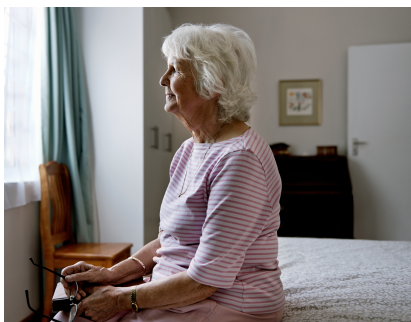


## Wearables can reduce social isolation by creating a connected family with easy communication

As caregivers of older adults, we already know that social isolation is a concern. While it can affect us all, social isolation is especially harmful to the mental and physical health of older adults who often live alone. As we have learned from the pandemic, it can also be difficult to reach our loved ones in assisted living and other types of residential care due to lockdowns. While there are wearables that track GPS location of our loved ones so we know where they are, these only solve half of the problem. Communication is key to staying in touch with our loved ones to reduce the negative effects of social isolation. Some wearables allow you to talk with your loved one anytime they are wearing it, or to contact your loved ones quickly if we know they need assistance.

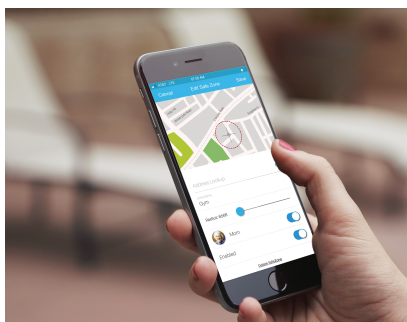
Affordable, easy to use wearables are now available that provide tracking and direct communications built in. They are like a smartwatch purpose-built for older adults. Our loved ones with Alzheimer's or dementia put on their wearable and their primary family caregiver has an app that they download onto their personal smartphone to connect to the wearable. Not only does the app show location, activity information and notify the primary family caregiver if their loved one leaves a safe area, the caregiver can also call their loved one anytime to chat or check in. The primary family caregiver can even use an auto-answering audio feature on the wearable, so if their loved one doesn't or can't answer they can still hear their caregiver without having to push a button. If they are in residential care, auto-answering is especially helpful since it doesn't require assistance from the care team, like a video meeting or a tablet would. Additionally, the primary caregiver can add other trusted family members to the wearable's contact list so that each person on the approved contact list can call to chat, and your loved one can call them as well. Only authorized callers on the contact list can reach the wearable – no SPAM calls are let through. Today's wearables deliver more peace of mind for family caregivers and their loved ones. Families now know where their loved one is, when they might need you, and be able to speak with them easily

### How you and your family can talk with your older loved one with easy to use, auto-answering wearables:



**New wearables are purpose-built for older adults and help to reduce social isolation by keeping families connected.**

You can call and talk with your loved one anytime and check in quickly if you receive an alert.



**Create a connected family!**

The primary caregiver can add additional trusted family members to the contact list for calls and activity tracking, too. No SPAM calls are allowed through.



**Auto-answering audio**

on the wearable means the primary family caregiver can phone anytime with no button pushing or assistance needed for loved one to hear your familiar, reassuring voice.

### Caregiving Solution in Action

[Click here](#) for a short 2.5 minute video showing how it works.