



# Technology Allows Seniors To Live Safely at Home

By Canan Sonuk, AUXILIO – Home Aide

**A growing population of seniors with longer life expectancies means there is an increased demand for products to help alleviate mobility issues. Using technology to improve elder care is rapidly being embraced by boomers and their loved ones.**

Seniors are enjoying an active lifestyle while turning to state-of-the-art devices. However, seniors and their loved ones are sometimes overwhelmed with so many new options, i.e., which product fits better with their lifestyle?

As many as 90 percent of elderly say they want to remain in their own home and community– not only independently but also safely and comfortably regardless of their age, income and ability level.

Children of aging parents worry if mom or dad or even their grandparent is going to trip and fall, leave the stove on or forget to take their medication.

Many organizations are encouraging local communities around the world to host events and competitions for new, innovative products and services that promise to improve the lives of older adults. Some are working to revolutionize the way neurological disorders are screened and diagnosed. While others are participating in groundbreaking trials to cure and/or treat dementia.

Gadgets and apps remind seniors to take their medication and let others know if they don't. Technology is also allowing people to keep an eye on older family members as families spread out geographically.

New technologies enabling seniors to maintain independence include: monitoring services, TV-based caregiving platforms, automated medication dispensing systems, personal emergency response system, big button phones, health tracking gadgets, temperature-activated flow

reducers and home security systems. Other systems go one step further, using video or wireless networks to automatically detect when a person has fallen and alert first responders.

Technology is not only making it possible for many to live in their own home longer and safer but also keeping them connected socially via Facebook and Skype. Technology is helping seniors pursue their dreams to the fullest.

Technology will continue to play an important role of helping our seniors but help from caregivers remains an essential role for many.

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