Safety First
Technology for navigation, falls, and safety at home and on-the-go

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TECH LAB @ THE MEMORY HUB

Disclaimer

- Carolyn Parsey does not endorse, nor does she receive any reciprocity for, the products in this presentation

- Products mentioned are provided as examples only

Today's Road Map

What is a "Wearable"?

Smart Watches

GPS and Navigation

Q&A

Smart Tags

Apps and Tips for Findings Misplaced Items

Q&A

What is "Wearable Technology"?

A **Wearable** is any item that you wear that acquires or provides data
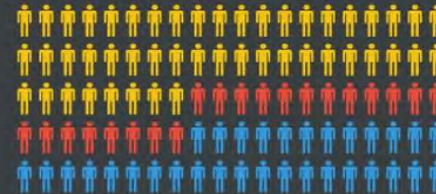
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Rise in Wearable Use in Older Adults

- 3-5 million Americans age 65+ own an Apple Watch

- Older adults are report most interest in wearables for:
  - Health monitoring and management (e.g., blood pressure, heart rate, diabetes/blood glucose)
  - Activity monitoring (e.g., step count, exercise, sleep)
  - Safety (e.g., emergency calls, fall detection)

US Adult Smart Wearable Users
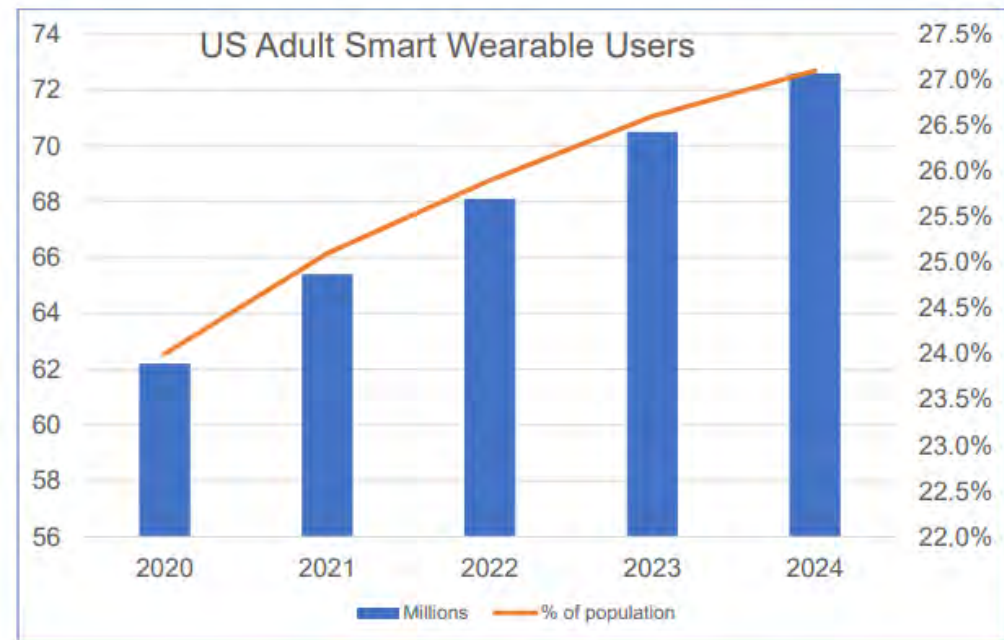
Figure 1 US Adult Smart Wearable Users 2020-2024   **Source: eMarketer**

Orlov, 2021   Aging and Health Technology Watch

Rise in Wearable Use in Older Adults

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  - Largest market growth in 2019-2020

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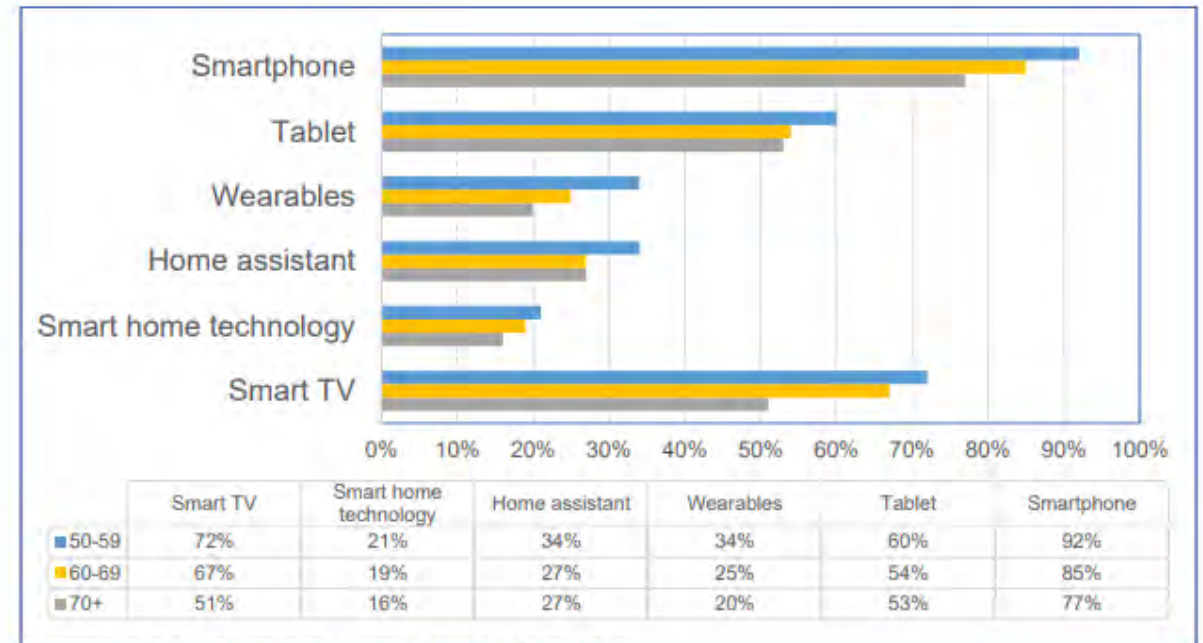 - Safety (e.g., emergency calls, fall detection)

	Smart TV	Smart home technology	Home assistant	Wearables	Tablet	Smartphone
50-59	72%	21%	34%	34%	60%	92%
60-69	67%	19%	27%	25%	54%	85%
70+	51%	16%	27%	20%	53%	77%

Figure 5 AARP Device Ownership 2021 by Age

Common Wearables

| Type of Device	What It Does	Examples
Smart Watch	Watch, Email, Texting, Activity Monitoring, Health Metrics	Apple Watch, Samsung , FitBit
Fitness Tracker	Step counting, heart rate, exercise tracking	FitBit One, Vivo, Amazon Halo
Sleep Tracker	Sleep duration and quality	FitBit Versa
Medical Grade Monitors	Chronic health condition monitoring	FreeStyle Libre (diabetes), Omron HeartGuide
Medical Alert & Personal Emergency Response	Emergency alerts, calls, fall detection	Medical Guardian, Lively

Smart Watches and Capabilities

- Cellphone calls and texting

- Health metrics (heart rate, step count)

- Weather

- E-mail alerts

- Calendar systems and notifications

- Can connect and sync to Smart Phone

Smart Watches – Emergency Alerts

- Several watches have built-in fall detection software
  - Apple Watch
  - Google Pixel Watch
  - Samsung Galaxy Watch
  - FitBit (Versa and Ionic versions)

- Many fall detection programs are turned off as a default and have to be turned on through the watch or smartphone
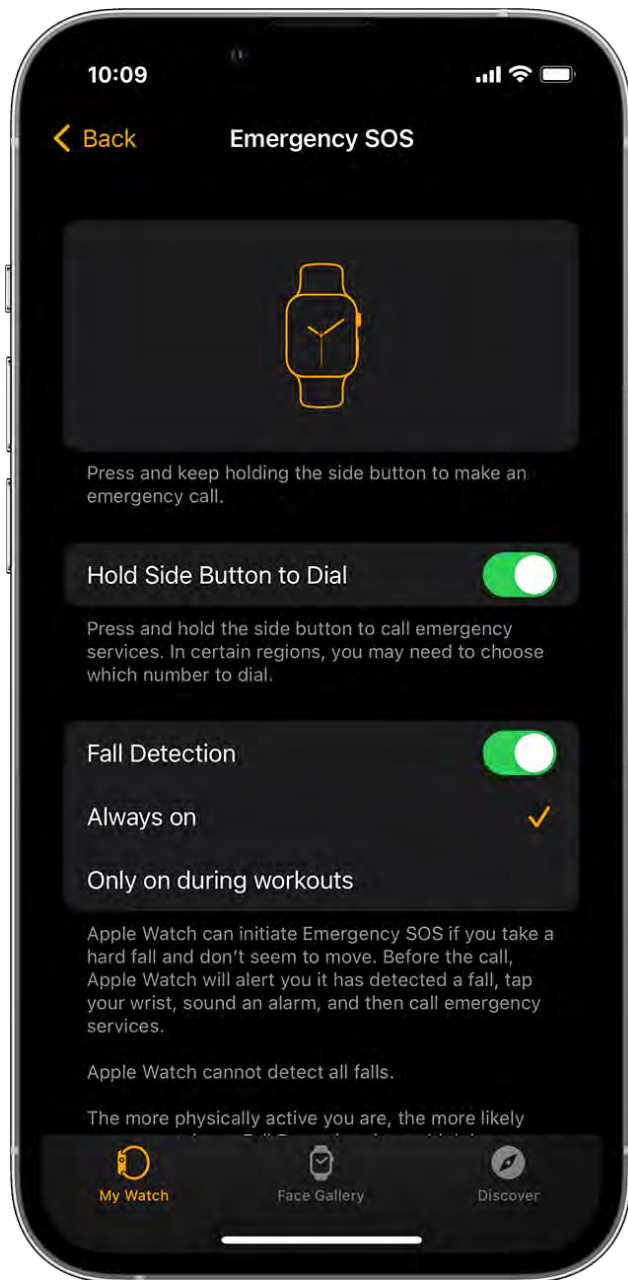
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Other Wearables and Apps for Fall Detection

- Monthly plans for emergency calls

- Home-Based Systems
  - Lanyard or wristband that connects to a landline or cell network

- On-The-Go
  - Connect to SmartPhone (Android, iPhone)
  - Wristband with only fall detection
  - Lanyards with alert buttons

- Examples: Medical Guardian, Lifeline, Medical Alert, Bay Alarm Medical

- 3rd Party Apps for Older Phones
  - iMedAlert, Philips Lifeline, FallSafety

Other Wearables and Apps for Fall Detection

More Information and Product Comparisons:

National Council on Aging (NCOA)
https://www.ncoa.org/adviser/medical-alert-systems/best-medical-alert-systems-fall-detection/

Table 1 The best medical alert systems with fall detection

Brand	Starting monthly fee	Range from base unit (at-home systems)	Connection type	Battery life (on-the-go systems)	Fall detection cost	Warra for no wear tear
Medical Guardian	$30	1,300–1,400 feet	Landline, AT&T or Verizon cellular	5 days	$10 per month	No
Lifeline	$30	800 feet	Landline, AT&T cellular	5 days	Included in price	No
Bay Alarm Medical	$25	1,000 feet	Landline, AT&T or Verizon cellular	6–18 hours (smartwatch)	$10 per month	Yes
LifeFone	$30	1,300 feet	Landline, AT&T or Verizon cellular	30 days	$5 per month for most systems	Yes
Medical Alert	$20	800 feet	Landline, AT&T cellular	5 days	$10 per month	No

Wearable Technology for Navigation

- Stand-alone devices with GPS
  - Wear like a pedometer or put in a purse
  - Monitor location through an app
  - Examples: Tracki, JioBot

- Apps in SmartPhone for tracking location
  - iPhone: "Location Services" for specific apps to have precise location
  - Can share location on a route through Google Maps

- Smart Watch Apps
  - Apple Watch, FitBit, Galaxy Watch all have settings for precise location
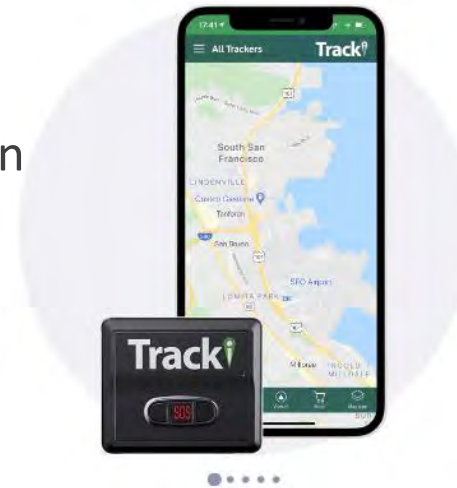
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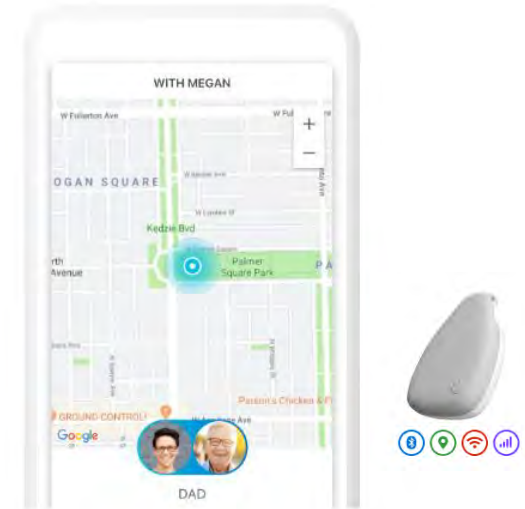
JioBot

Invite others to help give care

Add people to your Care Team, and they will get the same alerts and tracking capabilities.

Wearable Technology for Navigation

Using "Location Sharing" on your Smart Phone

Tutorial for Google Maps:

https://www.pcmag.com/how-to/how-to-share-your-location-in-google-maps
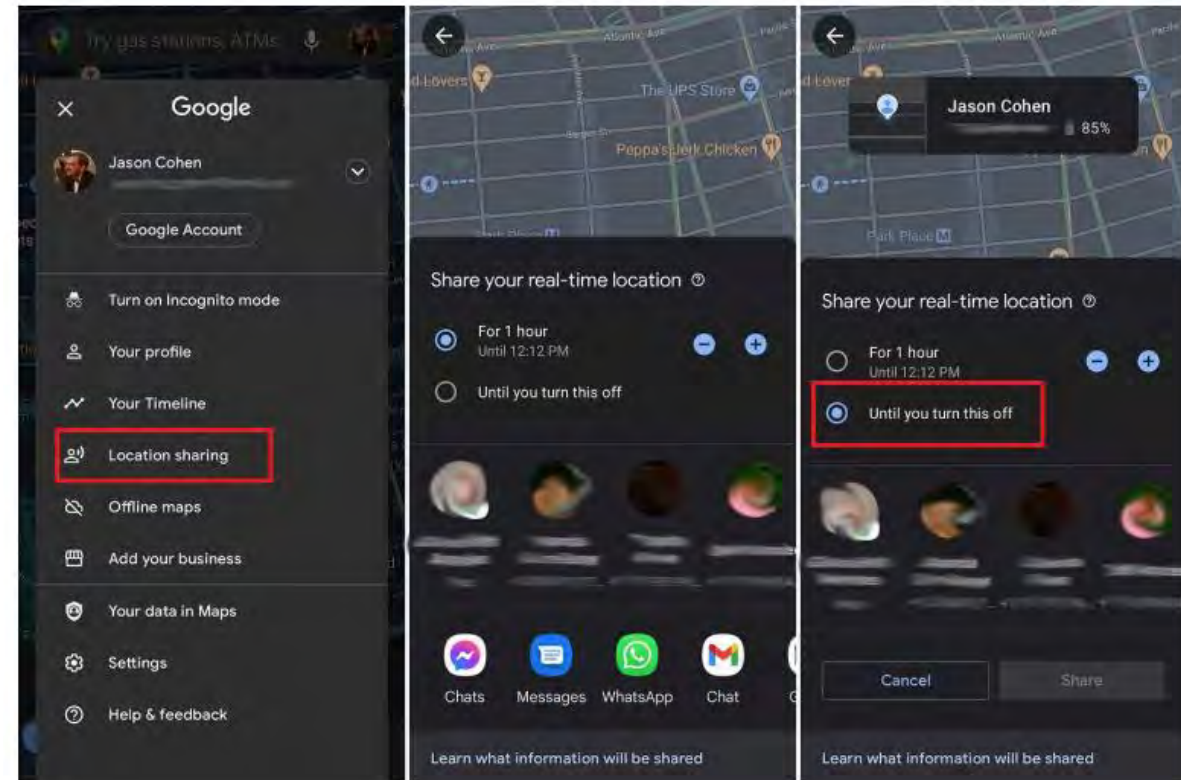
Wearable Technology for Navigation

Share your "ETA" with others in real time

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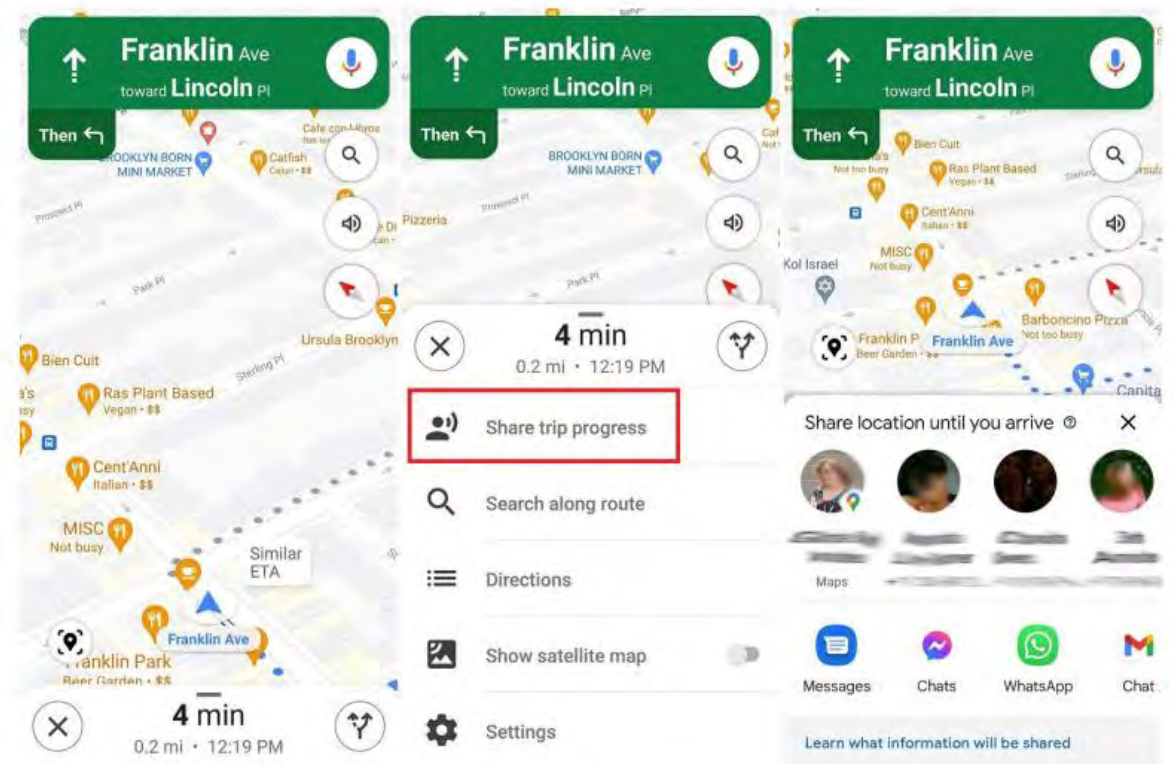
Questions about Smart Watches or GPS Trackers?

Smart Tags for Misplaced Items

- Smart Tags are attached to items in case they are misplaced

- Small, battery powered, Bluetooth signal

- Put them on your wallet, purse, backpack, luggage

- Connect to your Smart Phone or website to find them

- Not meant to track people
  - "Ping" is slower to upload, can be delayed
  - Location not as precise

Examples of Smart Tags for **Items**

Apple AirTag
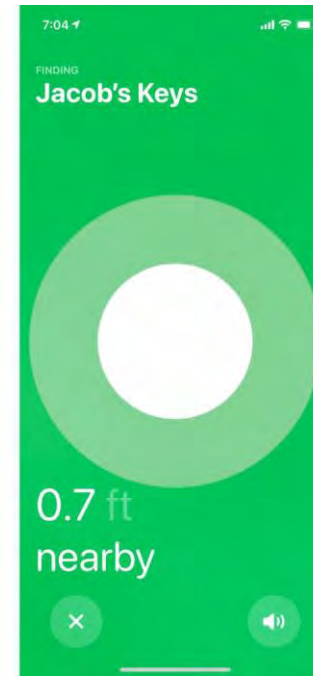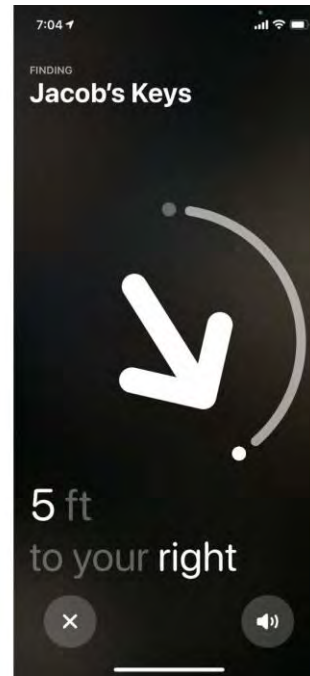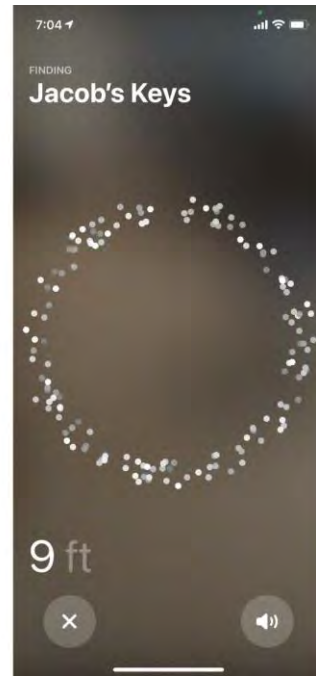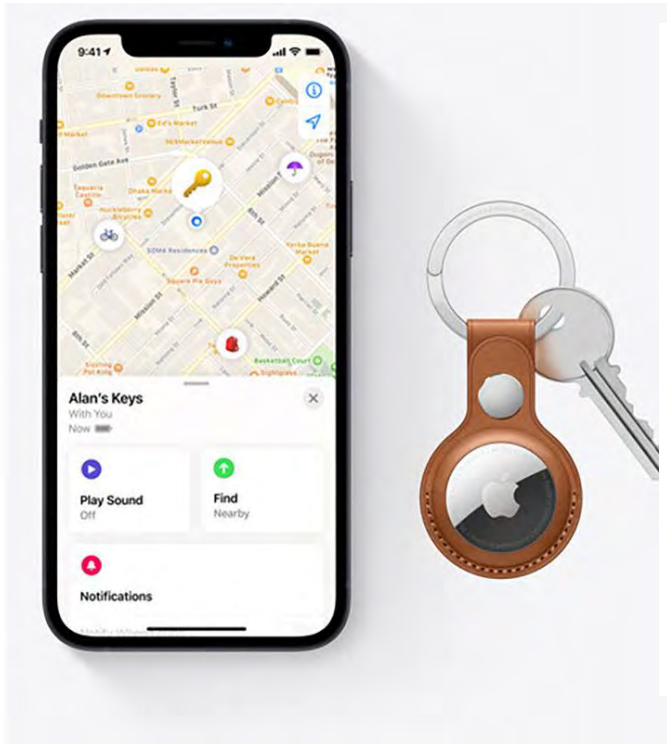
Tile
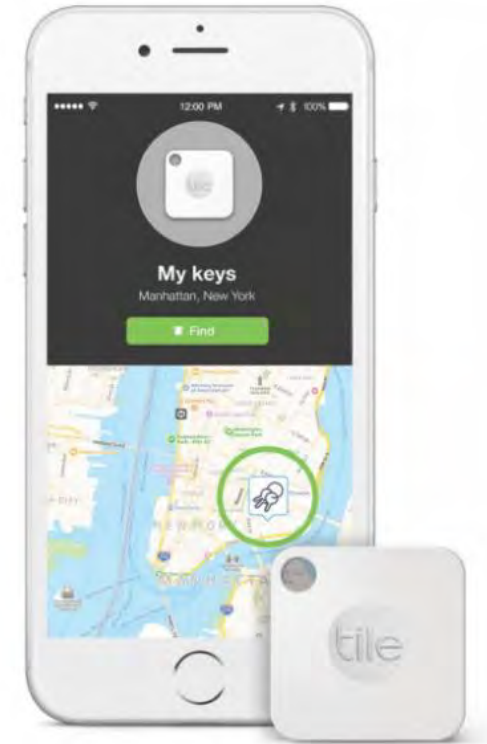
Smart Phone Software for Missing Items

- iPhone "Find My" Network
  - Find one of your registered Apple devices (iPhone, iPad, Apple Watch)
  - Find another family member's device through "Family Sharing" group
    - More information here: https://support.apple.com/en-us/HT201087
  - Tutorial for using "Find My": https://support.apple.com/guide/icloud/find-my-iphone-on-icloudcom-overview-mm6b1aa045/icloud

- Samsung "Find My Mobile"   https://findmymobile.samsung.com/
  - Tutorial: https://www.youtube.com/watch?v=gFv1qwE2OmY

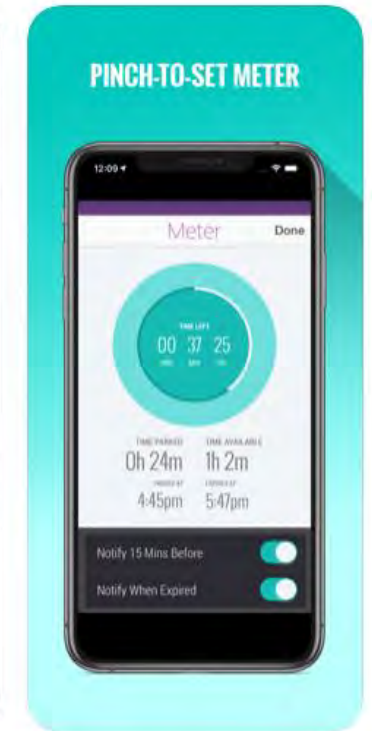- Google: "Find My Device"   https://www.google.com/android/find

"Darn it, where did I park?"

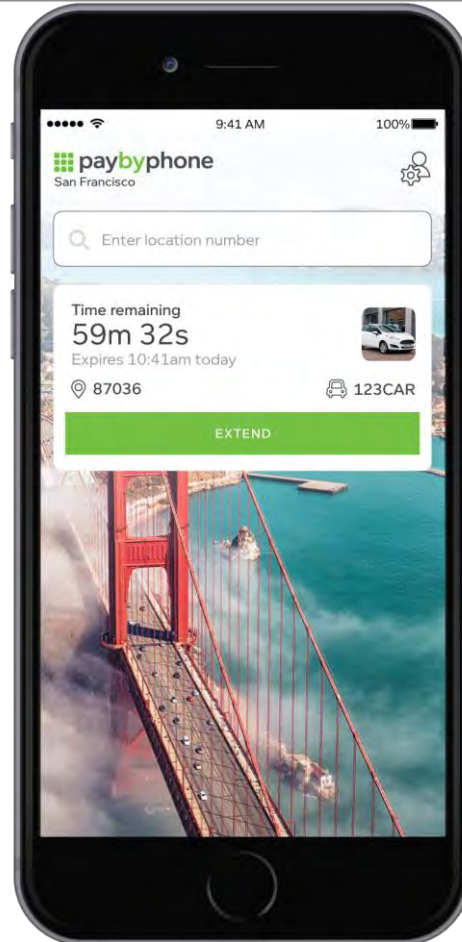- Parking Apps
  - ParKing
  - Parking Pin

- Pay By Phone
  - Most of King County area
  - Has pin drop map and countdown for meter

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Phone Apps for Transportation

- **Uber, Lyft**
  - Can pre-pay rides safely and securely
- **Go Go Grandparent**
  - Uber and Lyft without an app
- **Moovit**
  - Public transportation with ride alerts

Questions?