

Your Ultimate Lifesaver Guide:

Simple Solutions for Everyday Challenges

Are you a Senior or a Family Caregiver who wants to Age in Place with comfort, safety, and independence? Do you face challenges like loneliness, mobility, health, or security? Do you want to learn how technology can help you solve these problems and improve your quality of life?

If you answered yes to any of these questions, this guide is for you. In this guide, you will find:

- A list of common problems that seniors and caregivers face when aging in place
- A list of simple and effective solutions that technology can offer for each problem
- A list of links to the top-rated devices or platforms that can help you implement these solutions

This guide is designed to help you discover the benefits of Technology for Aging in Place and to help you make informed decisions about the best options for your needs. Whether you need a device to monitor your health, a platform to connect with your loved ones, or a tool to enhance your security, you will find it in this guide.






This Guide also includes Direct Links to the Best devices or platforms for each problem, so you can easily find and buy the Technology You need.

No need to waste time searching for the right technology. This Guide provides you with direct links to the Top-Rated Devices or Platforms that can help you Age in Place with Technology

Don't let the challenges of Aging in Place stop you from living your best life. Download this guide today and discover how technology can be your ultimate lifesaver. 😊






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	Challenge at Hand	Simplified Solutions	Access Here
	Need a reminder for medication?	An app that sends reminders to take medications, manage refills, track health progress, and manage appointments.	Medisafe
	Worried about falling when home alone?	A medical alert system including fall detection devices sends help when falls are detected.	Philips Lifeline
	Feel unsafe at home?	Home security solutions such as alarms, cameras, and 24/7 monitoring services to help protect your home.	ADT Home Security Systems
	Hard to schedule medical appointments?	A healthcare app that allows you to schedule virtual doctor's appointments, get prescriptions, and access medical records.	TELUS Health MyCare™
	Struggle to stay active?	A wearable device that tracks physical activity, sleep patterns, heart rate, and more to help you stay active and healthy.	Fitbit






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	Need to monitor your blood pressure regularly?	A medical device used at home to monitor and track blood pressure levels.	Omron Blood Pressure Monitor
	Have trouble managing your diabetes?	A glucose monitoring system for people with diabetes that eliminates the need for routine finger pricks.	FreeStyle Libre
	Struggling with weight management?	A program that provides diet plans, tracking tools, and community support for weight loss and healthy living.	Weight Watchers
	Difficulty falling or staying asleep?	A meditation app that provides guided meditations, sleep stories, breathing programs, and relaxing music to help you reduce stress and sleep better.	Calm
	Struggling to maintain good posture?	A wearable device that vibrates when the user slouches, training them to maintain good posture.	Upright GO Posture Trainer






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	Trouble controlling home appliances?	A line of smart home products including thermostats, cameras, doorbells, alarms, and more can be controlled remotely through the app.	Google Nest
	Often forget where you put things?	A small Bluetooth tracker that attaches to items like keys or wallets, allowing you to locate them using an app on your phone.	Tile Mate
	Need help with grocery shopping?	A service that provides online grocery shopping and delivery from local stores.	Instacart
	Small print hard to read?	An e-reader with a high-resolution display that can be adjusted to large print for easier reading.	Kindle Paperwhite
	Keeping your home clean is challenging?	A robotic vacuum cleaner that can be scheduled to clean your home automatically.	iRobot Roomba





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	Hard to see clearly, especially in low light?	A stand magnifier that enhances visibility for reading or doing close work.	Eschenbach Magnifier
	Can't drive or use public transport easily?	A ride-hailing service that allows you to book rides from your smartphone.	Uber
	Often get lost in new places?	A navigation app that provides directions for driving, walking, cycling, or public transportation.	Google Maps
	Worried about wandering due to memory issues?	A GPS tracking device that sends alerts when the wearer leaves a predefined safe area.	AngelSense GPS
	Hard to stay in touch with loved ones?	A social media platform that allows you to connect with friends and family, share updates, and send messages.	Facebook

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	Feel lonely or isolated?	A service that helps you find and join local groups of people who share your interests.	Meetup
	Hard to keep track of appointments?	An app that helps you schedule and manage events, reminders, and tasks.	Google Calendar
	Hard to keep up with current events?	A news app that provides the latest local and international news stories.	CBC News App
	Managing finances is challenging?	An app that helps you create budgets, track spending, and get a complete picture of your financial situation.	Mint
	Forget daily tasks?	An app that lets you manage tasks, set reminders, and keep track of your productivity.	Todoist
	Need mental stimulation?	An app that provides games and activities designed to improve cognitive abilities like memory and attention.	Lumosity

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Please remember that these are just suggestions. Always consult with a professional for personalized advice. Technology aids, but does not replace professional assistance or advice.

Contact Nancy at www.bctech4seniors.ca to Learn More

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