

Safety and Security:

Technology can enhance and increase older adults' safety at home & on the go; therefore, maintaining their independence. Technologies such as fall detection systems, smart phones with GPS tracking apps, medical alert systems, medication reminders, mobility assisting devices, smart home devices, video monitoring, automatic lighting with sensor detection, remote/keyless locks for doors/mailboxes, and home security systems are just a few of the devices available.

Home modifications to accommodate age related physical needs can increase safety and support daily activities as well. When assessing your safety inside/outside the home consider needs and accessibility requirements.

See Age Friendly Homes Links



For Further Information & Resources Contact ***Eastern Carolina Council Area Agency on Aging***

Dr. Cynthia Livingston, Digital Navigator

252-638-3185, Ext 3016 / 252-671-7553

clivingston@eccog.org

January Brown, Interim AAA Director

252-638-3185, Ext. 3011

jbrown@eccog.org