

Volume 2 / Issue 2

### Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 33 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Skype can help grandparents to connect with family that they may not be able to see as much.

#### **Intergenerational Activity:**

Make it a goal to stay connected and share available technology with grandparents/parents, friends or neighbors.

### Hot Topics: Aging in Place Technology

The demand for Aging in Place is currently on the rise, people are living longer in 2018. According to future projections from the scholarly website 'thelancet.com,' life expectancy is projected to increase in all 35 countries with a probability of at least 65% for women and 85% for men. Basically, the current aging population has far surpassed the generations that came before them. Baby Boomers are now entering senior hood and with this increase on the rise, will aging need to be redefined to suit this upcoming population of seniors? Unfortunately, in today's culture there still exists is a stigmatization of Long Term Care Facilities, some desire the structure and social activities, however there are the aging populations who choose to stay in their own homes for as long as Possible. According to a study conducted by the AARP, 90 percent of seniors opt to live in their own homes and opt out of ALs/ Residential Care Facilities.

So, if aging adults are essentially living longer, may this aging population also have to adhere to the technological changes that surround us in today's world, 2018. To adopt modern technology such as a voice activated device- such as Google Home- one would have to be able to effectively listen to the response from the device- this could serve as a barrier to effectively utilizing such technologies.

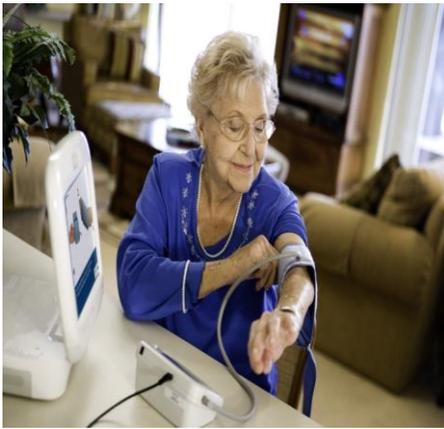
On the other hand, to have someone- a family member or representative set up a voice activated device- this may reduce the risk of fall prevention by allowing the senior to turn on and off light switches, assist with important questions and directly connect the senior with the resources that they desire. It is integral to connect the aging adult with accessible information that will allow them to benefit from the aging in place technologies available today.

#### Current Aging in Place Technology:

[Pill Reminder](https://itunes.apple.com/us/app/pill-reminder-by-medisafe/id573916946?mt=8) by Medisafe- Pill Reminder is a Free App that is available on Apple devices that is designed to manage multiple medications, track your progress, connect with other family members, friends or caregivers to help stay on track – compatible with the Apple iPhone, iPad and i touch.

[Google Home](https://store.google.com/product/google_home)- In a comparison between Google Home and Amazon Echo- experts found that Google Home was much easier to set up, also Google Home had the ability to answer more complex questions. Control lighting, the TV- be able to connect to services by voice command.

[Skype](https://www.skype.com/en/download)- Skype has been changing how people connect since its inception in 2003. Although Skype is not new technology to many; for seniors this technology may help bridge communication between adult children, grandchildren and great grandchildren who live far away.



Home monitoring technology aids in monitoring vitals and connecting this information to your healthcare provider.

For more information please visit

<https://www.qualcomm.com/solutions/health-care/home-connectivity-and-integration>

**For More Information and additional resources that discuss the latest Aging in Place Technology & Apps for Seniors, please visit:**

<https://myageingparent.com/technology/communication/top-ipad-apps-for-the-elderly/>

<https://www.mytherapyapp.com/blog/best-apps-for-seniors>

<https://www.aarp.org/home-family/personal-technology/info-2014/is-this-the-end-of-the-nursing-home.html>

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*“The best way to predict the future is to create it.”*

*Abraham Lincoln*

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## Contact Us

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