How Technology Can Help with Remote Senior Care

With an ever-growing older population and increased cost of assisted living residences, many seniors are opting to remain in their homes for as long as possible. This practice of "aging in place" boosts senior vitality and dignity by permitting them to live their daily lives with as little interruption as possible. [Aging in place](#) is appropriate for older adults whose needs are met through monitoring and the use of visiting assistance.

One might think than an aging-in-place scenario requires family to become much more involved in caring for seniors, such as an adult child acting as the primary caregiver for their parent, but new technologies allow ways to remotely monitor and care. These technologies are needed because the [majority](#) of homes in the United States are at least partially inappropriate for aging in place. Rather than move seniors to homes they might not want or be able to afford, remote caregivers can rest knowing that their parents or loved ones are safe and secure.

Technology Connects Seniors with Loved Ones

Apps and devices connect our society, and senior generations have embraced tablet devices for entertainment and communication. Grandparents video chat with younger generations and share photos on social media. Location sharing on Apple and Android smartphones allow family members to know each other's location for safety and security. Most families can easily

incorporate existing communication and computing tools to establish a simple level of monitoring. For example, a senior's Apple iOS device can be configured to share location with an adult child, and daily video chats can be scheduled as part of a routine.

Adding Monitoring Levels

There are limitations with smartphone location services. An older adult could forget to take their phone with them on a walk or trip to the store with a friend. In this scenario, a remotely monitoring caretaker might falsely believe that their parent is sitting at home. A home video monitoring system provides a more accurate picture of a love one's whereabouts. Video cameras can be setup discreetly and in a manner to protect a senior's privacy while still providing information on where the senior is and who may be visiting them. These systems have the added ability to thwart anyone who might be looking to scam or take advantage of the resident. The video from these systems is remotely accessible and stored in the cloud for access from anywhere. Many systems also allow two-way paging through monitoring cameras, which can be useful in situations where immediate communication is necessary.

Remote Monitoring with Hospital Inspiration

Some new products take the idea of hospital remote monitoring, which has been around for many years, and apply it directly to aging in place seniors. Healthsense provides a whole-house sensing solution for seniors who live alone. This system monitors for falls, wandering, missed medications, and more.

Caretaker Apps

There are also simple solutions for caretakers to manage senior care. Some of these apps work like project management collaboration tools, allowing siblings to collect health information and to be on the same page when it comes to appointments.

Other Technologies and Services

Our increased interconnectedness has also opened doors to conveniences in aging in place services. Care providers can be found through several online portals, as well as services around the home, such as dog walking, snow shoveling, and lawn mowing.

More than ever, it is possible to allow seniors to continue to live their lives independently while still easing concerns of adult children who cannot provide daily in-person care.

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