

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

August 2023



I've fallen and I can't get up.

Just about everyone has heard that line at some point and then thought about a loved one or family member. Falling is a scary, traumatizing, and unfortunately a very common occurrence. One of the most familiar situations is people falling in the shower or when they are trying to get in or out of the shower. What happens if your loved one lives alone? Or they've fallen and no one can hear them calling for help? Here at our Assistive Technology Center, we have several options available to learn about and we will highlight two of them today.

One option that will give a caregiver piece of mind and the senior some freedom, is *MyNotifi Automatic Fall Detection*. *MyNotifi* an on-the-go medical alert system that offers Bluetooth features/GPS and fall detection. A senior can either clip it to their pants or wear the wristband option and it is one of the few alert systems that only charge a one-time fee. It is simple to set up with a smartphone and if you do have a fall, you will receive help with just a touch of a button! And the Bluetooth feature and GPS will immediately alert your family and/our emergency contacts of your fall as well!



Another option, in case of a fall, is the *SkyAngel 911 Automatic Fall Detection*. This alert system is very similar to MyNotifi with a few differentiating features. Simple setup with no smartphone required. And with a touch of a button, *SkyAngel* will directly connect you to a 911 operating system where you can speak directly to 911 through your device. Just like MyNotifi, SkyAngel also offers a one-time fee. And it also offers the GPS feature for your location; still giving your family and caregivers piece of mind! Safety made simple!



MyNotifi

SkyAngel 911

<https://www.mynotifi.com>

https://www.amazon.com/SkyAngel911FD-Cellular-Waterproof-Automatic-Detection/dp/B075NT5WHV/ref=sr_1_3?crid=5DNVLLT790SE&keywords=sky%2Bangel%2B911%2Bmedical%2Balert%2Bsystem%2Bfor%2Bsenior&qid=1691519623&srefix=%2Caps%2C96&sr=8-3&ufe=app_do%3Aamzn1.fos.f5122f16-c3e8-4386-bf32-63e904010ad0&th=1

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

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