

CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

I Want to Age in Place. Can Technology Help me?



Nearly 40% of U.S. adults 65 and older live on their own and that number is rising.

The technology industry has created countless ways to make life easier for older adults living alone. See some of the ways you can kick back and let the tech do the work in your home.

cje SeniorLife
Jewish values for positive aging



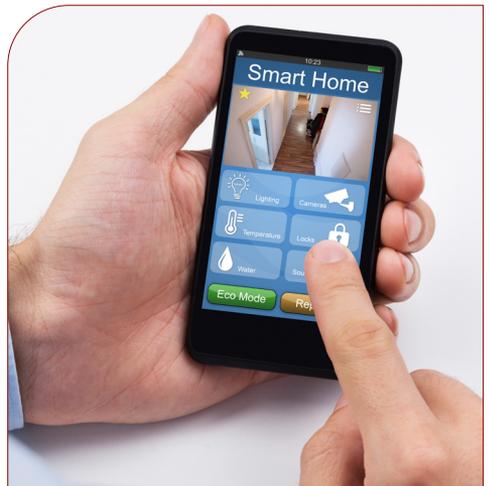
Technology Might Have a Place at Your Place

Over 75% of adults over 50 want to remain at home as long as possible and smart home technology has been developed to help along the way. From climate control sensors to stoves that turn themselves off, there are countless ways tech can help you safely and comfortably age in place. Devices and other technologies can help you maintain your independence, monitor your health and even notify loved ones or caregivers in emergencies.

Aging in Place Devices

You likely know about smartphones that can do just about anything. Here are some other smart devices to help at home.

- Never forget your meds again! MedMinder is a digital pill dispenser that tells you when and which medications to take.
- No stress pet! Joy for All offers robotic cats and dogs that act like live pets without needing to be fed or walked.
- A medical lab in your bathroom! TrueLoo is a toilet seat that scans the toilet bowl for potential health issues like dehydration and urinary tract infections.
- The latest Clap On Clap Off! Alexa and Google Home are voice activated speakers that turn on lights, answer questions, set alarms and more.
- Answer the door without getting up! Ring is a doorbell with a motion activated camera. You can see and talk to the person at your front door through your phone.
- Never lose your keys again! Tile Sticker is attached to easily misplaced items and can be located using your phone.





- Don't touch that remote! Having family over for the big game? TV Ears is a wireless headset set to the volume that's just right for you so no need to strain to hear the TV.
- Put the vacuum away! Roomba is a robotic vacuum cleaner with sensors that navigate your home as it cleans the floor by itself.
- Track your health from anywhere! Apple Watch and Fitbit monitor your heart, sleep patterns and physical activity from your wrist.

How do I find these and are they hard to set up?

All of these devices can be purchased over the internet and most can be set up and connected through your smartphone.

Aging in Place Mobile Applications

These applications can be downloaded to your smartphone and smart devices for your convenience.

- Dinner is served! Hello Fresh, Blue Apron and Green Chef deliver meal kits and oven ready meals to your door.
- The doctor is in! Doctor on Demand connects you with a doctor over video (available only for Apple devices).
- Skip the grocery store! Instacart and Amazon Marketplace deliver groceries to your door.

You can find more helpful apps in our LifeNOTE

There's an App for That! Find it at www.cje.net/lifenotes.

How can CJE SeniorLife help?

We can refer you to the following CJE SeniorLife supportive resources:

Counseling Services—Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for a broad range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental, and financial health and many other subject areas.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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