



## **Medical Alerts Increase Independence**

**October 2021**

**Senior Management Services**

Most older adults are looking to maintain their independence if possible. As working care givers, it's important to search out the tools that can support your loved one in their independence as well as keeping them safe.

Medical alerts have been around for years, but the technology has continued to improve and there are many options for individuals to choose from to fit their personal needs. The alert button typically comes in either a watch type band or lanyard necklace. The alert should be worn at all times and is safe to wear in the shower and to bed. Most companies have a central call center to respond when the alert is pressed. The individual will come through the speaker connected to the device and ask the consumer if they are ok. Based on the consumer's responses, the call center may reach out to one of the identified contacts that was chosen on set up. One is typically the local emergency response organization. However, family, neighbors and friends are also requested to be points of contact for events that require a check-in rather than an emergent event.

Technology has improved and medical alerts now are available in a GPS/cellular signal device that can be used anywhere inside or outside the home. There are also personal alerts that can detect a fall without the button having to be pressed. These are especially helpful for older adults with dementia or those that may be concerned about remembering to press the alert when help is needed.

If you or your loved one is interested in setting up a personal alert system, please contact Senior Management Services at **800-253-9236**. They can point you in the right direction.

**For additional information about Eldercare, please contact Quest at 1-800-364-6352.**

---