



OT LIFESTYLE SOLUTIONS

Electronic Home Safety Monitoring Systems

Keeping safe at home.

There are a range of electronic systems available from simple to more complex and even comprehensive prewired “granny” cottages that are now becoming available to allow seniors to live safely at home. These systems allow monitoring by a family caregiver, monitoring company or a home care provider or even your medical provider. This blog will discuss some of the options available.

Simple:

Some of the simple systems are the Phillips LifeLine Alert system. This system allows the senior to call for help when they feel they need help or assistance. This system can also then be upgraded to add automatic fall detection alert.

Phillips have also developed an automatic medication dispensing system that is a simpler lower tech system. This system provides caregiver alerts for things like missed medications and need for refilling. <https://www.lifeline.philips.com/health-solutions/health-mdp>



Automated Medication Dispensing Service
 ★★★★★ (read 6 reviews)
 Philips Automated Medication Dispensing service is a simple way to manage even the most complex medication regimens. So seniors who live alone can stay on track.
\$59.95/month

Other simple systems include GPS monitoring, fall alerts and emergency response for seniors when inside and outside of their own homes. These systems include systems like MobileHelp which includes a home alert system as well as an away from home system. These systems are helpful for persons who walk around their neighborhood, have dementia and wander, or may potentially get lost or confused when they leave their home. These systems are becoming more common and are now easily obtainable on places like Amazon.



Best Seller
Spy Tec STI_GL300 Mini Portable Real Time GPS Tracker
 by Spy Tec
\$49.95 Prime
 Get it by **Tomorrow, May 26**
 More Buying Choices
 \$49.95 new (3 offers)
 \$41.00 used (3 offers)
 ★★★★★ 1,603
 20% off item with purchase of 1 items and 2 more promotions
Product Features
 Perfect for tracking vehicles, teens, spouses, elderly persons or assets

The features vary and their reliability and availability in certain geographic regions needs to be validated. The costs are often reasonable though for many families and some items have very strong positives reviews. You can also

identify areas that are safe for the family member to be in and receive notifications if they venture



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outside of that area. Some of these systems also include fall detection alerts etc.



MX-LOCare Mobile Personal Emergency Response GPS Watch Wifi Tracking Safety SmartWatch Tracker for Elderly, Kids, Teens, Autism, Alzheimer
by MX-LOCare

\$129⁹⁹ Prime
Get it by **Tomorrow, May 26**

More Buying Choices
\$116.99 used (1 offer)

★★★★☆ 32
Trade-in eligible for an Amazon gift card

Product Features
... such as one minute update live tracking, SOS history preview, geofences ...



BLACK 3G VisionOne GPS Tracker / Personal Alarm & Charging Dock Bundle - SOS Alarm, 2-way Talk, Fall Detection, Spy Mode, Geo-fence, Speed Alert, Real-time GPS Tracking Device, Kids, Elderly, Personal, Drone
by VisionOneGPS

\$149⁹⁵ ~~\$179.95~~ Prime
Only 13 left in stock - order soon.

More Buying Choices
\$144.96 new (2 offers)

★★★★☆ 3
Product Features
... 3G real-time GPS tracking and monitoring with online web and smartphone ...

Often for persons with dementia the biggest issue with these devices is having them remember to take them with them. There are a range of devices designed to help overcome that. These are designed as watches that are worn, inserts in shoes, or clipped on to clothing or other items. They are reviewed by alzheimers.net here: <http://www.alzheimers.net/8-8-14-location-devices-dementia/>

For those who are concerned about senior drivers, there is a device designed to monitor senior driving habits, location and arrival at a destination, and vehicle maintenance needs. <http://www.motosafety.com/details-pricing/motosafety-for-seniors/#>



Leaving items cooking and then eventually burning on the stove is a frequent safety emergency frequently encountered by seniors. This is often a reason for getting assistance or potentially moving to higher levels of care. There are 3 companies that offer technology that turns the stove top off after a certain amount of time if movement in front of the stove is not detected. HomeSensors.org offers a system that costs around \$350. Cookstop.com has a wider range of products available and stoveguardintl.com offers a version that works for gas or propane stoves.



More Complex:

Systems such as GrandCare offer a range of supportive services that can be set up in the seniors' home. They claim that little or no computer experience is needed on the part of the senior. The GrandCare Family Caregiving System allows family who live remotely to assist and aid their loved one, provide cues



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and reminders for daily activities, and include them in social activities. Sensors provide information back to the family caregiver through a variety of sensors that can be customized to the needs of the client. The GrandCare system can monitor environmental factors such as temperature or lighting as well as if doors or windows are opened or closed. This system costs around \$1500 set up costs and \$99 per month ongoing costs which compares favorably to the cost of a month of care in an assisted living facility or other care facility. <https://www.grandcare.com/programs/family-caregiving/>



Wellness

Wireless **health devices**, interactive **assessments**, and **medication management** tools at your fingertips.



Activity

Wireless **activity sensors** monitor daily activities without sacrificing resident **independence** or **privacy**.



Socialization

Residents can instantly access **video chat**, **photos**, **letters**, and **calendar events** from family and caregivers.

Another system is HealthSense which monitors things like sleep quality, movement eating and other indicators of health quality. This system is also being paired with Home Care agencies to allow monitor and support service provision as indicated. HealthSense uses logarithms to detect behavior or health factors that may be early indicators of exacerbations of common chronic illnesses such as congestive heart failure and COPD. HealthSense provided the following statement related to the efficacy of using these systems but did not cite their sources, the size of the population studied etc.. "In a recent pilot study, the Healthsense remote monitoring system was shown to reduce hospitalizations by 7 percent, emergency room visits by 38 percent, and transitions to long-term care by 14 percent through early detection of health changes that may have otherwise resulted in a fall or an exacerbation of a serious chronic condition." <http://healthsense.com/about-healthsense/news-and-events/press-releases/remote-monitoring-leader-healthsense-announces-partnership-with-arcadia-home-care-staffing/>



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Ideal Life is another system that focuses on a range of chronic illness and assisting caregivers to be able to monitor a loved one's progress and health conditions 24/7 or remotely. Ideal Life connects to equipment such as a blood sugar monitoring, blood pressure, and medication monitoring. This system is now working with health insurance programs in states like California to assist caregivers and health providers. <http://www.ideallife.com/my-ideal-life/caregivers/>

Comprehensive Independent Living Units:

These systems come as a complete living units that are placed in a family member's backyard on a permanent or temporary basis or even inside a 2 car garage. The MedCottage versions of this concept are modular homes that provide medical monitoring. <http://www.medcottage.com/the-story-.html>



Future Developments:

Cuing Kitchen: This developing technology is aimed at helping persons with memory loss who need to complete tasks such as meal preparation. The kitchen has sensing and cuing technologies and the ability to guide the person through the steps needed to complete the tasks.

<http://www.herl.pitt.edu/research/cueing-kitchen>

The Memory Glasses Project. First Person Vision Glasses combined with computer systems are being developed to help those with memory impairments identify faces of loved ones, and recognizing and even potentially finding objects or items needed for a task.

<https://www.media.mit.edu/wearables/mithril/memory-glasses.html>

Deciding on what you need:

While this technology provides a range of options, the options need to be matched to the person's unique abilities, needs and situation. Having an occupational therapist as part of the team making these decisions is key. The occupational therapist can help decide if the person is safe at home without assistance, if not what type of assistance is needed and then be able to train the person or caregiver on new techniques or how to use the technology.