

**SENIOR PLANET**

FROM **AARP**

Tuesday Talks



# Tech-Enhanced Aging in Place: Safer, Longer, Affordable Living



*Guest presenter:  
Rick Planos*



Rick Planos

Who Am I?





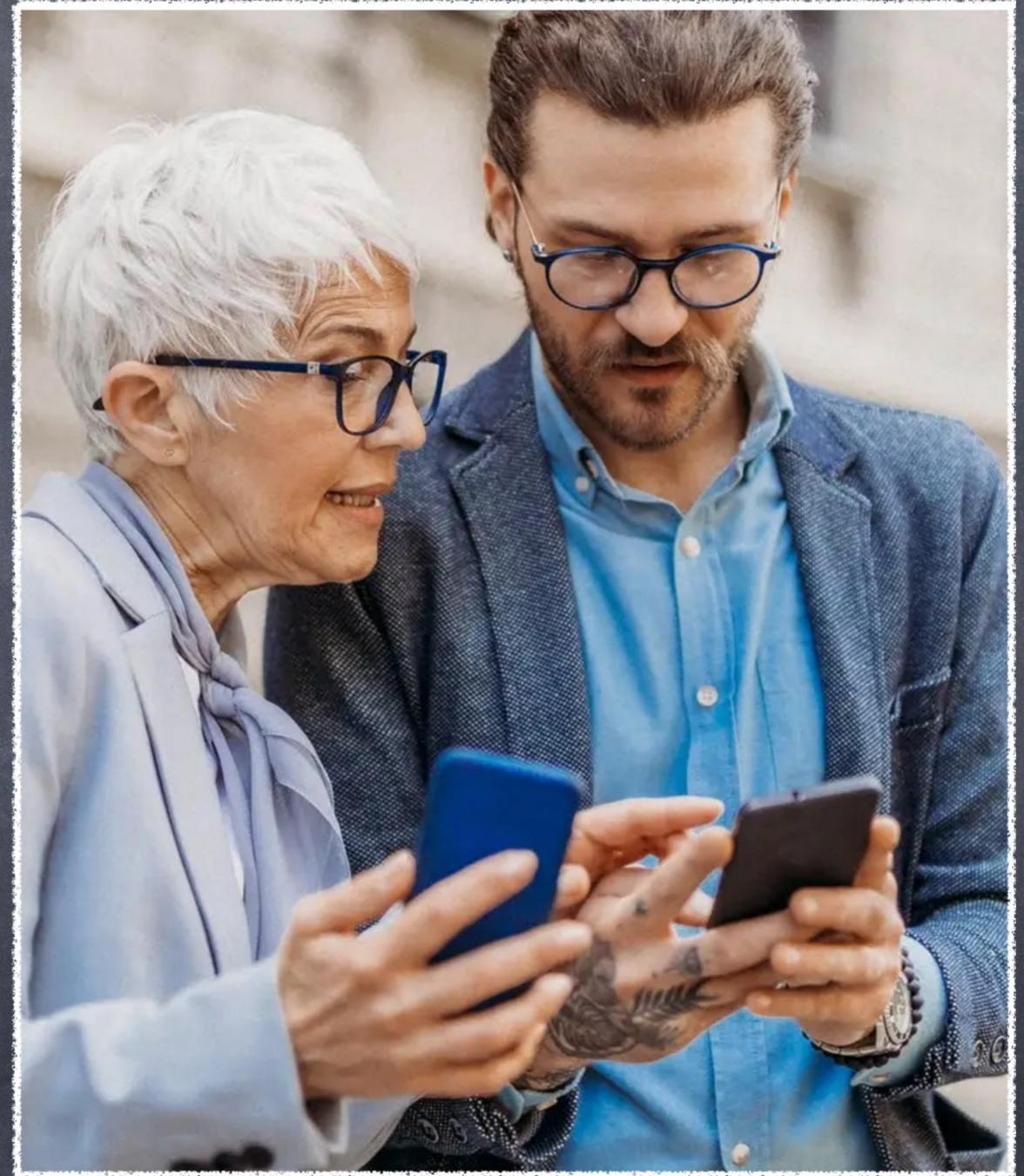
Why is this topic close to my heart?

As the caregiver for a parent with Alzheimer's,

during COVID I had to use all the tools I could find.

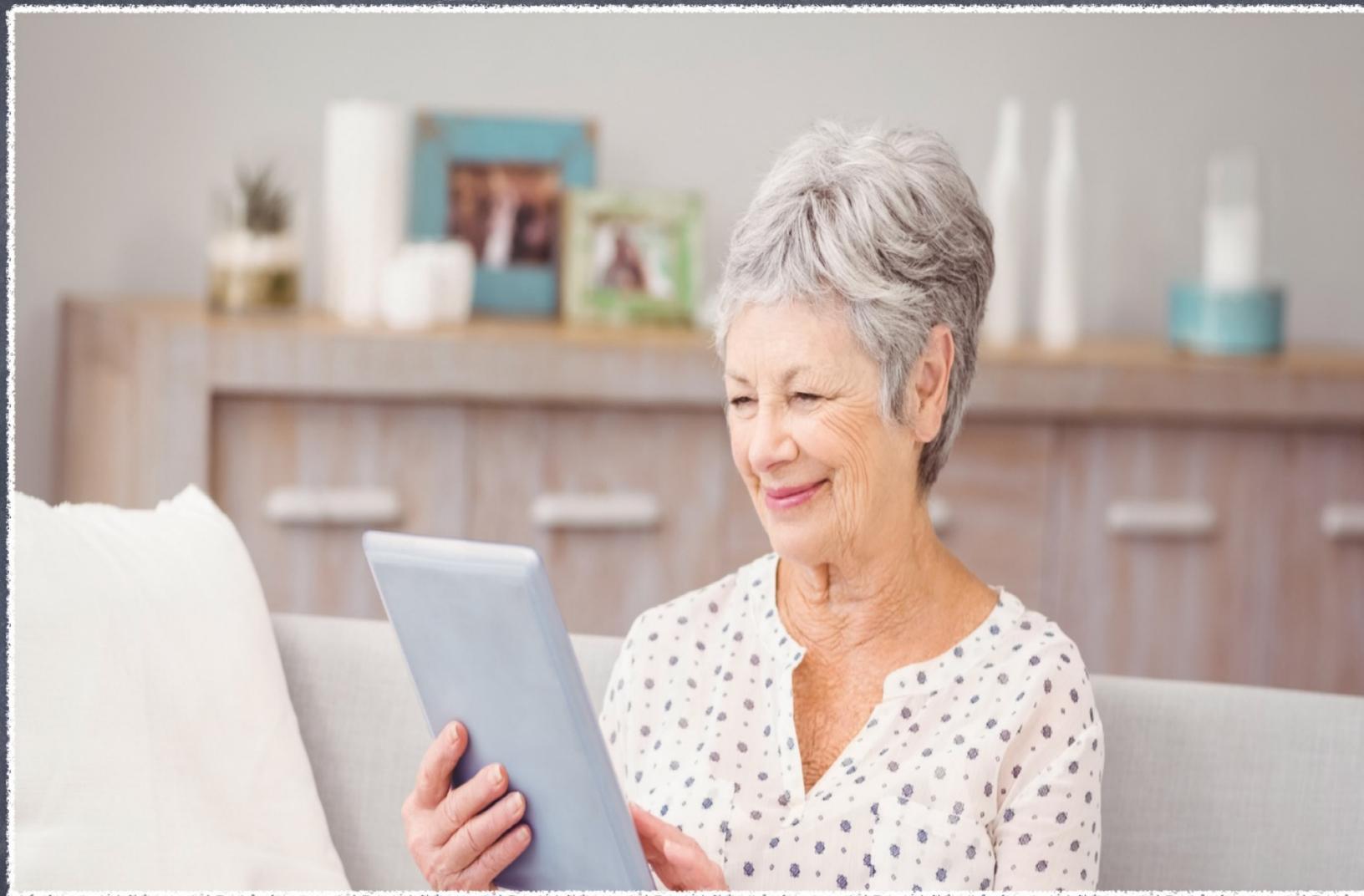
First, never say never  
It's short sighted to say  
you will never  
understand tech, or you  
will never use a cell  
phone.

A cell phone can be a gps,  
allocation device, a camera, a  
radio, and much more



# Tablets

Think of a tablet as a bigger version of a cell phone, or a precursor to a laptop



# Digital Timepieces

The new digital time pieces do far more than tell time, they are locator devices, measure blood pressure heart beats, blood oxygen level, temperature, and more. Also they are a far more discreet tool than a med alert bracelet for about the same price.



# Bathrooms

It is low tech, but these motion detection devices light up in the dark to light up the toilet.



# Medication Technology

There are electronic pill dispensers and services that manage meds for you.



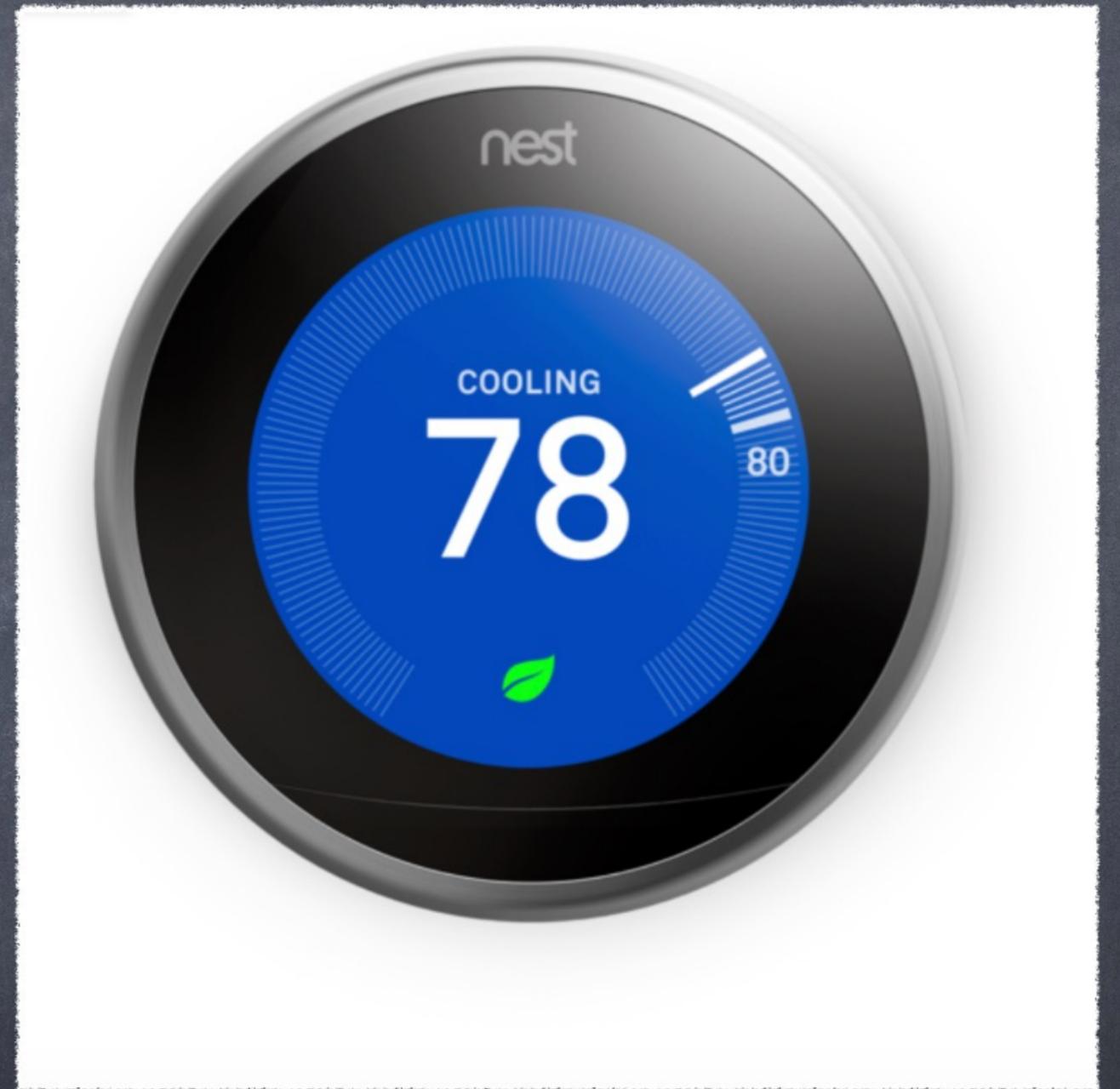
# Cameras!

There are cameras of all type to add another safety factor.



# Digital Thermostats

These thermostats can be adjusted from far away and save utility costs also.



# Smart Plugs

Smart plugs allow you to control devices from afar and from your phone.



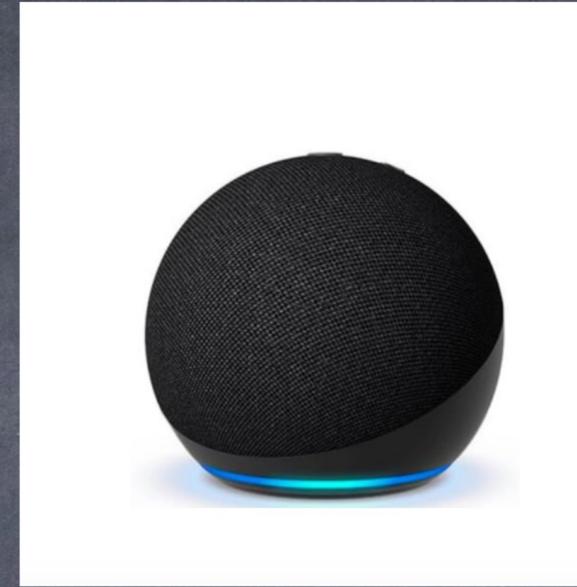
# Smart Digital Door Locks

## Smart locks



# Home Hub And Voice Activated Speakers

These devices are voice activated and can answer questions, control lights and temps, or act as a stereo, tv or library



# Smart Smoke and Carbon Monoxide Detectors

These talk to you, shine a light to help you escape a fire, and measure more than just smoke.



# Digital Doorbells and Camera Combinations



Where can I get  
Elder Friendly  
Support?

**OATS** | OLDER ADULTS  
TECHNOLOGY  
SERVICES  
FROM **AARP**

 **SENIOR PLANET**  
*Aging with Attitude*

**AARP**<sup>SM</sup>



**Geez Grandma! It's not that hard! Go into Settings... select wi-fi... Select it! Tap it with your finger... OMG any finger!! Grrrrrrr**

Where can you find me?

**RICK PLANOS**

Consulting Partner - Global Retail Solutions

[www.rickplanos.com](http://www.rickplanos.com)

[rick@rickplanos.com](mailto:rick@rickplanos.com)

402.203.4459

