



## **Technology for Senior Safety**

Is your senior loved one living at home alone or with a partner? Even the most physically fit or cognitively strong senior can be at a higher risk for dangerous situations at home, from falling to medication mismanagement. Fortunately, as with many things in life these days, there are plenty of technology options for you to consider using as a safeguard for your loved one's independence. Here are just a few of our favorite ways to use technology to keep seniors at home, no matter where that may be, safely.



### ***Cognitive Exercises***

It has been proven that when it comes to memory and judgment, seniors who don't "use it" often "lose it." Fortunately, there are plenty of fun ways to give your brain a workout, and most you can do online or on your phone. Try the AARP Staying Sharp website for games geared towards brain health, or download an app like Lumosity or CogniFit Brain Fitness for games you can play on the go.

### ***Medication Management Applications***

Seniors are often taking a variety of medications, both prescribed and over the counter, which can lead to cases of medication mistakes. For seniors, a medication mistake can have serious consequences. Keep your loved one on track with taking the right medications at the right time by using a medication management app on a phone or tablet. Apps like the MediSafe Meds & Pill Reminder help seniors remember to take medications and even has a family alert feature in case of a missed dose.

### ***Reliable Information***

One of the best aspects of technology when it comes to senior safety is the access you, and your loved one, have to the latest research. Keep the Alzheimer's Association on your web browser for reliable information about cognitive loss, or check your app store for the American Heart Association's app How to Spot a Stroke FAST. Just be sure that as you download information and applications, that you only work with reputable organizations that give correct information.

### ***Caregiver Education***

Finally, technology not only gives you information and interventions to keep your senior loved one safe, it also gives reliable information to professional caregivers who serve seniors in their homes.

Here at [Visiting Angels](#), we utilize the AlzBetter system, technology that gives our caregivers interventions and ideas on how to serve clients with memory loss and judgement concerns. We love using technology to serve our caregivers and our clients.

If you are concerned that your loved one is not safe at home, or if you are struggling with knowing what to do next, we would love to come alongside you during this time. [Our caregivers](#) are well trained and ready to keep your loved one safe in their home, no matter where that may be. We can provide a variety of services that will give you peace of mind and will keep your senior loved one safe; give us a call to tell us more about your situation. We will develop a plan together.

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