



AGING IN PLACE WITH TECHNOLOGY

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WINDSOR SENIOR COMPUTER USER GROUP

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AS YOU GROW OLDER
YOU REALIZE WHAT'S
REALLY IMPORTANT



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LIKE, FOR
INSTANCE...



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NOT GROWING
OLDER



JIM DAVIS 6-14

AREAS WHERE TECH BENEFITS SENIORS

- Healthcare
- Smart Phones
- Computers and Tablets
- Home Support with Smart Devices
- Services

HEALTHCARE

- Online Medical Care
 - Telemedicine
 - Smart Medical Devices
 - Health Tracking
- Medical Advances
 - Testing and diagnostic equipment
 - Pharmaceuticals
 - Genetic testing and treatment

TELEMEDICINE

- Converse with a remote doctor on computer or phone
 - Voice
 - Video
- Access your medical record
- Prescription reminder, order and delivery
- Remote medical care
 - Test Evaluation and diagnosis
 - Surgery

Prescription refill reminder



ANNA MAY ASUNCION LUCERO

11/02/20

To James F Tubb (Viewed)

Hi Mr. Tubb,

Our pharmacy records indicate you are due for a refill of your **Metformin**. Taking important medications regularly protects your heart and prevent future complications, such as a heart attack or stroke.

SMART MEDICAL DEVICES

- Blood Sugar Meters
- Blood Pressure Monitors
- CPAP Machines
- Heart Monitors
- Hearing Aids
- Smart Watches and Fitness Trackers

GLUCOSE METERS

- Traditional
- Continuous glucose monitors



BLOOD PRESSURE MONITORS

- Works with a phone app
- Can provide data to your doctor



CPAP MACHINES

- Syncs with smartphone app
- Remotely monitored by doctor



HEART MONITORS AND TREATMENTS

- Smart watches to record heart rate and AFIB
- Pacemakers can send data to your phone and to your doctor if problems are detected
- Portable EKG monitors that detect Atrial Fibrillation, Bradycardia, Tachycardia



HEARING AIDS

- 50% of U.S. adults older than age 75 have disabling hearing loss
- A pair of hearing aids runs \$5,600 on average
- HHS just announced that OTC hearing aids will become available by early next year with a projected cost as low as \$200 to \$300
- Smart Phones and ear buds will work as hearing assistance

4 Types of Hearing Aids



MEDICAL ADVANCES

- Medicine is making rapid advancements in many areas through the use of technology.
- Testing and diagnostic equipment
- Pharmaceuticals
- Genetic testing and treatment



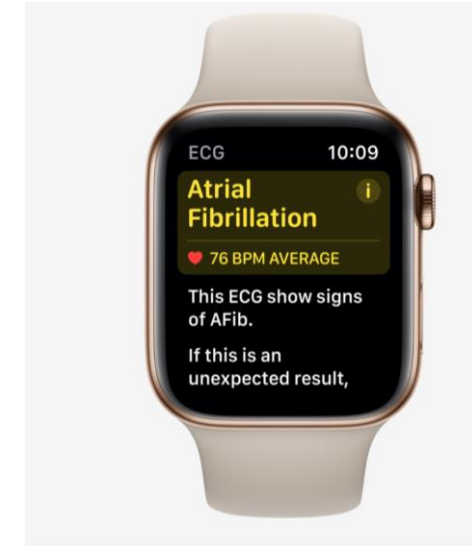
SMART PHONES

- Telemedicine
- Phone and Video calls to avoid isolation
- Email and Web
- Find your keys and other items
- Contact 911 and other emergency services
- Health monitoring and tracking



SMART WATCHES

- Smart Watches
 - Heart rate, ECG and AFIB
 - Information from monitoring devices
 - SPO2
 - Fall detection
 - Medical ID
 - Coming soon - Blood Pressure monitoring
 - Coming soon - Temperature
 - Coming Soon - Blood Sugar monitoring
 - Coming soon – Hydration
 - Coming soon – Blood Alcohol level



FITNESS TRACKERS

- Fitness Trackers
 - Heart Rate
 - Sleep
 - SPO2
 - Exercise
 - Calories burned

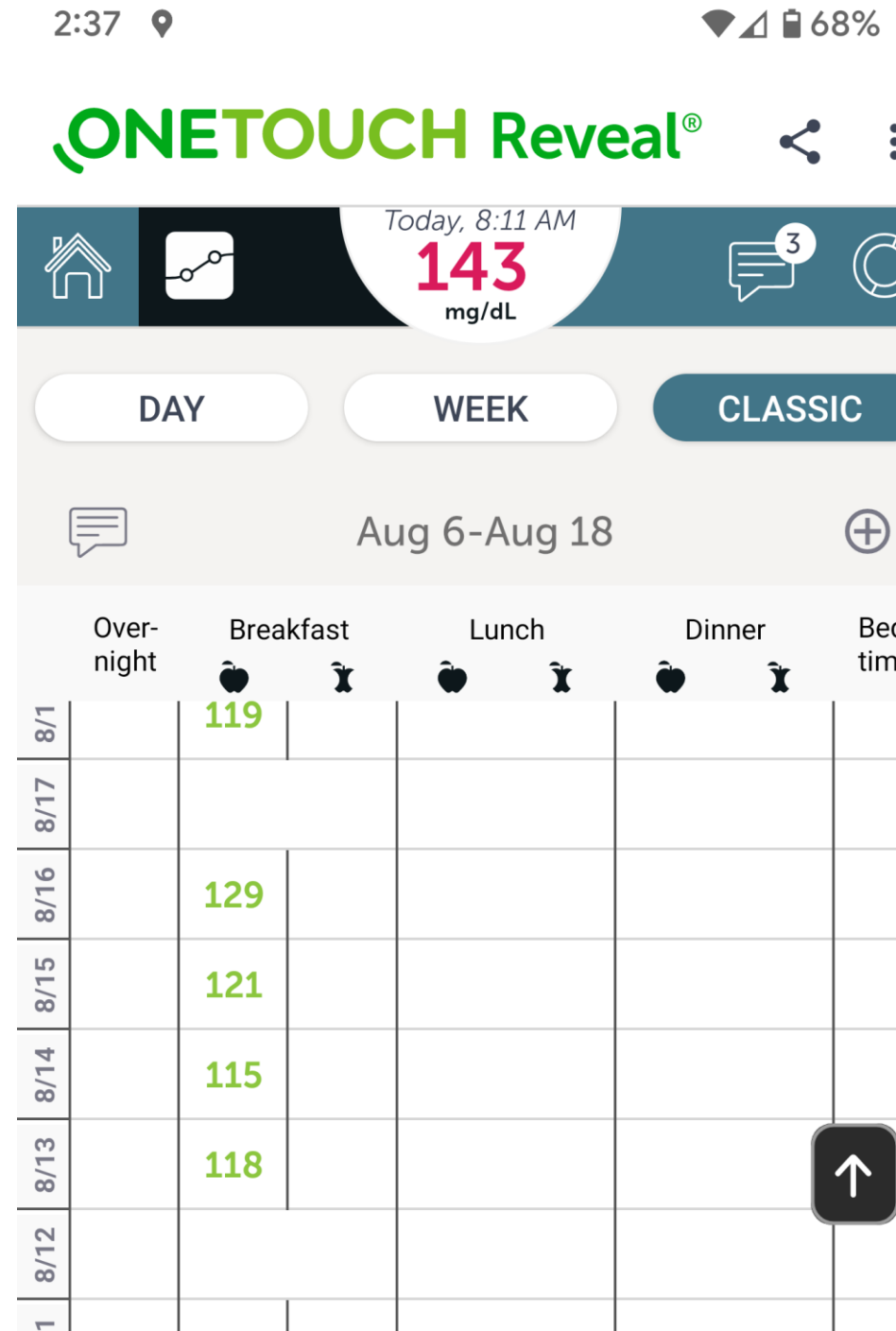


COMPUTERS AND TABLETS

- Telemedicine
- Mental Exercise to delay memory loss
- Shopping
- Email and Web
- Access health app reports
- Entertainment – TV, Video, Music and Reading

HEALTH TRACKING

- Doctors can remotely monitor patients
- Seniors can track their own medical history
- Apps can track medical information over time



HOME SUPPORT WITH SMART DEVICES

- Smart Speakers and Screens – Virtual Assistants, communicate within the house or make outside calls
- Home control – lighting, heating and cooling, fans, drapes, refrigerator, stove, washer and dryer
- Appointment and Prescription reminders
- Smart doorbells and door locks
- Security systems and cameras
- Smart Sensors – Body temperature, falls, air quality
- Robotic helpers - Vacuums, Window cleaning, Physical assistance
- Smart Thermostats



SERVICES

- Sonoma County Linkages connects you to County services for seniors
 - <https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Care-Management/Linkages/>
- Sonoma Agency on Aging <https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Area-Agency-on-Aging/>
- Sonoma County Services for Seniors <https://www.sonomaseniorresourceguide.org/>
- Nutrition - Food Banks, Meals on Wheels
- Medical Alert Devices “Help, I’ve fallen”
- Phone Check in - Catholic Charities of the Diocese of Santa Rosa (707) 528-2782
- Transportation See our [September 2021 presentation](#)

Stay Well
And Happy

