

Monitoring for safety



Door locks

Smart door locks can ensure that:

- The front door remains locked for security at all times
- Lost keys will never be a problem.
- Workers and other helpers can be given their own unique codes.



There are a number of different smart locks on the market. Some can be opened using a punch key number or letter code, a smartphone, or a fingerprint. (\$60+)



Door bells

Smart Door Bells/Video Door bells lets you see who is at the door before you answer it, even when you are not at home.

Many also allow 2 way talk so you can speak to the person at the door through your smartphone, and can include motion activated alerts and night vision. (\$50 - \$ 200)

Smoke/Fire Alarms

Smart smoke detectors/Carbon Monoxide detectors do more than just emit a loud noise. Many smart detectors can speak up when there is a problem, telling you what the problem is, where it is located and when it is safe to return. Notifications can be sent to a smart phone (of the individual or caregiver) alerting of a problem. (\$40+)



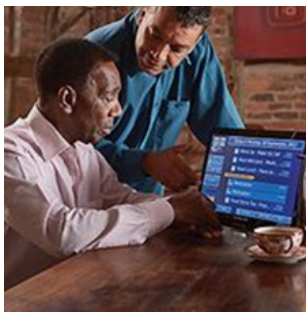
Full security systems

Smart security systems will monitor your home and send notifications directly to a smart phone. Monitors motion, door and window opening, and an array of other conditions (including fire and smoke alarms). Cameras can also be connected and viewed on smart phones and trigger text or email notifications under particular circumstances.

Telecare systems

Telecare systems and other technologies can be put in place to allow caregivers to stay in touch with their loved one from another location. These systems are designed to track routines, check in via secure video, send messages and photos, and/or organize calendar reminders. (to name just a few functions)

There are several different units available depending on the desired monitoring. Below are some examples of what is available:



Full Circle Telecare: connects to any dedicated Internet connection and communicates with “wireless” sensors throughout the residence. Designated caregivers can log into the secure website to send communications to their loved one, view activity and tele-wellness sensor information and customize the automatic caregiver alerts. A caregiver may choose to receive a call, e-mail or text message if specified conditions occur (medication noncompliance, unusual activity, door opens at unusual time, etc.). The system also incorporates socialization, entertainment and communication elements. Family can send pictures, messages, e-mails, reminders, calendar appointments, voice messages, family videos, music and more right to the system. The loved one may also choose to play games, engage in brain benders, listen to favorite music, watch old film clips, view news and weather reports and more, right from their own touchscreen System. (Base system: approx. \$2500 or on rental approx. \$200/month plus \$50/month monitoring fee)



Alarm.com: A Smart Home security system that can control everything from your lights to your garage door and send details and video (if installed) directly to the caregivers phone or computer. The system is installed and maintained by a local provider. The system can also track activity patterns, integrate emergency response pendants and send alerts as designated by the caregiver. (Buildable system starting at approx. at \$50/month)

Independa: A Smart TV designed to allow your loved one to switch between watching their favorite shows and engaging with friends and family. With Independa they can connect to you quickly and easily just using a simple TV remote (no need for unfamiliar technology) Video chat, phot sharing, smart reminders (medication, routines, etc.), send personal messages, call button. (\$369 US + \$50 monthly monitoring fee)





Mon Ami: An electronic companion that allows a caregiver to remotely look after loved ones through a host of services. To assist the user with daily routines, the multilingual Mon Ami™ can announce medication, mealtime or exercise reminders, automatically control lights and appliances, issue reminders for outside events, appointments or special days in the lives of family and friends, notify the Caregiver if action needs to be taken, and many more beneficial functions.

Care Predict: This is wrist worn technology that houses an array of sensors able to detect an individual's activities of daily living (ADLs) and location, while providing a touch-button call system for real-time communication with caregivers. It senses activities of daily living like eating, drinking, bathing, grooming, etc. and sends an alert if the typical routine changes. It also tracks indoor location and will send an alert if the wearer exits the building. Currently available for care settings but should be available to the home user shortly. www.carepredict.com



There may be some locally available options as well – speak to your local DSO Housing Navigator.