

Technology for Safety and Health

Technology can play a significant role in enhancing the safety and health of senior citizens.

- **Medical Alert Systems:** These systems provide a way to call for help in case of a fall or other emergency.
- **Smart Home Devices:** Smart thermostats, lighting, and security systems can make the home safer and more comfortable.
- **Health Monitoring Devices:** Wearable devices can track activity levels, heart rate, and sleep patterns.
- **Telehealth:** Virtual doctor's appointments can provide convenient access to healthcare.
- **Medication Management Apps:** These apps can help seniors manage their medications and prevent errors.