts that matter every time.

This is a snapshot, not a history. It has no dated entries of its own — that is what the Health Log is for. Keep it current and keep it short.


My_Treatment
auto-returns in 4:59

Health Log
Medications
How I'm Doing

A snapshot, not a history — who this person is, medically, right now. Answers what a clinician meeting them for the first time needs in under 30 seconds.

PATIENT — FREE, ALWAYS

Used for the greeting on Patient Home ("Good afternoon, [name].") — not part of the subscription.

Name

Date of birth (optional)



Save

TREATMENT SUMMARY

Diagnosis

My_Treatment

The Family Update

The question families ask most often is simply "how is she doing?" — usually from another city, sometimes another country. The Family Update answers it without you having to write the same message five times.

It builds a short, plain-language summary of the last week, fortnight or month: how she has been sleeping and eating, what her mood has been, which everyday things she managed, anything worth knowing about like a fall, and how the medicines have gone. You can add a note of your own at the top.

You send it — nothing is uploaded

Memoria does not host it anywhere and there is no link for anyone to log in to. Tap **Send to family** and your phone's normal share sheet opens: WhatsApp, email, a message, whatever you already use. You choose who gets it.

Family Update auto-returns in 4:59

Health Log Medications How I'm Doing

A short update about how things have been, in plain language, for the people who care about her but aren't here day to day. Nothing is uploaded and there is no account — you send it yourself, through WhatsApp, email, or whatever you already use.

Period

Last 14 days

A note from you — optional

e.g. She had a good week. We managed a walk on Sunday and she asked after you.

What to include

These start switched off. Leave them off unless you've decided the family should see them.

- ☐ Her diagnosis
- ☐ The notes you wrote about incidents
- ☐ The names of her medicines

Your own check-in notes from "How I'm Doing" are never part of this update. Those are yours, and they stay on this phone.

Choosing what to include

How Margaret has been

The last 14 days — 2026-09-05 to 2026-09-18

A note from Sarah Fourie

She had a settled week. We managed a walk on Sunday and she asked after you both.

Written down on 7 of the last 14 days.

Sleep

Usually about 6.5 hours a night shortest 5 hours, longest 8 hours

Nights poor on 2 days, fair on 2 days, described as good on 3 days

Mood

Happy 3 days

Quiet 2 days

Sad 1 day

Withdrawn 1 day

Unsettled moments

Pacing 1 day

The finished update, before sending

You see it in full before it goes

The whole update is on screen before there is anything to tap. A share sheet is a one-way door — there is no unsending a WhatsApp message to a family group — so read it once before the first send.

What is left out unless you ask

Three things start switched **off**: her diagnosis, the notes you wrote about incidents, and the names of her medicines. Tapping straight through sends the safest version. Switch them on only when you have decided this family should see them.

Your own check-in notes are never included. Not as an option, not by accident, not with every setting switched on. What you write in "How I'm Doing" is yours, and it stays on the phone.

The update also says how many days were actually written down — "written down on 7 of the last 14 days". Someone reading three entries should not assume there were three quiet days.

The Report and the Detailed Log

Two documents, for two different readers.

The Full Report

For the treating team, or for anyone who meets her cold — a first responder, a new nurse. Who she is, who to call, what she is taking, a chart of how the last weeks have gone, and your own recent check-in notes. Print it or save it as a PDF.


Report for your treating team
auto-returns in 4:59

log
Medications
How I'm Doing
Report

Generated on this device on 18/09/2026, 14:20:26. This is a caregiver-maintained record, not a diagnosis.

Margaret Fourie
85 years old · DOB 1941-03-02

Diagnosis Alzheimer's disease (diagnosed 2025-10-12)

Allergies Penicillin

Key notes Uses a walking stick indoors. Does not like being rushed in the mornings.

Caregiver contacts

Sarah Fourie — Daughter 082 555 0143

Thabo Nkosi — Day carer 071 555 0198

Care team

Dr N. Pillay — Neurologist 021 555 0110

The Full Report

The Detailed Log

The complete day-by-day history and the full medication record. Deliberately kept out of the main report — it is too much for a first read, and it is printed only when somebody actually wants to go through everything.

 **Detailed Log**

auto-returns in 4:59

Health Log

Medications

How I'm Doing

Full day-by-day records — not part of the main Report your treating team sees by default. Print this only if someone specifically needs the deeper detail.

Generated on this device on 18/09/2026, 14:20:28. Detailed log — full day-by-day records, for deeper review only. Not the summary report for your treating team; see the main Report screen for that.

Full health log

2026-09-11

Sleep: 7h (good) · Mood: Happy · Appetite: normal · Daily activities: 4 of 4 completed

2026-09-12

Sleep: 5.5h (poor) · Mood: Sad · Agitation: Restless · Wandering noted: Paced indoors · Appetite: low · Daily activities: 3 of 4 completed

2026-09-13

Sleep: 6.5h (fair) · Mood: Quiet · Appetite: normal · Daily activities: 4 of 4 completed

The Detailed Log

Nothing in either document scores or interprets anything. The charts plot what you recorded and nothing more. Any conclusion drawn from them is the clinician's, not the app's.

The “If Found” wallpaper

A lock-screen wallpaper carrying a contact number and a short line, so someone who finds her can help without needing to unlock the phone.

Type the number and the message, pick the size that matches the phone, and Memoria generates an image to save and set as the lock screen in the phone's own settings.

The screenshot shows the 'If Found Wallpaper' app interface. At the top, there's a logo and the text 'If Found Wallpaper'. To the right, it says 'auto-returns in 4:59'. Below this are three tabs: 'Health Log', 'Medications', and 'How I'm Doing'. The main content area has a text block explaining that no app can set the lock screen directly, so it generates an image to be shared with the phone's wallpaper setter. Below this are several input fields: 'Phone number' with the value '082 555 0143', 'Note' with the text 'If I seem lost, please call my daughter.', 'Photo (optional)' with a 'Choose File' button and 'No file chosen' text, and 'Screen resolution' with a dropdown menu. At the bottom, there's a preview of the generated wallpaper showing the text 'If found, please call: 082 555 0143' on a dark blue background.

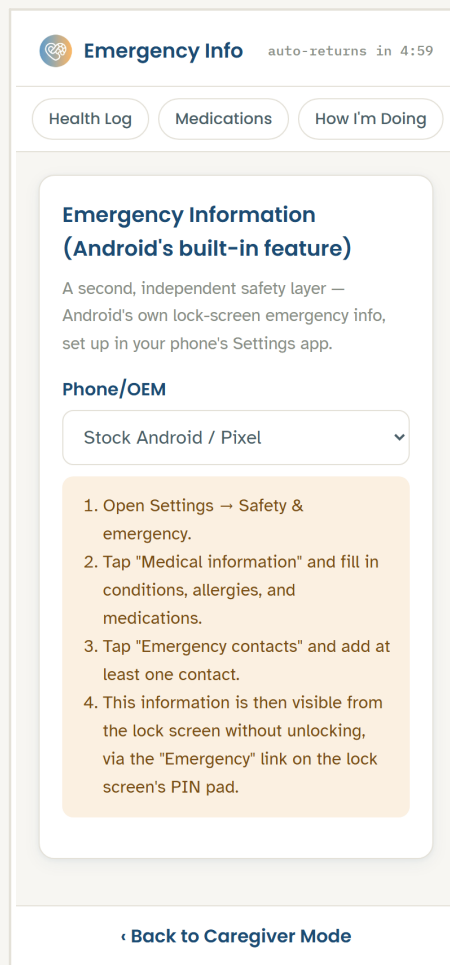
Making the wallpaper

Naming a condition on a lock screen is a real trade-off, and some families rightly refuse it. You do not have to. "If I seem lost, please call my daughter" works perfectly well and says nothing medical.

Emergency Info on the phone itself

Every modern phone has its own emergency details screen, reachable from the lock screen without a PIN. It is the first place paramedics look, and it is usually empty.

Memoria cannot fill it in for you — no app can — so this screen walks you through doing it yourself, with the steps for the common Android phones.

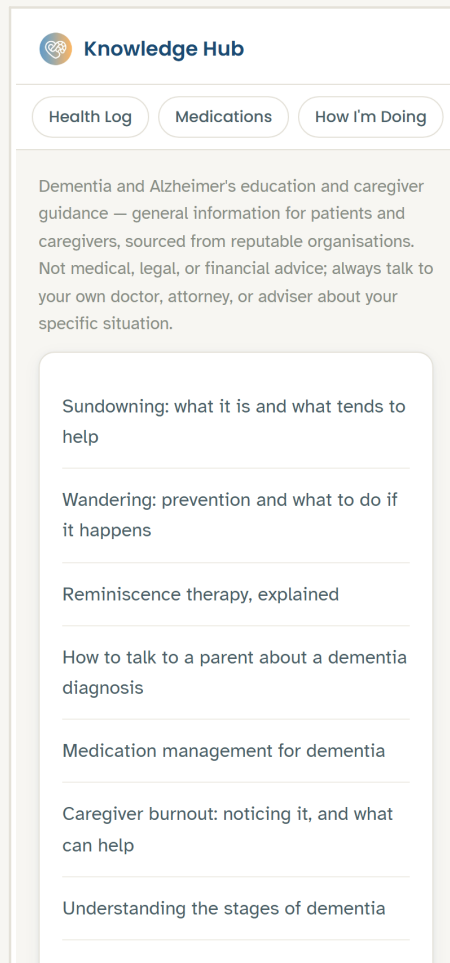


Step-by-step for your phone

Knowledge Hub

Plain-language guidance on the things that actually come up: sundowning, wandering, refusing care, repeated questions, driving, and looking after yourself.

Each article says where its information comes from. It is free, and it works offline like the rest of the app.



The Knowledge Hub

Backup and Restore

Because nothing is stored on a server, **the backup file is the only copy**. If the phone is lost or replaced and you have never exported one, the record is gone. This is the most important page in this manual.

Making a backup

Choose a passphrase and tap Export. You get one encrypted file containing everything — the log, medications, photos, voice recordings, all of it. Save it somewhere that is not the phone: a computer, a cloud drive, an emailed copy to yourself.

Backup & Restore auto-returns in 4:59

Health Log Medications How I'm Doing

Everything below is exercising the real IndexedDB + AES-GCM pipeline built in APP-1 — this is not a mock.

Passphrase

Export encrypted backup

Restore from file

Choose File No file chosen

Passphrase

Restore backup

[Back to Caregiver Mode](#)

Backup and Restore

The passphrase is not recoverable. It is not stored anywhere, on the phone or otherwise, and without it the backup file cannot be opened by anyone — including us. Keep it with your recovery phrase.

Restoring

Install Memoria on the new phone, open Backup & Restore, choose the file and enter the passphrase. Everything comes back as it was.

Do this monthly. Put a reminder in your own phone's calendar.

Your privacy, precisely

Most apps that say "we take your privacy seriously" mean they have a policy. Memoria means something narrower and more checkable: there is no server to send anything to.

What this actually means

- There is **no account**. You never give an email address or a password.
- The health log, medications, photos and recordings live in the phone's own storage. They are not uploaded, synced or backed up to us, because there is no "us" to upload them to.
- Nobody else can log in and look. Not another family member, not your doctor, not the people who made the app.
- It works fully offline, including in aeroplane mode.

The three times information leaves the phone

All three are things **you** do deliberately, and nothing happens on its own:

- **You export a backup.** The file goes wherever you save it, encrypted with your passphrase.
- **You print or save a report.** It goes to your printer or your files.
- **You send a Family Update.** It goes to whoever you pick in the share sheet. Once sent it lives in that conversation — in a WhatsApp group, on their phone, forwarded onward if they choose. That is outside the app's control, and worth a thought before you send to a large group.

The trade-off is honest and worth stating plainly: because nothing is on a server, nothing can be breached, subpoenaed or sold — and nothing can be recovered for you if the phone is lost and you have no backup. Chapter 14 is the other half of this page.

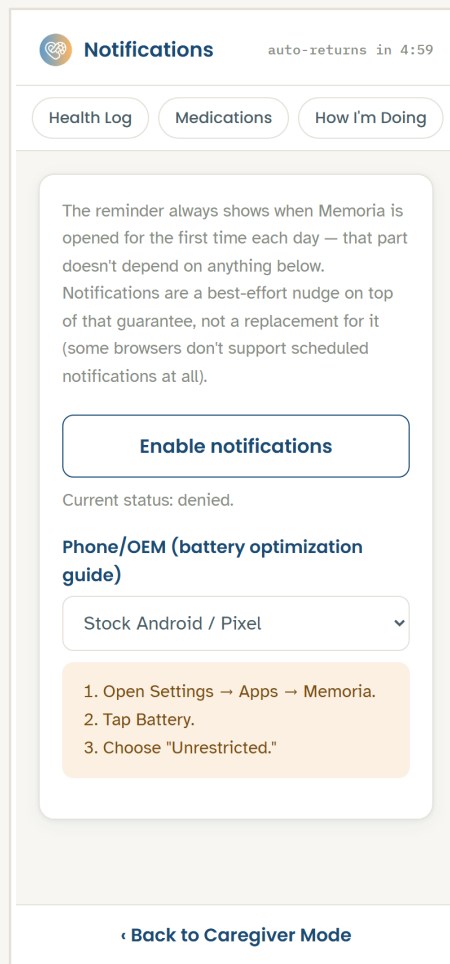
If something goes wrong

I have forgotten my PIN

Tap **Forgot PIN?** on the PIN screen and enter your six-word recovery phrase. If you no longer have it, the data on that phone cannot be reached — there is no reset we can perform from our side. Restore from your most recent backup onto a fresh install.

A reminder did not appear

Notification timing is controlled by the phone, and some makes are aggressive about shutting apps down in the background. Caregiver Mode → **Notifications** has the settings to check for your phone. The app does not rely on notifications alone: opening it for the first time each day goes to the reminder cards anyway.



Notification and battery settings

The app looks out of date

Caregiver Mode → Settings → **Check for updates**. It compares what is running against what is published and offers to reload.

Something is not working properly

Caregiver Mode → Settings → **Diagnostics** keeps a technical log on the phone. Nothing is sent automatically — you can read the whole thing first, then choose to share it if you are asking for help.

Getting in touch

myflaresa.co.za/memoria

Memoria is a record-keeping and reminder tool. It is not a medical device and does not provide medical advice, diagnosis or treatment. Always speak to a qualified healthcare professional about the care of the person you look after.