

# Technology: Must Haves for Seniors



*For seniors living independently, to enhance safety, convenience, and connectivity*

## Wireless Internet Service:



It may sound basic, but there are a fair amount of seniors who don't realize how important it is and how it is the foundation for so many other technology must haves.

## Smartphone or Tablet:

User-friendly devices with large screens are designed specifically for seniors to make calls, browse the internet, or use apps with ease. Many of the features listed below are available through a smartphone.



## Medical Alert Systems:

Devices like Life Alert offer one-touch emergency response systems. They are ideal for seniors who live alone and provide peace of mind for both the individual and their families.



## Wearable Fitness Trackers:



These devices monitor heart rate, activity levels, and sleep patterns. Many models also include fall detection and emergency response features.

## Fall Detection Sensors:



Smart floor mats and ceiling-mounted sensors detect falls and notify emergency contacts or caregivers immediately

## Medication Management Devices:

Pill dispensers provide automatic alerts and dispense the correct dosage of medications at the right time, reducing the risk of missed or incorrect doses.



## Video Calling Platforms:

Apps like Zoom, Skype, or FaceTime keep seniors connected with family and friends, reducing loneliness and fostering social interaction.



## Home Security Systems:



Smart security solutions like Ring or SimpliSafe provide video doorbells, motion detectors, and emergency alerts, ensuring the safety of seniors in their homes.

## Hearing Assistance Devices:



Modern hearing aids are trending smaller and smaller and feature Bluetooth connectivity, allowing seniors to stream calls or media directly to their devices.

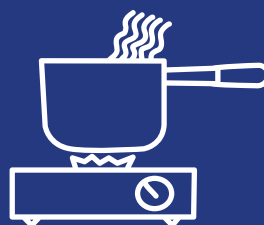
## GPS Tracking Devices:

Wearable GPS trackers are useful for seniors who may wander, offering family members peace of mind and ensuring quick location tracking if needed.



## Home Assistive Technologies:

There are many accessible devices on the market ranging from photo-enhanced phone dialers to automatic stove shut off systems. Investigate those best suited to your situation.



## Telehealth Platforms:



These apps enable virtual visits, allowing seniors to consult with their doctors and healthcare providers without leaving their homes.

## Online Grocery and Meal Delivery:



These services allow seniors to maintain independence by providing access to groceries and pre-made meals delivered right to their doorstep.

## Entertainment Subscriptions:

Services like Netflix, Audible, or Spotify provide seniors with access to movies, books, and music, keeping them entertained and engaged.



## Brain-Training Apps:

These apps provide cognitive exercises to help seniors stay mentally sharp, improving memory, focus, and problem-solving skills.



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