

Must Haves for an Aging Parent Living Alone

WRITTEN BY SAFETY MOM DECEMBER 03, 2012

[HTTP://SAFETYMOM.COM/TOP-5-MUST-HAVES-FOR-AN-AGING-PARENT-LIVING-ALONE/](http://safetymom.com/top-5-must-haves-for-an-aging-parent-living-alone/)

When visiting with your aging parent living alone over the holidays, take some time to check over their home to ensure they are as safe as possible. There are many things to check for to ensure they are still safely living independently. I recently wrote about [signs to look for in your loved one's habits and appearance](#), but you should also make sure they have the following items in place, for their own health and safety.

Here are the top five things to equip your senior parents with in their home:

1. A pre-programmed phone:

Pre-programming a parent's phone can eliminate difficulties in the case that they need to call someone in the case of an emergency. Be sure to program important and frequently used numbers on the phone and place an easy-to-read chart of the short cuts right next to the phone. For instance, program emergency services, family members, and doctors for easily made calls.

2. Automatic Locked Pill Dispensers –

The average senior takes multiple prescription medications on a daily basis. Remember when to take them is challenging enough but insuring that they are not mixed up or fall on the floor is equally dangerous not only for the person but any children that happen to be visiting. There are several [pill dispensers on the market](#) that are tamper-proof, locked and will alert you when you are running low.

3. Safety devices in the bathrooms:

As the floors and surfaces in a bathroom can become especially slippery, it is vital to have safety devices such as grab-bars and shower benches in the bathroom in order to prevent falls and to steady seniors as they move around their bathrooms.

4. A Vial of L.I.F.E. information sheet:

In case of an emergency, this is a great thing for seniors to have posted somewhere easily seen, perhaps on their refrigerator. A Vial of L.I.F.E. (LIFE standing for Lifesaving Information For Emergencies) has all of your parent's

vital information such as their name, hospital preference, medical conditions, emergency contacts, and insurance information posted for emergency personnel to have easy access to. This is especially useful if during the emergency situation the senior cannot give the information themselves. Download a blank Vial of L.I.F.E. sheet to fill out for your elderly parent [here](#).

5. Monitoring systems.

One out of every three people over the age of 65 will experience a fall. Falls are the leading cause of serious injury among seniors and can be the start of a rapid physical decline. Whether you live a mile away or 1000 miles away from your parents, a monitoring system with motion sensors and alarms that can alert you if there is a problem is crucial. Additionally if there is an emergency, first responders can be notified immediately. There are [several on the market](#) that can meet your particular needs. Equipping your parent's house with a medical alert button will assure you that in the case of an injury, fall, or sudden illness they will be able to call for the medical attention they require. Many of these come with buttons that can be worn as a bracelet or necklace for constant accessibility, and many of them offer two-way communication with the medical alert support team so that communication can be maintained while your parent waits for medical assistance.

If your parent is still able to live independently and is not quite ready to live conveniently with you in a [PALS Built](#) modular home, be sure to utilize these necessities to keep them safe and allow you to have peace of mind.

Top Must-Have Senior Friendly Gadgets

NOVEMBER 1, 2013 BY [SOOKIE LIONCOURT](#) [LEAVE A COMMENT](#)

[HTTPS://WWW.THESENIORLIST.COM/2013/11/TOP-MUST-HAVE-SENIOR-FRIENDLY-GADGETS/](https://www.theseniorlist.com/2013/11/top-must-have-senior-friendly-gadgets/)

Modern technology has definitely helped us go through our lives with ease. But for our seniors, living alone can be tough and dangerous at times. With advancing age, some basic tasks require [help from caregivers](#) or loved ones. To help seniors keep or regain their independence while keeping an eye on

safety, here are some devices that can help out. These gadgets are designed for the elderly, and will help them remain safe and secure.

Mobile Alert Systems



Commonly known as [Personal Emergency Response Systems](#) (PERS) help seniors live independently. Some of these systems are tethered or attached to a phone line, and the range is limited to a person's home. Thanks to technology, these systems are getting smaller and mobile. From pendants to wrist-worn devices, seniors can now move freely outside the home and remain in contact with . An example of this would be our previous featured [Verizonwireless' SureResponse Medical Alert System](#). It allows users to contact their caregivers or loved one via cellular technology. Other companies are also offering the same service and technologies for the elderly. [Learn more](#) about this device on our previous post.

GPS-enabled Footwear



By the year 2050, almost 15 million Americans will be suffering from [Alzheimer's](#) disease. To date, it's the 5th leading cause of death for people aged 65 and above. With almost 300 dementia-stricken loved-ones wandering or getting lost each day, the GPS-enabled shoe was born. Developed by the GTX Corp and Aetrex Worldwide, this shoe has a built-in mini locator on its heel and counterweights on the other end for balance. The shoe was originally to be used to track missing children but is now targeted for adults with cognitive deficits. Since shoes are one of the most familiar objects for daily use, patients exhibiting signs of dementia or cognitive disorders won't reject them. ****As of 10/03/2014 this product has been discontinued***

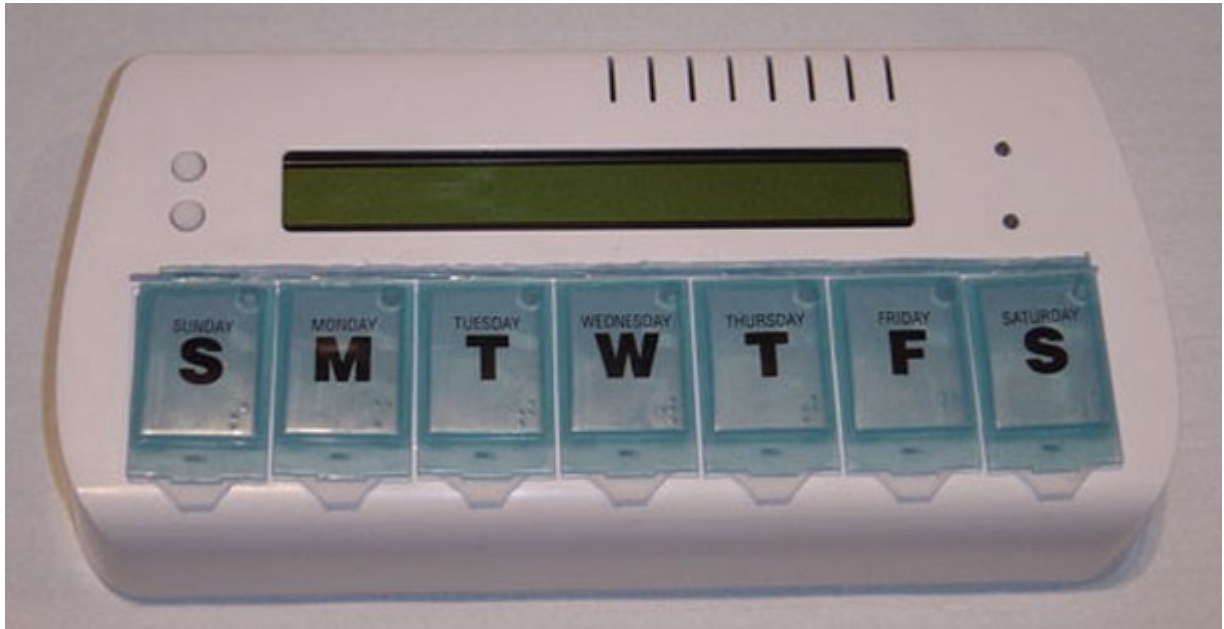
Courtesy of gtxcorporation

Senior-friendly Mobile Phones



Smartphones may be the in-thing for the young but it can be a nightmare for the elderly. Although, they have smart features, seniors need basic and intuitive. Seniors dread being alone or isolated, and mobile phones can help them feel connected. Phones like the [Clarity](#) mobile phone from Plantronics Inc. fit the bill. It has a textured case which allows for an easier grip and is designed with four buttons: “Call”, “End Call”, and two buttons to navigate through the contacts list. Since most seniors aged 64 to 75 years old suffer from hearing loss, the phone has an amplifier, making it louder than regular mobile phones. These [types of mobile phones](#) can help seniors live independently, while giving loved ones peace of mind.

Electronic Pill Dispensers and other Assistive Devices



Helping seniors live independently can be challenging, especially when it comes to medications. Most seniors are required to take at least four medications per day. To help organize their daily dose of medicines, [electronic pill dispensers](#) are a must. Aside from dispensing pills, these devices can also remind them when they need to take their medicines. According to research conducted by the [National Institute for Aging](#), using electronic medication reminders help seniors take their daily doses on time. Also, these assistive devices prevent mixing drugs that can result in adverse effects that may lead to death. Do your research on the best pill dispenser for your loved one, and find out what's best for them.

These are four quality elder care technologies that are must-haves. Although there are other gadgets and mobile apps that also help, we believe the equipment presented are necessary to keep our loved ones safe. What other new senior-friendly technologies can you recommend?