



AGING IN PLACE

SMART TECHNOLOGY & MOBILITY SOLUTIONS

Designed for adults starting at age 55, this checklist helps you prepare for the next chapter with smart tools to age in place safely, comfortably, and independently.

HOME SAFETY & SMART LIVING TECHNOLOGY

- 1. Smart Home Hubs (e.g., Amazon Echo, Google Nest Hub)- Voice control for reminders, lights, phone calls, medication, music, and more.
- 2. Smart Lighting Systems and plugs- Motion-activated, app-controlled, or voice-operated lighting reduces fall risk and improves nighttime visibility.
- 3. Video Doorbells & Smart Locks (e.g., Ring)- Monitor visitors, communicate through the door, and lock/unlock remotely for enhanced safety.
- 4. Home Monitoring Systems (e.g., Aloe Care Health, TruSense)- Sensors track movement, inactivity, falls, and air quality—ideal for those living alone.
- 5. Smart Thermostats (e.g., Nest, Ecobee)- Automate temperature settings for comfort and energy savings; controllable by family or caregivers.
- 6. Fall Detection Devices (e.g., Apple Watch, Lively, Kangea Watch, Belle W Watch, Mobile Help Watch)- Wearable technology with emergency response and GPS.
- 7. Smart Medication Dispensers (e.g., Hero, MedMinder)- Dispense medications on schedule and send alerts when doses are missed.
- 8. Stove & Appliance Safety Shut-Offs (e.g., iGuardStove)- Smart plugs or stovetop sensors shut off appliances if left on unintentionally.

MOBILITY & ACCESSIBILITY UPGRADES

- 9. Stair Lifts or Platform Lifts - Safely navigate multi-level homes.
- 10. Smart Bathroom Features - Walk-in tubs, grab bars, and voice-activated or touchless faucets and showers.
- 11. Adjustable or Smart Beds- Enhance sleep quality and make it easier to get in/out of bed.
- 12. Robotic Vacuum Cleaners (e.g., Roomba)- Automate cleaning and reduce physical strain.
- 13. Voice-Activated Blinds/Curtains- Remote or automatic controls make light and privacy management easier.



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MOBILITY & TRANSPORTATION SOLUTIONS

- 14. Ride-Share Services for Seniors (e.g., GoGoGrandparent, Lyft, Uber)
Easy transportation access without needing a smartphone.
- 15. Autonomous Shuttles and Vehicles (pilot programs in some areas)
Emerging option for self-driving transportation.
- 16. Smart Mobility Aids- Canes and rollators with brakes, lights, or GPS functionality.
- 17. Folding E-Bikes or Scooters- Maintain independence with less physical strain.

HEALTH MONITORING & SOCIAL CONNECTION

- 18. Remote Health Monitoring Tools- Smart blood pressure cuffs, glucose meters, and scales sync with telehealth platforms.
- 19. Caregiver Communication Portals (e.g., GrandPad, Alexa Together)
Easy-to-use systems for family sharing calendars, reminders, and photos.

Adapted from recommendations by AARP, National Institute on Aging, and our own aging-in-place experts

Schluter & Hughes
LAW FIRM PLLC