TECH FOR FALL PREVENTION



VIVALON TECHNOLOGY FOR BETTER LIVING

A Show of Hands



WHO HAS FALLEN IN THE LAST 12 MONTHS?

WHO WAS NOT ABLE TO GET UP OFF THE FLOOR?

The Statistics





Source CDC

A Show of Hands

- iPhone
- iWatch
- Android Phone
- Smart Watch
- FitBit
- Medical Alert System
- Oura Ring
- Other



Who has the Emergency SOS & Medical ID enabled On Their iPhone?

Contributing Factors



How Tech Can Help!

Wearable technology, like smarts devices and watches and fitness trackers, can help older adults stay safe by monitoring movement and balance, spotting risks early, and sending alerts if a fall happens.

These tools can give peace of mind while supporting independence and healthy aging. **They are part of a growing 120 Billion Dollar Age Tech industry projected by 2030 in the USA.**

Please Note: ***We are just showing everyday products that might help with safety. This is not medical advice. If you're not sure about something, ask your doctor.***





Amazon Devices



SOS Emergency Alert Button for Elderly, Bluetooth Panic Button with App Alert – Lon...

★★★☆☆ 12

$39.00



Sponsored

Smart Caregiver FallGuard Bed Exit Alert for Seniors Fall Prevention - Bed Alarm with...

1 Count (Pack of 1)

4.2 ★★★★☆ (826)

900+ bought in past month

$49.95



Sponsored

Caregiver Pager Call Button Wireless Call Bell Alert Buttons for Patients Elderly Seniors Home Portable Nurse Call System Bed...

4.4 ★★★★½ (1.4K)

200+ bought in past month

$37.99

Medical Alert Systems

Top Medical Alert System for 2026

- **Medical Guardian** – Best Overall
- **Bay Alarm Medical** – Most Popular
- **MobileHelp** – Best Value
- **Medical Alert** – Most User-Friendly
- **LifeStation** – Best Health Insurance Discounts
- **Aloe Care Health** – Most Advanced
- **Lifeline** – Most Industry Experience
- **Medical Care Alert** – Fastest Response Time



REQUIRED: Monthly subscription between $28 - $50 per month which typically covers 24/7 Emergency Monitoring, USA-based dispatch centers, and live operators. Additional costs may apply.

TIP: CHECK AMAZON REVIEWS

nco national council on aging 75 YEARS

CELEBRATING A LEGACY OF IMPACT

Use SIRI to make or receive an Emergency Call

You can also use a Google Android device in a similar way

To **make** a call, activate **Siri** on your device by saying **“Hey Siri call ##### on speaker”**

You can also press and hold the home/side button if using an iPhone.

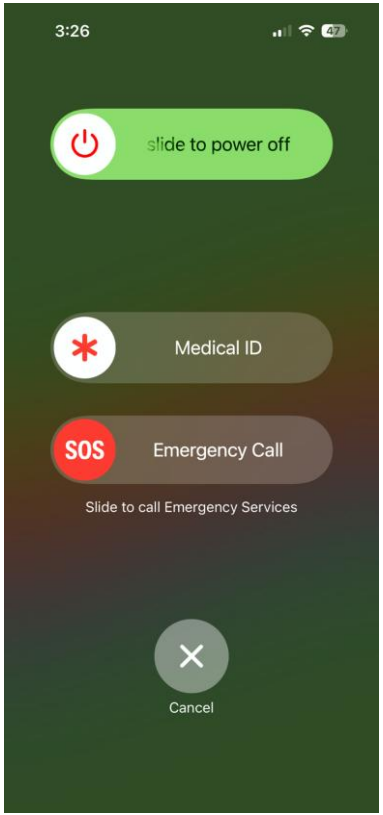
To **Answer**, “*hey Siri answer the phone*”

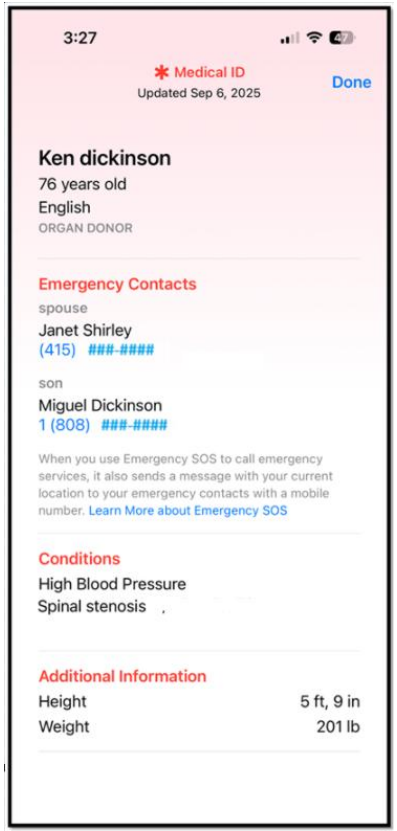


Note: As of September 4, Google has started removing Google Assistant from Android Devices, replacing that function with Google Gemini.

Use Your iPhone to make an Emergency Call



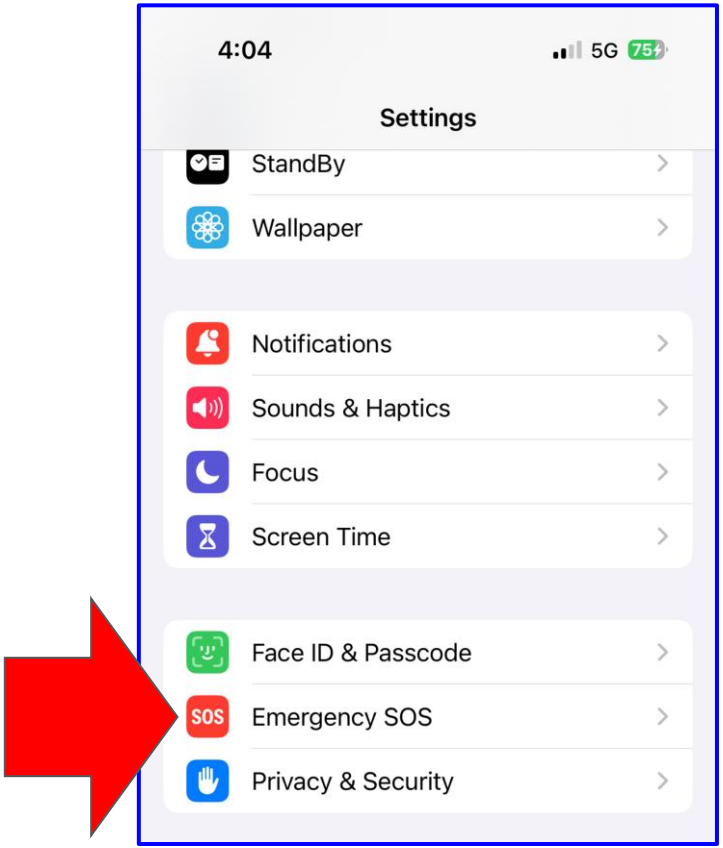




Setting up Emergency SOS

Go to **Settings** and scroll to **Emergency SOS**





Fall Detection using the iWatch







Alert Emergency Services



With Fall Detection turned on, Apple Watch can help alert emergency services when a hard fall has been detected and notify your emergency contacts.

If Apple Watch detects a hard fall and that you have been immobile for about a minute, it taps your wrist, sounds an alarm, and then attempts to call emergency services.

What Must Be Turned On



To call emergency services, your Apple Watch or nearby iPhone needs a **Cellular Connection**, or needs to have **Wi-Fi calling turned on** and **Wi-Fi Coverage** available.

Note: ***Our next speaker Shel Symonds will be showing you other devices in this space***

How Tech Can Help - Apple Health & Google Fit



- Activity & Exercise
- Mobility & Balance
- Medications
- Blood Pressure & Heart
- Hearing & Vision
- Mindfulness & Mental Wellbeing
- Sleep & Safety After Dark
- Fall Hazards

Apple Health

Google Fit

Other Apps and Resources

- Scales
- Blood Pressure
- Temperature
- Oxygen
- Oura Rings
- Exercise and Yoga
- Test Your Hearing
- Test Your Sight
- Hydration



Note: ***Our final speaker Emily Steedman will be showing you other devices and resources in this space.***

Getting Comfortable with Health Apps

- ***Feel comfortable opening and navigating your device Health app***
- ***Understand how some Health apps support fall prevention***
- ***Learn which health areas matter most for safety and independence***



Sign Up For the Vivalon Health App Class on October 15, 10am-12pm

Google Fit

Friendly Reminder

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THIS IS NOT MEDICAL ADVICE

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For Being Here

To learn more about Vivalon Tech Classes visit

vivalon.org