

# Embrace Technology

Since modern technology advances so rapidly, it's hard to keep up with the latest trends and innovations. However, smart devices can benefit seniors by offering life-saving alerts, health trackers and offer exciting ways to stay in touch with family.

If you feel like you've been left behind by tech upgrades, it's not too late to get back in the swing of things and learn how it can enhance your life. The experts at the Consumer Technology Association estimate that the aging tech industry will reach \$30 billion by 2030. This will include senior-specific devices and innovations that directly benefit aging people, their caregivers and family members. Here are a few exceptional technologies that are already available.

## Medication Reminders

If you take different medicine doses throughout the day, it's easy to forget or lose track of time. Ensuring you stick to the schedule as prescribed by a doctor is important so the medicine can reach its potential.

There are numerous apps and software available that will alert you when it's time to take your meds.

Some cool features a few include is the ability to share information with your family members and track which pills have already been ingested.

Having an extra support system to remind you is beneficial when ensuring you're on schedule.

## Socialize

When life gets in the way, it's not always easy for families to gather for dinner or personal conversations. Thanks to video chats, people can participate in a chat that's far more intimate than a phone call. Usually, all you need is an efficient internet connection and an application to view your family members while you talk, hands free. It's a great way to see how much your grandchildren have grown when you live on the other side of the country.

## Safety Devices

Personal emergency-response systems have become much more advanced than the previous call button used in the past. Today, there are pendants

and sensors available that can be carried on your person or attached to places you frequent like your bed, couch or favorite chair.

Some fall devices can detect when a tumble occurs if you are unable to call for help or alert medical help with the press of a button.

You will get peace of mind that they can work from anywhere, not just home. Ensuring medical assistance is notified as soon as a fall happens can have life-saving effects.



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