

Technology to support aging in place

An inventory of technologies available in Quebec



Photo credit: Sabine van Erp, Pixabay

Authors:

Aline Aboujaoudé^{1,2}, Renée-Pier Filiou², Patricia Belchior^{2,3}, Mélanie Couture⁴, Nathalie Bier^{1,2}

Supported by a team of researchers composed of : Carolina Bottari^{1, 7, 8}, Guy Paré⁹, Hélène Pigot^{5,6}, Kevin Bouchard¹⁰, Sébastien Gaboury¹⁰, and Sylvain Giroux^{5,6}.

1. École de réadaptation, Faculté de médecine, Université de Montréal
2. Centre de recherche de l'Institut universitaire de gériatrie de Montréal du CIUSSS du Centre-Sud-de-l'Île-de-Montréal
3. School of Physical and Occupational Therapy, Faculty of Medicine and Health Sciences, McGill University
4. Centre de recherche et d'expertise en gérontologie sociale (CREGÉS) du CIUSSS du Centre-Ouest-de-l'Île-de-Montréal
5. Laboratoire DOMUS, Université de Sherbrooke
6. Centre de recherche sur le vieillissement, Centre de Santé et Services Sociaux - Institut universitaire de gériatrie de Sherbrooke
7. Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal
8. Institut universitaire sur la réadaptation en déficience physique de Montréal du CIUSSS Centre-Sud-de-l'Île-de-Montréal
9. Research Chair in Digital Health, HEC Montréal
10. Laboratoire d'Intelligence Ambiante pour la Reconnaissance d'Activités, Département d'informatique et de mathématique, Université du Québec à Chicoutimi

Design by: Annie Webb, artsciencedesign.org

Copyright © The authors

ISBN : 978-2-550-94438-6

Any reproduction whatsoever, translation or dissemination, in whole or in part, is prohibited unless authorized by the authors. However, reproduction or use for non-commercial personal, private study or scientific research purposes is permitted, provided the source is mentioned.

Suggested citation:

Aboujaoudé, A., Filiou, R.-P., Belchior, P., Couture, M., & Bier, N. (2023). Technology to support aging in place: An inventory of technologies available in Quebec [Digital Inventory]. Retrieved from Centre de recherche de l'Institut universitaire de gériatrie de Montréal website : <https://criugm.qc.ca/en/>.

Context

This inventory contains information on different technologies to support aging in place. It was created to support social and health care professionals in their search for technology products that can assist in the homecare of older adults. The inventory does not intend to be exhaustive, but rather to provide an overview of products currently available for purchase on the Canadian market, specifically in the province of Quebec (in store or online).

The technologies are divided into seven sections for easier navigation:

1. Sleep habits
2. Medication management
3. Communication
4. Mobility
5. Home environment control
6. Home safety: fire, air quality and flood detection

See the inventory introduction video : <https://bit.ly/3or4QLw>

If you have other informational needs regarding technology that could help in your practice, or if you have comments and ideas that could benefit an updated version, we would like to hear from you! Send us an e-mail at: LaboBier@criugm.qc.ca

DISCLAIMER

All the technologies presented in this inventory were available for purchase in the province of Quebec at the time the document was created. However, we cannot guarantee product availability at a specific time. We plan to conduct ongoing updates to this document. It is important to keep in mind that the products presented in this document have not necessarily been the subject of scientific studies to determine their benefits. The information presented regarding each device and user manuals (when available online) were taken directly from the suppliers' websites. An effort was made to present key information. Prices for all products were verified in December 2022. However, prices are subject to change at the manufacturer's discretion. We have no ties with any of these companies. They are not sponsors or otherwise affiliated to us. An online search for technologies to be included in the repertory was conducted. Technologies were then selected based on, 1) being available for purchase/shipment in Quebec, and 2) their potential to support home care. All product and service brands are property of their respective owners.

Funding source

Programme d'appui à la mobilisation des connaissances du Centre de Recherche de l'Institut universitaire de gériatrie de Montréal (CRIUGM), CIUSSS Centre-sud-de-l'île-de-Montréal.

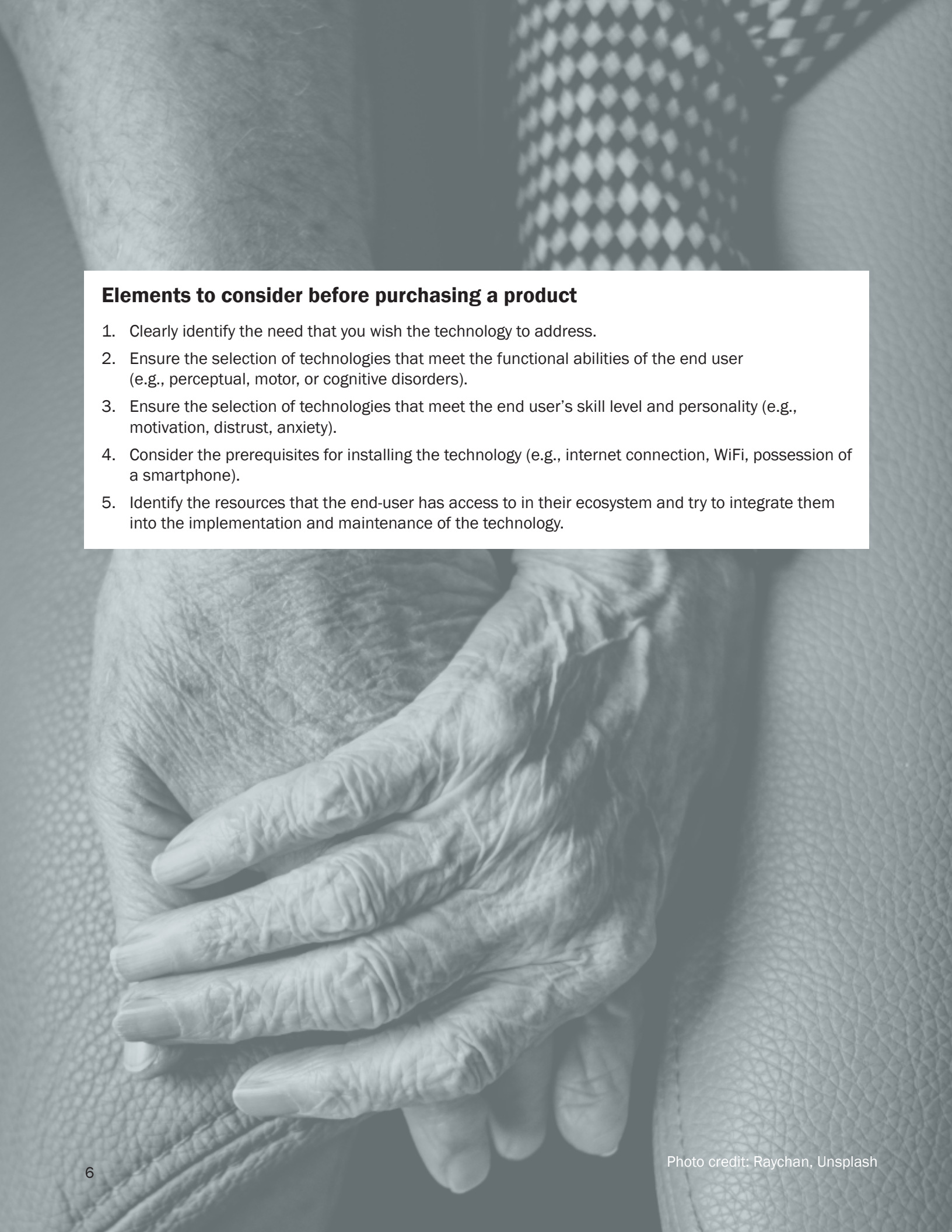
Contents

Contents

Authors:	2
DISCLAIMER	3
Funding source	3
Elements to consider before purchasing a product	6
1. Sleep habits	7
1.1 Sleep tracking bed mat	8
1.2 Alarm clocks with bed shakers	8
1.2.1 Wired bed shaker	8
1.2.2 Wireless bed shaker	9
1.2.3 Bluetooth bed shaker	9
2. Medication management	10
2.1 Pill dispensers	11
2.1.1 Automatic pill dispensers	11
2.1.2 Automatic pill dispensers with caregiver notification	12
2.1.3 Portable automatic pill dispensers	14
2.1.4 Stationary automatic pill dispensers	15
2.1.5 Voice-integrated automatic pill dispenser	16
2.2 Pill boxes with timers	16
2.2.1 Weekly, stationary pillboxes with timers	16
2.2.2 Weekly, stationary pillbox with talking timer	17
2.2.3 Portable pillbox with cellphone reminder	18
2.2.4 Portable, vibrating, daily pillbox with timer	18
2.2.5 Portable, vibrating, weekly pillbox with timer	18
2.2.6 Portable daily pillboxes with timers	19
2.2.7 Portable weekly pillboxes with timers	21
2.2.8 Monthly stationary pillboxes with timers	22
2.3 Clock medication reminders	23
2.3.1 Voice reminders	23
2.4 Wearable watch medication reminder	25
2.4.1 Sound and text	25
2.4.2 Vibration and/or sound	25
3. Communication	27
3.1 Telephones	28
3.1.1 Amplified telephones for people with hearing impairments and low vision	28
3.1.2 Amplified ultra corded telephone	28
3.1.3 Amplified cordless telephone	29
3.1.4 Amplified photo phone	29
3.1.5 Picture phone with speakerphone	30
3.1.6 Voice dialer phone	30
3.1.7 Tablet to connect caregiver and family member	31
4. Mobility	32
4.1 Fall detectors — fee-based service packages	33

Contents (continued)

4.1.1. In-home fall detection fee-based services	33
4.1.2 In and out-of-home integrated fall detection fee-based services	35
4.2 GPS location tracker fee-based services	37
4.2.1 Portable tracker	37
4.2.2 Wearable watch	38
5. Home environment control	39
5.1 Home environment control fee-based services	40
5.2 Voice-activated home environment controls	41
5.2.1 Voice assistants without smart displays or cameras	41
5.2.2 Voice assistants with smart displays and cameras	43
5.2.3 Voice assistant with smart display, no camera	44
5.3 Light control	45
5.3.1 Light bulb	45
5.3.2 Floor light	45
5.3.3 Floor light for outdoor use	45
5.4 Appliance control	46
5.4.1 Electrical plugs	46
5.5 Temperature control	47
5.5.1 Thermostats	47
5.6 Door control	47
5.6.1 Smart Lock	47
6. Home safety	49
6.1 Fire detection	50
6.1.1 Smart smoke and carbon monoxide detectors	50
6.1.2 Talking smoke & carbon monoxide detectors	50
6.2 Air quality and mold detection	51
6.3 Flood detection	51
6.3.1 Flood sensors	51
6.3.2 Smart flood sensors	52
6.4 Monitoring activities of daily-living (monthly paid services)	53
6.4.1 Best Buy® Assured Living services	53
Legal notices	54



Elements to consider before purchasing a product

1. Clearly identify the need that you wish the technology to address.
2. Ensure the selection of technologies that meet the functional abilities of the end user (e.g., perceptual, motor, or cognitive disorders).
3. Ensure the selection of technologies that meet the end user's skill level and personality (e.g., motivation, distrust, anxiety).
4. Consider the prerequisites for installing the technology (e.g., internet connection, WiFi, possession of a smartphone).
5. Identify the resources that the end-user has access to in their ecosystem and try to integrate them into the implementation and maintenance of the technology.

1. Sleep habits

In this section, In this section, we will discuss technologies that affect sleep patterns. As people age, they are more prone to various disorders such as sleep apnea, insomnia and restless leg syndrome. In addition, older people often experience changes such as a decrease in deep sleep and an increase in wakefulness during the night. Sleep monitoring technologies aim to help older adults track sleep quality by allowing them to examine their sleep cycle, heart rate, and breathing during the night. Other technologies, such as bed shakers, are also available for individuals with hearing or visual difficulties.



1.1 Sleep tracking bed mat

Withings™ Sleep Monitor

- Personalized coaching through the Health Mate app helps to achieve a better night's sleep
- Can be synced to other home automation devices (e.g., smart lights, thermostats, coffee machine) to control your home environment as desired (e.g., turn off lights when you get into bed, turn on coffee machine when you get out of bed)
- [Youtube video](#)

Technical details:

- FDA cleared and compliant with European medical device regulations
- Clinically tested (more information here)
- Compatible with iOS and Android phones



Source: [Withings](#)

Cost:

- \$169.99 CAD ([from Best Buy](#))
- \$129.95 USD ([from Withings](#))

1.2 Alarm clocks with bed shakers

1.2.1 Wired bed shaker

Sonic Alert™ Bomb Alarm Clock and Bed Shaker

- Alarms: up to 2 alarms per day
 - Adjustable volume and tone
 - Pulsating alert light
 - Vibration
 - Snooze and alarm duration from 1-59 minutes
- 5-level dimmer function
- Test mode to pre-test vibrator and alarm
- Improved battery backup to 30 days
- Eco-friendly green electronics that use 60 percent less energy
- [YouTube video](#)



Source: [Sonic Alert](#)

Cost:

- \$119.99 CAD ([from Walmart](#))
- \$63.99 USD ([from MaxiAids](#))
- Other similar products available [here](#)

1.2.2 Wireless bed shaker

HearMore™ digital alarm clock with wireless bed shaker

- Alarms: up to 2 alarms per day
 - 3 wake up modes (sound, vibration and sound, vibration)
 - 5-60 minutes snooze
 - 2 levels of volume (loud or normal beep sound) and 3 levels of vibration (weak, medium, strong)
- Clock has 12/24 hour mode
- Power backup lithium battery (included) will keep time and alarm settings in case of a power outage



Source: [HearMore](#)

Cost:

- \$76.98 CAD ([from Walmart](#))
- \$69.95 USD ([from MaxiAids](#))

1.2.3 Bluetooth bed shaker

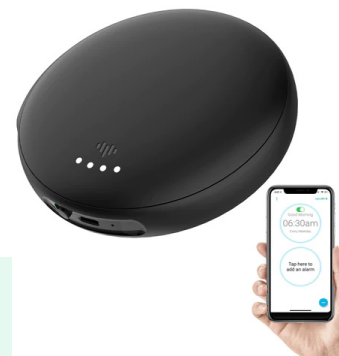
REQUIREMENT: smart phone

iLuv™ SmartShaker3 Vibration Bed Shaker Bluetooth Alarm Clock

- Alarms: set up multiple alarms with the app (iOS and Android)
 - Vibration only
 - 5-level vibration strength settings
- Connects to your smartphone wirelessly via Bluetooth

Cost:

- \$59.99 USD ([from diglo](#))
- Other similar products available [here](#)



Source: [iLuv](#)

2. Medication management

In this section, you will find medication management devices, including traditional pillboxes with timers and electronic pillboxes. Pillboxes have the potential to help older adults manage their medications more easily and effectively. Traditional pillboxes can be paired with a timer or watch with reminder alarms to alert the user when it is time to take their medication. Electronic pillboxes, on the other hand, have built-in audible alarms or flashing lights that alert the user when it's time to take their medication. Some are portable and can even send notifications of missed doses.



2.1 Pill dispensers

2.1.1 Automatic pill dispensers

Auto Pill Automatic Pill Dispenser (by Reizen™)

- Medication compartment: 28
- Alarms: up to 6 customizable alarms
 - 3 loud alarm tones and a flashing red LED light
 - Comes with 6 different dosing templates (for up to 6 dosage times per day)
- Additional characteristics:
 - It is advertised as designed specifically for older adults, Alzheimer's patients, people with low vision, and patients with complicated daily medical regimes.
 - Tamper-proof locking key system helps prevent over-medication
 - Easy to program with only three buttons
 - Interchangeable solid and clear covers
 - Ideal for both in-home care and for large caregiver facilities
 - Low battery alert integrated
- [User manual](#)



Source: [Reizen](#)

Cost:

- \$89.95 USD ([From MaxiAids](#))
- Similar product: Med-e-lert™ Automatic Pill Dispenser
 - \$156.95 CAD ([from The Alzheimer's Store Canada](#))
- Other similar pill dispensers available at [Walmart](#)

e-pill® Med-Time XL

- Medication compartments: 28
- Alarms: up to 28 alarms per day (i.e., refill the tray every day)
 - Sound and light
- Additional characteristics:
 - Alert duration from 5 minutes to 1 hour
 - Dispensing log available
 - Low battery warning
 - Lockable with key
- [User manual](#)
- [Youtube video](#)



Source: [e-pill](#)

Cost:

- \$495 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® SAFE

- Medication compartment: 28
- Alarms: up to 6 alarms per day
 - Sound and light
 - At alarm time, if the dispenser is not turned over, the alarm will continue for 1 hour
- Additional characteristics:
 - It is advertised as developed to help families and health care professionals manage patients addicted to pain pills or other medications, and for use in drug rehabilitation programs (such as buprenorphine or methadone tablets)
 - It allows for 'take-home' (Opioid Replacement Therapy ORT)/(OST Opioid Substitution Treatment) and allows for easy dose verification by the caregiver
 - Lockable with four locks (8 keys)
 - No key overrides or duplicate keys available
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$849.95 USD ([from e-pill](#))
- 30-day money-back guarantee

2.1.2 Automatic pill dispensers with caregiver notification

e-pill® MedSmart

- Medication compartments: 29
- Alarms: up to 6 alarms per day
 - Long sound alarm duration (rings indefinitely when on docking station or for 90 minutes when on battery power) and the light will continue to flash until pills are dispensed
- Additional characteristics:
 - Patient Compliance Dashboard™ allows patients to see how many doses are left
 - ENGLISH language display only
 - Lockable with key
- [User manual](#)
- [Youtube video](#)



Source: [e-pill](#)

Cost:

- \$695 USD ([from e-pill](#))
 - 30-day money-back guarantee
-
- Option to obtain the PLUS version:
 - MedSmart PLUS will notify the caregiver by **phone, e-mail** or **text message** if medications have been missed
 - It will send out alerts if the alarm has been going off for 60 minutes
 - Refill notifications are sent out when it is time to fill the dispenser
 - Online access to reports and inquiries to see the patient's history
 - [Youtube video](#)

Cost:

- \$895 USD ([from e-pill](#))

MedReady® Pill Dispenser with Alarm

- Medication compartment: 28
- Alarms: up to 4 per day
 - In the basic dispenser: only sound
 - Option to add light
 - Option to add different sounds
- Lockable with key



Source: [The Alzheimer's Store Canada](#)

Cost:

- \$349.99 CAD ([from The Alzheimer's Store Canada](#))
-
- Upgrade versions available (additional charges apply) from [MedReady Inc.](#) :
 - MedReady model 1750
 - Low monthly fee (ask supplier for information)
 - If the medication is not taken, the dispenser signals MedReady's servers which will send an alert via email, text message, as well as make automated phone calls to a caregiver's landline
 - Access to a complete compliance log which can be viewed at anytime on the compliance website
 - MedReady model MR-357
 - Low monthly fee (ask supplier for information)
 - Can remotely change alarm times, trigger early doses, and set all device settings from the comfort of your home or smart phone
 - If the medication is not taken, the dispenser signals MedReady's servers which will send an alert via email, text message, as well as make automated phone calls to a caregiver's cellphone
 - Access to a complete compliance log which can be viewed at anytime on the compliance website

2.1.3 Portable automatic pill dispensers

e-pill® Med-O-Wheel SMART

- Medication compartments: 14
 - Two 14-compartment trays provided
- Alarms: up to 4 per day
 - Sound and light
 - When the alarm sounds, it reminds patients to take the medication every 15 minutes for up to 2 hours
- Additional characteristics:
 - Comes with 2 different dosing templates (suitable for users with up to two daily doses of medicine)
 - Medication dispensing window of 3 hours
 - Example: When the e-pill Med-O-Wheel SMART is set to give the medication at 9 AM, the medication can be taken from the dispenser between 8 AM and 11 AM
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$500 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® Med-O-Wheel SECURE

- Medication compartments: 28
- Alarms: up to 4 per day
 - Sound and light
 - When the alarm sounds, it reminds patients to take the medication every 15 minutes for up to 2 hours
- Additional characteristics:
 - Clinically tested in unobserved opioid substitution treatment programs ([New England Journal of Medicine](#))
 - Comes with 4 different dosing templates (suitable for users with up to 4 daily doses of medicine)
 - “Safety time” feature ensures that two dosages may not be taken too close to each other, with at least one hour in between
 - Medication dispensing window of 3 hours
 - Example: If a user has been prescribed medication to be taken each morning at 9 AM, the e-pill Med-O-Wheel Secure dispenses the medication between 8 AM and 11 AM
 - See-through bottom allows easy tablet count
 - Lockable with key
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$749.95 USD ([from e-pill](#))
- 30-day money-back guarantee

2.1.4 Stationary automatic pill dispensers

e-pill® MedTime STATION

- Medication compartments: 28
- Alarms: up to 6 per day
 - Sound and light
 - 1-hr sound-alarm duration
- Medicine for that dose will still be available after the alarm stops, up until the next dose time
- Additional characteristics:
 - Tipping device helps patients with limited dexterity
 - Lockable with key
 - Comes with 6 different dosing templates (templates identify the number of alarms per day and time of day that the tray needs to be filled)
- [User manual](#)
- [Youtube video](#)



Source: [e-pill](#)

Cost:

- \$549.95 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® CompuMed®

- Medication compartments: divided as 4 doses per day, for 7 days
- Alarms: up to 4 per day
 - Sound alarm and text display (ENGLISH only)
 - At alarm time, medication messages may be displayed (e.g., “Caution – May cause drowsiness,” or “Take medication as directed”)
- Lockable with key
- [User manual](#)
- [YouTube video](#)



Source: [e-pill](#)

Cost:

- \$1,049 USD ([from e-pill](#))
- 30-day money-back guarantee

2.1.5 Voice-integrated automatic pill dispenser

e-pill® VOICE

- Medication compartments: 28
- Alarms: up to 9 per day
 - Alarm's voice reminder, "It's time for your medications," will sound for up to 60 minutes, and lights will blink every 3 seconds for up to 60 minutes
 - If a dose is not dispensed within 60 minutes after the alarm has started, the voice alarm, "Patient may have missed their medications," will sound every minute for up to 4 minutes, after which, the pills will remain available until the next alarm time when the next dose rotates into position, thus rotating away the missed dose
 - ENGLISH message only
- Lockable with key
- Easy to set up using a smartphone (with additional costs of \$450 USD)
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$429.95 USD ([from e-pill](#))
- 30-day money-back guarantee

EXTRA: [Comparison charts](#) for pill dispensers from e-pill

2.2 Pill boxes with timers

2.2.1 Weekly, stationary pillboxes with timers

e-pill® Compact Weekly Pill Organizer

- Medication compartments: divided as 4 doses per day, for 7 days
- Alarms: up to 6 per day
 - Sound and visual
 - Alarm can only be set on the hour
 - Alarm rings for 15 seconds and alarm bell symbol blinks
 - Alarm repeats after 5 minutes if STOP button is not pressed
 - Alarm bell symbol will flash continuously for 5 minutes
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$49.95 USD ([from e-pill](#))
 - 30-day money-back guarantee
- Stand alone timer: \$49.95 USD ([from e-pill](#))

e-pill® MedGlider HOME

- Medication compartments: divided as 4 doses per day, for 7 days
- Alarms: up to 4 per day
 - 10-second alarm duration cycle on and off for 3 minutes
 - If the STOP button is not pressed to silence the alarm, an “X” will be displayed on the alarm/dose that was missed
- Details:
 - Easy to open lids, ideal for those with dexterity issues or tremors
 - Removable pill timer (can be used separately)
- [User manual](#)



Source: [e-pill](#)

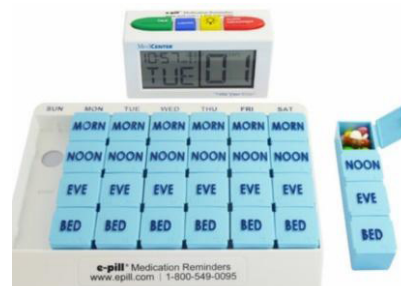
Cost:

- \$79.95 USD ([from e-pill](#))
- 30-day money-back guarantee

3.2.2 Weekly, stationary pillbox with talking timer

e-pill® Large Pill Organizer and Talking Reminder

- Medication compartments: divided as 4 doses per day, for 7 days
- Alarms: up to 4 per day
 - ENGLISH voice only (e.g., “Good morning. Please take your morning pills for the 20th,” and “Alarm acknowledged. The next alarm will be the evening alarm at 6:00 PM. The current time is 1:00 PM.”)
 - Alarm rings for 60 minutes or until the red ALARM ACKNOWLEDGE button is pressed
 - Backlight for nighttime viewing
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$84.95 USD ([from e-pill](#))
 - 30-day money-back guarantee
- Stand-alone timer: \$79.95 USD ([from e-pill](#))

2.2.3 Portable pillbox with cellphone reminder

MedCenter™ SmartPack Mini Monthly Pill Organizer Set

- Medication compartments: divided as one dose per day, for 4 days
- Alarms: programmed on your phone
- Pillbox can stick to phone case with an included adhesion strip

Cost:

- \$19.95 USD ([from MedCenter](#))
 - For delivery outside the United States, the order must be placed by a MedCenter™ customer service representative that can be reached at : onlinesales@medcentersystems.com



Source: [MedCenter](#)

2.2.4 Portable, vibrating, daily pillbox with timer

e-pill® 4-Alarm Vibrating Pocket Pillbox

- Medication compartments: 4
- Alarms: up to 4 alarms daily
 - Vibration, beeping sound, or both
 - Alarm will go off for 30 seconds
 - It will repeat twice if not turned off, after 4 minutes and after 8 minutes
- [User manual](#)
- [YouTube video](#)



Source: [e-pill](#)

Cost:

- \$59.95 USD ([from e-pill](#))
- 30-day money-back guarantee

2.2.5 Portable, vibrating, weekly pillbox with timer

e-pill® VitaCarry 7-Alarm Vibrating Pillbox

- Medication compartments: 7
- Alarms: up to 7 per day
 - Vibration, sound, or both + visual sign
 - Vibrating and/or sound alarm will stop after 10 minutes
- Alarm text for the required dose will continue to blink for 1 hour
- If the alarm is not acknowledged an "X" will be displayed through for alarm/dose that was missed
- [User manual](#)



Source: [e-pill](#)

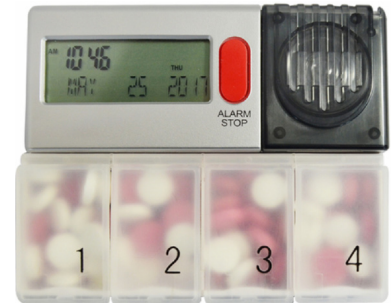
Cost:

- \$69.95 USD ([from e-pill](#))
- 30-day money-back guarantee

2.2.6 Portable daily pillboxes with timers

Timex™ Reminder with Pill Box

- Medication compartments: 4
- Alarms: up to 6 per day
 - Sound, light and text
 - 4 alarms for each of the compartments + 2 alarms as personal reminders (e.g., to take a blood pressure reading)
 - Automated ENGLISH voice, beep sound, or blinking text (silent alarm)
 - If the ALARM STOP button is not pressed, the alarm will ring once every minute for 3 minutes
 - If the STOP button is not pressed to silence the alarm, an “X” will be displayed for the alarm/dose that was missed
 - The compartment with the pill you must take flashes with a box around the dose number
 - The timer can be divided between the pillboxes



Source: [e-pill](#)

Cost:

- \$64.95 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® MedGlider Daily Reminder 4 Compartment Pillbox

- Medication compartments: 4
- Alarms: up to 4 per day
 - Sound, light and text
- When the alarm goes off, the device will beep and there will be a flashing light. The number of the needed dose (1, 2, 3 or 4) will flash on the screen, telling you from which pillbox to take it
 - Alarm duration of 10 seconds will cycle on and off for 3 minutes
 - If the STOP button is not pressed to silence the alarm, an “X” will be displayed for the alarm/dose that was missed
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$59.95 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® TimeCap & Bottle Last Opened Time Stamp with Reminder

- Alarms: up to 24 daily
 - Can set one or multiple alarms on the hour
 - The alarm will sound for 10 seconds and the display will flash until the cap is removed from the bottle
- It is recommended to have one type of pill per box
- It is possible to see when the bottle was last opened
- [A clinical study demonstrates improved patient medication compliance on hypertension control](#)
- *Reference: McKenney, J. M., Munroe, W. P., & Wright, J. T., Jr (1992). [Impact of an electronic medication compliance aid on long-term blood pressure control](#). Journal of clinical pharmacology, 32(3), 277–283.
- [User manual](#)
- [YouTube video](#)



Source: [e-pill](#)

Cost:

- Cost for a 3-pack: \$124.95 USD ([from e-pill](#))
- Cost for a single bottle: \$59.95 USD ([from e-pill](#))

Zewa® MedWell Smart Pill Box - Bluetooth Pill Dispenser with Alarm

- Medication compartments: 4
- Alarms: up to 4 per day
 - Sound and light
 - Notification to take medication and refill pillbox can be received on a mobile device
- Compliance log available on the phone app or online



Source: [Zewa](#)

Cost:

- \$88.00 USD + shipping fees to Canada ([from Save Rite Medical](#))

Pill Thing® Divided Drawer Pill Timer

- Medication compartments: 2
- Alarms: countdown timer (needs to be reset every time)
 - Sound
 - Once timer goes off, it continues to beep for 30 seconds
- [YouTube video](#)
- Portable weekly pillbox with timer



Source: [Pill Thing](#)

Cost:

- \$9.99 USD + shipping fees to Canada ([from Pill Thing](#))

2.2.7 Portable weekly pillboxes with timers

Med-Q™ Blue Automatic Pill Dispenser

- Medication compartments: 14 (divided as 7 days for 2 weeks)
- Alarms: up to 2 per day
 - Sound and light
 - Alarm rings for 5 minutes, stops, then repeats every 30 minutes until pills are taken
 - Bright LED light flashes on the correct container
- Includes braille marking
- Water resistant
- [YouTube video](#)



Source: [Med-Q](#)

Cost:

- \$99.95 USD + free world wide shipping ([from Med-Q](#))
- \$122.50 CAD + delivery fees ([from Amazon](#))

TabTime™ Super 8 Timer

- Medication compartments: 8
- Alarms: up to 8 per day
 - Sound and flashing light alarm
 - Flashing light continues until the box is opened
- 24-HOUR clock only



Source: [Tab Time](#)

Cost:

- \$65.35 CAD ([from Amazon](#))

e-pill® Small Pill Organizer with Reminder

- Medication compartments: divided as 5 doses per day, for 7 days
- Alarms: up to 6 per day
 - Sound and visual
 - Alarm can only be set on the hour
 - Alarm rings for 15 seconds and alarm bell symbol blinks
 - Sound alarm repeats after 5 minutes if STOP button is not pressed
 - Alarm bell symbol will flash continuously for 5 minutes
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$69.95 USD ([from e-pill](#))
 - 30-day money-back guarantee
- Option to purchase the timer alone: \$49.95 USD ([from e-pill](#))

Alternatives:**1) e-pill® Large Pill Organizer with Reminder**

- Medication compartments : divided as 4 doses per day, for 7 days
- Recommended by [e-pill medication National Health & Wellness Club members](#)

Cost:

- \$69.95 USD ([from e-pill](#))
- 30-day money-back guarantee

Source: [e-pill](#)**2) e-pill® Small Pill Organizer with Countdown Reminder**

- Medication compartments: divided as 5 doses per day, for 7 days
- Alarms: up to 9
 - Countdown reminders set from up to 10 hours
 - Alarm sounds for 60-second
- [User manual](#)

Cost:

- \$69.95 USD ([from e-pill](#))

Source: [e-pill](#)**2.2.8 Monthly stationary pillboxes with timers****MedCenter™ Monthly Pill Box**

- Medication compartments: divided as 4 doses per day, for 31 days
- Alarms: up to 4 per day
 - ENGLISH voice only (e.g., “Good morning. Please take your morning pills for the 20th,” or “Alarm acknowledged. The next alarm will be the Evening Alarm at 6:00 PM. The current time is 1:00 PM.”)
 - Alarm rings for 60 minutes or until red ALARM ACKNOWLEDGE button is pressed
- [User manual](#)

Source: [Med Center](#)**Cost:**

- \$89.95 USD ([from MedCenter](#))
 - For delivery outside the United States, the order must be placed by a MedCenter™ customer service representative that can be reached at: onlinesales@medcentersystems.com
- \$99.95 USD ([from MaxiAids](#))

- Smaller version available for \$74.95 USD ([from MaxiAids](#))

Cost for the timer alone (ENGLISH only):

- \$49.95 USD ([from MedCenter](#))
- \$59.95 USD ([from MaxiAids](#))

MedCenter™ Your Minder Personal Recording Alarm Clock

- Alarms: up to 6 personalizable voice alarms per day (i.e., use your own voice and words to record a medication-reminder message or any other message)
- Lets you choose between voice or regular beeping



Source: [Med Center](#)

Cost:

- \$54.95 USD ([from MedCenter](#))
 - For delivery outside the United States, the order must be placed by a MedCenter™ customer service representative at onlinesales@medcentersystems.com
- \$49.95 USD ([from MaxiAids](#))

2.3 Clock medication reminders

2.3.1 Voice reminders

Reminder Rosie™ 2

- Alarms: up to 25 personalizable voice-alarm medication reminders (as well as for household tasks, appointments, birthdays and other events)
- Once set up by a family member or a caregiver, no training is required from the user to use Rosie2
 - Alarms last 8 seconds
 - Reminders repeat for 30 minutes or until you press Rosie2 down or say “Reminder off”
 - Reminders can be set for everyday, weekly, Monday to Friday, or by calendar date
- Additional characteristics:
 - Users can also talk to the clock and ask it for the time and upcoming alarms
 - Clock display offers 5 language options: French, English, Spanish, German, and Italian

rosie²



Source: [smpl Technology](#)

Cost:

- \$249.99 CAD ([from Amazon](#))

American Lifetime® 2-in-1 Calendar and Day Clock Plus with Reminder Assistance

- Alarms: up to 5 alarms
 - Automated voice message or sound
 - 5 preset medication reminders:
 - Take your medicine
 - Take your morning medicine
 - Take your afternoon medicine
 - Take your evening medicine
 - Take your night medicine
 - Language options: French, English, Spanish, German, Italian, Dutch, Polish or Welsh



Source: [American Lifetime](#)

Cost:

- \$159.95 CAD ([from The Alzheimer's Store Canada](#))

e-pill® 5 Alarm Voice Interval Timer

- Alarms: up to 5 daily
 - Voice or beeping alarm
 - Intervals of up to 12 hours (can be set in hours, minutes, seconds)
 - Record your own voice for the talking alarm (up to 10 seconds)
 - Played for 30 seconds
 - Beeping alarm will sound for 35 seconds if no voice alarm is recorded
- Additional characteristics:
 - Designed for patients that start their daily medication routine at DIFFERENT TIMES each day and take their medications at a FIXED INTERVAL
 - This e-pill medication reminder must be reset every day
- [User manual](#)



Source: [e-pill](#)

Cost:

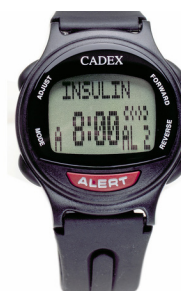
- \$49.95 USD ([from e-pill](#))
- 30-day money-back guarantee

2.4 Wearable watch medication reminder

2.4.1 Sound and text

e-pill® CADEX® 12 Alarm Watch

- Alarms: up to 12 beeping reminders per day
 - Includes reminder text messages that scroll across the display on the watch with name and strength of medication, or just a general task reminder
- Not suitable for people with hearing impairments (high pitch alarm sound 4,000 Hz)
- [User manual](#)
- [YouTube video](#)



Source: [e-pill](#)

Cost:

- \$250 USD ([from e-pill](#))
- 30-day money-back guarantee

2.4.2 Vibration and/or sound

e-pill® CADEX® VibraPlus 8 Alarm Vibrating Watch

- Alarms: up to 8 per day
 - Vibration and/or sound
 - 15 second duration
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$139.95 USD ([from e-pill](#))
- 30-day money-back guarantee

e-pill® CADEX® V8 8 Alarm Vibrating Watch

- Alarms: up to 8 per day
 - Vibration and/or sound
 - 60 seconds
 - Three times 20 seconds following by 40-second pause
- [User manual](#)



Source: [e-pill](#)

Cost:

- \$139.95 USD ([from e-pill](#))
 - 30-day money-back guarantee
- \$89 USD ([from MaxiAids](#))

VibraLITE® Mini Vibrating Watch

- Alarms: up to 12 daily alarms
 - Vibration and/or sound
 - 20 seconds duration
- [User manual](#)

Cost:

- \$54.95 USD (from [Circa Tempus](#))
 - One year limited warranty
- Alternative version: VibraLITE® 8 (8 Alarm Vibrating Watch)
 - Cost: \$89.95 USD (from [Circa Tempus](#))



Source: [Circa Tempus](#)

Extra: Other watches [available at MaxiAids](#)

3. Communication

In this section, you'll find different technologies that have the potential to support communication for older adults, making it easier for them to use the phone. Phones with amplified sound, picture display, larger buttons, and voice calling features aim to make picking up the phone and making phone calls easier, especially for older adults with sensory, motor, or cognitive difficulties.



3.1 Telephones

3.1.1 Amplified telephones for people with hearing impairments and low vision

Digital Amplified Sonic Alert™ Telephone with Answering Machine, Talking Caller ID & Talking Keys

- Hearing aid compatible
- Talking keys
- Talking caller ID
- Extra loud amplification
- 8 memory dial buttons
 - 6 one-touch direct dials, 2 emergency buttons, 1 customer service button
- Answering machine function with slow message playback
- Optional bed shaker (sold separately)
- [YouTube video](#)



Source: [Sonic Alert](#)

Cost:

- \$256.35 USD ([from HPFY](#))
- Similar product: AltoPlus Amplified 53dB Big Button CID Speakerphone
 - \$199.95 USD ([from MaxiAids](#))

3.1.2 Amplified ultra corded telephone

Geemarc™ Amplipower60™

- Hearing aid compatible
- Receiving volume control up to 67dB
- Extra bright visual ringer indicator (strobe)
- 9 memory dial buttons
- 3 emergency buttons
- Extra large, easy to see button keypad



Source: [Canadian Hearing Services](#)

Cost:

- \$273.31 CAD ([from Walmart](#))
- \$223.89 CAD ([from Canadian Hearing Services](#))
- Optional bed shaker (sold separately)

3.1.3 Amplified cordless telephone

Geemarc™ Amplified Phone

- Hearing aid compatible
- 7 language options: English, French, Spanish, Dutch, Italian, German, Russian, Polish
- Vibrating loud ringer with visual and tactile indicators
- 50 name and number phonebook (12 characters, 20 digits)
- Up to 5 handsets and 4 bases

Cost:

- \$212.59 CAD ([from Walmart](#))



Source: [Walmart](#)

- Similar product: Amplified Talking Cordless Big Button Phone 55dB
 - 55-PLUSdB (600 times) amplification
 - Super loud 95dB ringer plus visual ring flasher
 - Talking caller ID and talking keypad
 - Talking caller ID with call waiting announces the caller's number so you know who is calling before answering the phone
 - All keys talk back in a clear voice (in your choice of English or French) to confirm that you've pressed the correct numbers
 - Eight (8) one-touch speed dial buttons for quick, easy dialing
 - Up to 5 handsets

Cost:

- \$129.95 USD ([from MaxiAids](#))

3.1.4 Amplified photo phone

Clarity® P-300 Amplified Photo Phone

- Hearing aid compatible
- 9 memory dials
 - Insert photos of the people you call most into the 9 photo memory frames
- Amplifier that allows incoming volume to be increased up to +26db
- Extra large keypad with high contrast graphics for optimum visibility and dialing ease
- Light flashes when the phone rings



Source: [Clarity](#)

Cost:

- \$69.95 USD ([from MaxiAids](#))
- \$89.89 CAD ([from Canadian Hearing Services](#))

3.1.5 Picture phone with speakerphone

Future-Call™ Picture Phone (FC-1007SP)

- Hearing aid compatible
- 2-way speakerphone with 4-level volume control and big-dial keypad
- Handset volume control
- Receiver has volume gain +40dB
- Additional characteristics:
 - Switch for 10 one-touch keys allows picture dialing only (great feature for people that can not dial numbers)
 - Red 911 emergency key which functions even if the unit is unplugged
- Bright red LED lights for incoming calls
 - In-use green LED light



Source: [Future-Call](#)

Cost:

- \$62.00 USD ([from Future-Call](#))
- \$62.00 USD ([from MaxiAids](#))

3.1.6 Voice dialer phone

Future-Call™ Voice Dialer Phone (FC-1204)

- Lets you use your voice to make, answer & end phone calls
- 17 programmable voice activated name and number memories
- Amplified volume up to 40dB
- LED visual ringer
- Talking keypad
- Talking caller ID with memory for up to 80 calls and dial back function
- [User manual](#)



Source: [Future-Call](#)

Cost:

- \$230 USD ([from Future-Call](#))

EXTRA

- Many different types/variations of adapted phones available [here](#)
- [From Elderlux](#)
- [From Health Products For You](#)

3.1.7 Tablet adapted for video calls

Claris® Companion

REQUIREMENTS:

- WiFi
- Caregiver's cellphone or computer onto which the companion app can be downloaded (cost of \$29 USD/month)

- Claris® Companion was designed to accommodate many of the physical effects of aging
 - For the visually impaired, Companion displays information in large on-screen text
 - For those with arthritis, Parkinson's or dexterity issues, Companion has large buttons that are triggered easily
- When ordering, caregivers or family members can pre-set up the tablet before the senior receives it (i.e., it is ready to use immediately by seniors once they receive it)
- Can be managed remotely by caregivers
- Customer care available
- Always on
- Available in English, Spanish and Chinese
- [Features available](#)
 - Dashboard calendar
 - Video calling and check-in
 - Email and text messages
 - Photos and videos
 - Medication and calendar reminders
 - Web browsing
 - Alerts
 - Wellness surveys
 - Weather, games, news
- [From Claris Companion](#)
- [Brochure](#)
- [Customer stories](#)



Source: [Claris Healthcare](#)

Cost:

- Monthly plan basis – can cancel any time
 - If you bring your own tablet: \$29 USD/month
 - If you have WiFi internet at home but need a tablet: \$299 USD + \$29 USD/month
 - If you don't have WiFi internet and need a tablet: \$299 USD + \$49 USD/month
- 30-day money-back guarantee

4. Mobility

This section will discuss the services available to support the mobility of older adults with the help of fall detectors. Both inside and outside the home, these technologies aim to detect falls and quickly call for help. Outside the home, some technologies also have GPS tracking to quickly locate an older adult who has wandered off and alert a loved one. These devices can bring a sense of security to the caregiver as well as to the user.

4.1 Fall detectors (monthly fee-based services)

4.1.1. In-home fall detection fee-based services

Lifeline™ HomeSafe AutoAlert

- Wearable pendant button you press to get help in case of a fall
- Fall detector integrated in case of a fall
 - If a fall is detected, it's designed to give 24/7 access for help
- Waterproof
- Uninterrupted support
- No long-term contract
 - Monthly fee
- 2-way voice communication
 - Depending on the level of help needed, a call will be made to a neighbour, loved one or emergency services
- [YouTube video](#)



Source: [Lifeline](#)

Cost:

- Consult provider ([from Lifeline](#))
- Notice from Lifeline: Fall detection, including AutoAlert, does not detect 100% of falls. If able, users should always press their button when they need help. Certain limitations apply to mobile options which are subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.
- [Additional Check-In Service](#) that can be added
 - Personnel from the Lifeline Response Centre calls a loved one once, twice or three times a day, as directed and at the specified times
 - Check-in calls are designed as a temporary service option, and is available for up to 30 days
 - Each check-in call is \$1.50 plus applicable taxes + set up fee of \$15.00 plus applicable taxes
 - *Lifeline cannot provide medical, clinical, or diagnostic information, advice, or opinions, as part of the Check-In Service. They will not remind the designee to take medication or of any appointments and will not provide any other advice, opinion, or other information, to the designee.*
- Alternative fee-based assistance service **without** integrated fall detector: [Lifeline HomeSafe](#) (wristband or pendant button, without integrated automatic fall detector).

TELUS LivingWell Companion™ Home with Fall Detection

- 24/7 access to emergency support
- Emergency help button
- Fall detection feature¹
- Water resistant
- 2-way voice communication
- Lanyard included



Source: [TELUS](#)

- Base station
- Video: [How to set up the LivingWell Companion Home](#)
- See legal notice, page 55.
- [Learn more](#)
- For additional resources from TELUS to support older Canadians feel safer at home, PDFs are available for download [online](#) or tearpads by email (healthsolutions@telus.com).
 - For health professionals: Order free brochures for your office/clinic, email healthsolutions@telus.com or visit TELUS [online](#).

Cost:

- \$40 CAD/month on a 1-year term
 - Special offer from TELUS: Use promo code HEALTH to receive your first month of service at \$0².

Red Dot Alerts™ At-Home

IMPORTANT: Requires a landline phone

- Coverage across Canada
- Automatic fall detection
- 2-way voice communication through the main unit
- ULC-certified operators
- Water resistant
- No contract, no installation fee (with self-installation), no cancellation fee



Source: [Red Dot Alerts](#)

Cost:

- \$49.99/month ([from Red Dot Alerts](#))
- 30-day risk-free guarantee
- Alternative fee-based assistance service **without** integrated fall detector: [Red Dot Alerts At-Home](#) without fall integrated detection (pendant button for help, WITHOUT integrated automatic fall detector – cost: \$39.99 CAD/month)

SecurMEDIC SmartSAFE PLUS™ Fall Detection

- No landline phoneline or smartphone required
- Works across Canada
- Water-resistant emergency pendant
- Long lasting battery (3 days with regular use)
- Meets ULC guidelines and has been independently tested for performance
- Free shipping, no contract
- Limited lifetime warranty



Source: [SafeMEDIC](#)

Cost:

- Free equipment + \$35/month ([from SecurMEDIC](#))
- Alternative versions with smart watches: SmartSAFE PRO™ et SmartSAFE S™
 - SmartSAFE Pro™ can also be worn as a pendant and monitors body temperature (free equipment + 45\$/month; [from SecurMEDIC](#))
 - SmartSAFE S™ is worn on the wrist, monitors heart rate and offers local weather forecast (200\$ CAD equipment fee + 45\$/month; [from SecurMEDIC](#))

Other fee-based services available for fall detection inside the home:

- Bedform Medical Alert system
 - Offers a variety of assistance with devices WITH and WITHOUT integrated fall detection
 - Does not require a phone line.
 - Cost: consult with provider for prices ([from Bedford Medical Alert](#))

EXTRA: Comparison charts from different companies:

- [Comparison of Lifeline products](#)
- [Comparison of TELUS LivingWell Companion products](#)
- [Comparison of Red Dot Alert products](#)

4.1.2 In and out-of-home integrated fall detection fee-based services

Lifeline™ GoSafe

- System can be used at home and outside the home
- Wearable pendant button you press to get help in case of a fall
- Fall detector integrated
 - If a fall is detected, it's designed to give 24/7 access for help
- Integrated GPS and other locating technologies
- Waterproof
- No long-term contract
- 2-way voice communication
- [YouTube video](#)



Source: [Lifeline](#)

Cost:

- Contact supplier ([from Lifeline](#))
- Notice from Lifeline: Fall detection, including AutoAlert, does not detect 100% of falls. If able, users should always press their button when they need help. Certain limitations apply to mobile options which are subject to third party cellular provider availability and coverage. Signal range may vary. Lifeline may not always be able to determine your location.
- [Additional Check-In Service](#) can be added
 - Personnel from the Lifeline Response Centre calls a loved one once, twice or three times a day, as directed and at the specified times
 - Check-In Calls are designed as a temporary service option and is available for up to 30 days

- Each Check-In call is \$1.50 plus applicable taxes + set up fee of \$15.00 plus applicable taxes
- *NB: Lifeline cannot provide medical, clinical, or diagnostic information, advice, or opinions, as part of the Check-In Service. They will not remind the designee to take medication or of any appointments and will not provide any other advice, opinion, or other information, to the designee.*

TELUS LivingWell Companion™ Go

- 24/7 access to emergency support
- Emergency help button
- Fall detection feature¹
- Water resistant
- 2-way voice communication
- Canada-wide GPS coverage²
- Cellular enabled (no cell phone plan required)
- Charging device takes 4 hours
- Lanyard and belt clip included
- Video: [How it works](#)
- See legal notice, page 55.
- [Learn more](#)
- For additional resources from TELUS to support older Canadians feel safer at home, PDFs are available for download [online](#) or tearpads by email (healthsolutions@telus.com).
 - For health professionals: Order free brochures for your office/clinic, email healthsolutions@telus.com or visit TELUS [online](#)



Source: [TELUS](#)

Cost:

- \$50 CAD/month on a 1-year term
 - Special offer from TELUS: Use promo code HEALTH to receive your first month of service at \$0³.

TELUS Health Companion for Apple Watch

REQUIRES: TELUS mobility plan, an iPhone 8 or later, a cellular enabled Apple Watch

- 24/7 access to emergency support with the TELUS Health Companion app
- Fall detection feature¹
- GPS + Cellular model means your watch can make and receive calls - even without your phone present
- Coverage across Canada²
- Water resistant, so you can wear it in the shower, where falls are common³
- 2-way voice communication:
 - Operators will try to contact the user or emergency contacts (to let them know if help is needed or if the user is fine) and emergencies services will be dispatched if needed
- Emergency contacts can be managed on the TELUS Health Companion App
- See legal notice, page 55.



Source: [TELUS](#)

- [Learn more](#)
- For additional resources from TELUS to support older Canadians feel safer at home, PDFs are available for download [online](#) or tearpads by email (healthsolutions@telus.com).

Cost:

- \$53 CAD/month
 - If the user already has a TELUS mobility plan, an iPhone 8 or newer and a cellular enabled Apple Watch Series 4 (or later), the TELUS Health Companion plan can be added for \$30 CAD/month

Red Dot Alerts™ On The Go Mini

- Coverage across Canada
- Integrated automatic fall detection and GPS location technology
- 2-way voice communication
- Caregivers are notified via SMS text if wearer is beyond the safe-zone delimitation
- ULC-certified operators
- Water resistant
- No contract, no installation fee, no cancellation fee



Source: [Red Dot Alerts](#)

Cost:

- \$99 CAD equipment fee + \$59.99/month for the service ([from Red Dot Alerts](#))
- 30-day risk-free guarantee
- Alternative version, coming soon: Red Dot “On the Go” Max ([from Red Dot Alerts](#))

OTHER FEE-BASED SERVICES AVAILABLE

1. Bedford Medical Alert System: [Consult with provider for pricing](#)
2. Caretrak fall detection emergency response: Starting at \$99 USD equipment fee + \$54/month ([from Caretrak](#))
 - Caretrak also offers [assistance through devices](#) WITHOUT integrated fall detection, starting at \$49 USD equipment fee + \$44/month
3. [Protégez-vous](#) product comparison

4.2 GPS location tracker fee-based services

4.2.1 Portable tracker

SafeTracks™ Prime Mobile™ R4

- Water resistant emergency GPS personal monitoring and security device
- 2-way hands free cellular voice
- Up to 1-minute location updates

- Safe zones identified
 - Automated text or email notifications are sent when the device leaves a designated safe location (e.g., home, nursing facility, hospital, or neighborhood)
- Integrated SOS button
 - When pressed: automatically calls the SafeTracks Monitoring Center and emergency contacts are notified by SMS or email



Source: [SafeTracks GPS Canada](https://www.safetracks-gps.com/canada)

Cost:

- \$195 CAD ([from SafeTracks Canada](https://www.safetracks-gps.com/canada))
 - Can be worn on the wrist (+ \$15.99 CAD), on the belt (+ \$14.99 CAD) on a lanyard (+ \$5.00 CAD)
 - \$49.95 CAD/month for family monitoring or \$59.95 CAD/month for SafeTracks™ monitoring
 - Upon request, subsidized lease plan available for 1 year \$59.95 CAD/month (family) or \$69.95CAD/month (emergency).

4.2.2 Wearable watch

SafeTracks™ Theoracare Wrist Watch

- GPS tracking watch with TrackNow™ smartphone app
 - App provides caregivers with notifications for location, status updates, alerts, low battery, and direct communication with their care recipient
- 2-way voice communication with simultaneous tracking
- SMS texts are sent to the caregiver when user is out of a safe-zone delimitation
- Integrated SOS button
 - Easy to locate SOS button on wearable connects directly to primary family caregiver



Source: [SafeTracks GPS Canada](https://www.safetracks-gps.com/canada)

Cost:

- \$350 CAD ([from SafeTracks GPS Canada](https://www.safetracks-gps.com/canada))
 - + \$49.95 CAD/month for family monitoring
 - + \$59.95 CAD/month for SafeTracks™ monitoring
 - Option to add a locking clasp with keys (to help prevent removal of the watch): \$69.95 CAD

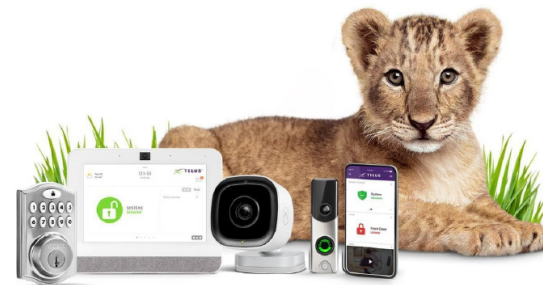
5. Home environment control

In this section, you will find technologies to control the home environment. More specifically, you will find technologies that allow to automate actions in the home or to control objects in the home by voice. These technologies have the potential to help older adults maintain their independence by automating tasks and assisting them in their daily activities. For example, smart home devices can help turn off lights, adjust the thermostat and lock doors. This can become crucial for someone living with limited mobility.

5.1 Home environment control (monthly fee-based services)

TELUS™ SmartHome Security Packages

- Different packages available from TELUS
 - Self-monitoring packages
 - The Smart Camera plan includes 1 security camera
 - \$15 CAD/month
 - The Smart Automation Plus plan includes 1 security camera and 2 automation devices
 - \$33 CAD/month
 - Professionally monitored packages
 - The Secure plan includes 1 control panel, 2 door/window sensors, 1 motion sensor
 - \$47 CAD/month
 - The Control + Video plan includes 1 control panel, 2 door/window sensors, 1 motion sensor, 3 security or automation devices, 1 security camera
 - \$67 CAD/month
 - In the above-mentioned packages:
 - Camera choice consists of a doorbell camera, outdoor camera, indoor camera
 - Automation device choices consist of a smart garage door opener, smart door lock, smart thermostat, smart plug, smart light bulb
 - Sensor choices consist of a motion sensor, windows and door sensor
 - See variety of device choices [here](#)
 - For additional resources from TELUS to support older Canadians feel safer at home, PDFs are available for download [online](#) or tearpads by email (healthsolutions@telus.com).



Source: [TELUS](#)

Bell Canada® Smart Home Security Packages

- Different packages available ([from Bell Canada](#))
 - Video and automation package includes 1 outdoor/indoor camera OR doorbell OR smart thermostat + mobile app + 1 smart light bulb + 1 lamp dimmer/smart plug
 - \$19/month for a 3-year contract + \$199 installation fee
 - Security package
 - “Good” package includes 1 touchscreen control panel + 2 motion detectors + 3 door/window contacts + mobile app + private guard response (where available)
 - \$19.99/month for a 3-year contract + \$199 installation fee
 - “Better” package includes everything in “Good” package + 1 smoke and heat detector + 1 camera
 - \$29.99/month for a 3-year contract + \$199 installation fee
 - “Best” package includes everything in “Better” package + 1 smart door lock OR 1 smart thermostat OR 1 extra camera
 - \$39.99/month for a 3-year contract with an eligible Internet package, installation included OR \$59.99/month for a 3-year contract with \$199 installation fee
- See variety of individual products available here: [sensors and detectors](#), [cameras](#), [door locks and thermostats](#), [lights and other accessories](#)



Source: [Bell Canada](#)

- [Additional connected devices available](#) (e.g., Arlo Go and Google Nest devices)

Home Depot® Smart Home Systems and Bundles

- A representative will call you about smart home solutions available upon [filling out a form](#)

5.2 Voice-activated home environment controls

REQUIREMENTS

Please note the following list of items require a smart phone (iOS or android) and a home internet connection.

To control the home environment (e.g., turn on lights, adjust thermostats, lock doors, etc.), voice assistants can be combined with a variety of add-on devices. These add-on devices incur additional costs and need to be connected to the voice assistant to work properly. More than one add-on can be connected to the voice assistant.

Moreover, voice assistants can assist their users through various basic functions (“skills” for Amazon Alexa; “actions” for Google Assistant), such as setting timers, reminders, and wake-up alarms. It can also be useful for knowing the date and time or asking various questions. Voice assistants can have a wide variety of functions (e.g., connecting to a specific radio station, watching videos online). It is important to note that some functions incur additional costs (e.g., some radio stations are free of cost, but others need a subscription).

- [List of Alexa skills](#) available in **FRENCH** for **AMAZON** devices

In addition, voice assistants can be combined with a variety of add-on devices to control home features by voice (e.g., turn on lights, adjust thermostats, lock doors, etc.). These add-on devices incur additional costs and need to be connected to the voice assistant to work properly. More than one add-on can be connected to the voice assistant.

Common characteristics of all voice assistants:

- Plug-in smart speaker
- Lets you manage your day by creating routines, setting timers and reminders by voice
- Lets you get instant information by asking questions
- Lets you connect add-on devices and voice activate them
- Lets you connect with others (e.g., talk with people in other rooms that have a compatible devices)
- Hands-free calling
- Privacy protection (e.g., designed with multiple layers of privacy controls, including a microphone off button that electronically disconnects the mics)

5.2.1 Voice assistants without smart displays or cameras

Amazon™ Alexa Echo Flex

- With the built-in USB-A port, you can charge your phone or add an optional accessory like a smart clock, night light, or motion sensor

Cost:

- \$34.99 CAD ([from Amazon](#), Best Buy, The Source)



Source: [Amazon](#)

Amazon™ Alexa Echo Dot (3rd Gen)

- Better speaker quality than Echo Flex



Source: [Amazon](#)

Cost:

- \$54.99 CAD ([from Amazon](#))

Alternatives:

- Echo Dot (4th Gen): \$69.99 CAD ([from Amazon](#))
 - More eco-friendly than Echo Dot (3rd Gen)
 - Device materials: 50% post-consumer recycled plastics; 100% post-consumer recycled fabric; 100% recycled die-cast aluminum
 - Low power mode
 - Device packaging: 98% of this device's packaging is made of wood fiber-based materials from responsibly managed forests or recycled sources
- Echo (4th Gen): \$129.99 CAD ([from Amazon](#))
 - Improved speaker quality
 - Dolby technology
- Echo Studio: \$259.99 CAD ([from Amazon](#))
 - Highest quality audio formats available, HD, UltraHD and spatial audio
 - Analyses the acoustics of the room to optimize sound output regardless of placement

Google™ Nest Mini

- Can be mounted on a wall (doesn't need to be resting on a table)
- Materials: durable fabric top made from 100% recycled plastic bottles; external enclosure made from at least 35% post-consumer recycled plastic
- Canada)
- [YouTube video](#)



Source: [Google Store](#)

Cost:

- \$69 CAD ([from Google Store](#), Rona, Réno Dépôt, [The Source](#), Bell)

Google™ Nest

- Made from recycled material
- [YouTube video](#)

Cost:

- \$129.99 CAD ([from Google Store](#), Rona, Réno Dépôt, [The Source](#))



Source: [Google Store](#)

5.2.2 Voice assistants with smart displays and cameras

Amazon™ Alexa Echo Show 5 (2nd Gen)

- Compact 5.5" display with 960x480 resolution
- Lets you manage your day by voice **and on the interactive display (touchscreen)**
- Lets you watch movies, news and TV shows, as well as listen to songs, radio stations, and audiobooks (additional costs)
- Lets you use voice control with compatible add-on devices **or manage them using the interactive display (touchscreen)**
- Voice or video call friends and family with compatible Echo devices, Alexa app, or Skype
- Access the built-in camera to remotely look in the home whenever you want
- Use Amazon Photos to turn the home screen into a digital frame
- Made of eco-friendly material
- Control your privacy with the mic/camera OFF button or the built-in camera shutter



Source: [Amazon](#)

Cost:

- \$99.99 CAD ([from Amazon](#), at Bestbuy, and The Source)

Alternatives:

- Echo Show 8 (2nd Gen)
 - 8" display with 1280x800 resolution
 - Eco-friendly material
 - Cost: \$169.99 CAD ([from Amazon](#))
- Echo Show 10 (3rd Gen)
 - 10.1" display with 1280x800 resolution
 - Eco-friendly material
 - Designed to move with you in the room (auto-framing and motion keeps the individual in the front and center of the camera)
 - Access the built-in camera to have a panoramic view of the home whenever you want
 - Cost: \$329.99 CAD ([from Amazon](#))
- Echo Show 15
 - 15.6" display with 1980x1080 resolution
 - Visual ID personalization
 - Can be mounted on a wall
 - At-a-glance organization uses Alexa-powered widgets to keep the family on track with shared calendars, personal sticky notes, to-do lists, shopping lists, and assigned reminders
 - Cost: \$329.99 CAD ([from Amazon](#))

Google™ Nest Hub Max

- 10" HD touchscreen
- Lets you manage your day by voice **and on screen**
- Lets you watch movies, news, and TV shows as well as listen to songs, radio stations, and audiobooks (additional costs)
- Lets you use voice control with compatible add-on devices **or manage them using the display (touchscreen)**
- Voice or video call friends and family with compatible Google devices
- Nest Cam features motion detection and remote viewing to look in your home whenever you want
- [YouTube video](#)



Source: [Google Store](#)

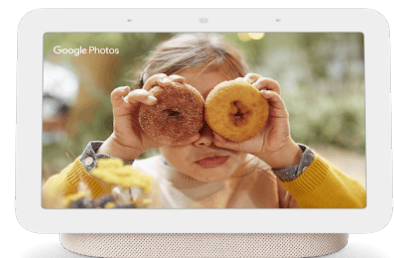
Cost:

- \$299 CAD ([from Google Store](#), [BestBuy](#), Walmart, Staples, Rona, Réno Dépôt, [The Source](#), Indigo, Costco)
- \$219 CAD ([from HomeDepot](#))

5.2.3 Voice assistant with smart display, no camera

Google™ Nest Hub (2nd Gen)

- 7" touchscreen
- Lets you manage your day by voice **and on screen**
- Lets you watch movies, news, and TV shows as well as listen to songs, radio stations, and audiobooks (additional costs)
- Lets you use voice control with compatible add-on devices **or manage them using the display (touchscreen)**
- Quick Gestures feature uses Motion Sense to detect when your hand moves (without a camera) to control many Nest Hub features (e.g., play or pause a song or video, snooze an alarm, stop a timer, etc.)



Source: [Google Store](#)

Cost:

- \$129.99 CAD ([From Google Store](#), [Rona](#) and other stores)

5.3 Light control

The following items let you turn on/off the light by voice command or through a smartphone/tablet app. Some of these items offer the possibility to choose the intensity (dim) and colour of the light.

5.3.1 Light bulb

Philips® Hue A19 Smart Bluetooth LED Light

- Dimmable light
- No hub required

Cost:

- \$21.99 CAD for a pack of 1 light bulb – only white colour (from [Philips](#)); also available in stores and online at [BestBuy](#), [HomeDepot](#), [Amazon](#), and others)
- \$69.99 CAD for a pack of 4 light bulbs – only white colour (from [Philips](#)); also available in stores and online at [BestBuy](#), [HomeDepot](#), [Amazon](#), and others)
- \$64.99 CAD for a pack of 1 light bulb – white and colourful light (from [Philips](#)); also available in stores and online at [BestBuy](#), [HomeDepot](#), [Amazon](#), and others)



Source: [Philips](#)

5.3.2 Floor light

Philips® Hue Light Strip Plus (indoor)

IMPORTANT: Requires a Hue Bridge to operate (Cost: \$69.99 CAD [from Amazon](#))

- Dimmable light
- Flexible 2-meter strips adhere to any solid surface
- Indoor usage
- Plug-based product



Source: [Philips](#)

Cost:

- \$109.99 CAD (from [Philips](#)) or \$91.98 CAD ([from Amazon](#))
- Possibility to add a 1-meter extension: \$49.99 CAD (from [Philips](#)) or \$39.98 CAD ([from Amazon](#))
- Similar product: C by GE Full colour Smart Light Strip Extension (40-in) (Cost: \$29.99 CAD [from Rona](#))

5.3.3 Floor light for outdoor use

Philips® Hue White & Colour Ambiance Outdoor LightStrip

- Available in 2 meters or 5 meters
- Weatherproof

Cost:

- For 2 meters: \$149.99 CAD (from [Philips](#)) or \$116.99 CAD ([from Amazon](#))
- For 5 meters: \$249.99 CAD (from [Philips](#)) or \$209.99 CAD ([from Amazon](#))



Source: [Philips](#)

5.4 Appliance control

5.4.1 Electrical plugs

GE™ Cync Indoor Smart Plug

- Can be controlled by voice or remotely through smartphone application to turn different electronics on/off
- Schedule and timer lets you customize electronics to automatically turn on and off by setting a schedule or timer (e.g., pre-set coffee maker to enjoy a fresh coffee every morning, sync lamps and devices to sunrise or sunset)
- Compatible with Amazon Alexa and Google Home devices
- Does not require an additional bridge or hub to function



Source: [GE Lighting](#)

Cost:

- \$23.99 CAD ([from BestBuy](#))

Amazon™ Smart Plug

- This Smart Plug is compatible with Alexa and offers voice control on any electrical outlet
- You can schedule lights, fans, and other devices to turn on/off automatically when you want
- Devices can be remotely controlled
- 1-year limited warranty
- Alexa Voice Service is available in ENGLISH only



Source: [Amazon](#)

Cost:

- \$34.99 CAD ([from Rona](#))

EXTRA: Other available alternatives

- Philips Hue Smart Bluetooth Plug: \$34.18 CAD ([from Home Depot](#)) or \$39.99 CAD (from [BestBuy](#))
- Geeni SPOT GLO 2-in-1 WiFi Smart Plug with Night Light: \$24.99 CAD ([from Home Depot](#))
- Globe Electric 4 Outlets Smart Plug White: \$37.99 CAD ([from Rona](#))

5.5 Temperature control

5.5.1 Thermostats

ecobee Smart Thermostat Enhanced

- Energy Star® certified
- Control from anywhere from a smartphone, tablet or Apple Watch.
 - The ecobee mobile app is available in the App Store or on Google Play
- Homeowners save up to 26% annually on heating or cooling costs, thanks to its many eco+ features
- Installation only takes about 30 minutes
 - Easy to follow installation guide and an in-app step-by-step walkthrough
 - Everything needed comes in the box
- Easily adjust temperature by voice or touch
- Lets you add a motion sensor to detect occupancy in a room and have the temperature adjust automatically in the whole house
 - You can also add smart sensors to access points (doors, windows) or a smart camera to secure your home (see [ecobee Smart Security](#) for more details)



Source: [ecobee](#)

Cost:

- \$239.99 CAD MSRP for the thermostat alone (from [ecobee](#))
- Alternative version with additional features: ecobee Smart Thermostat Premium (\$329.99 CAD MSRP; from [ecobee](#))

Alternatives

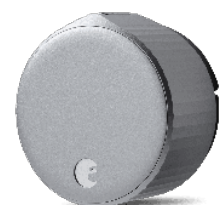
- Nest Thermostat: \$179.99\$ CAD ([from Google store](#))
- Nest Learning (3rd Gen): \$329 CAD ([from Amazon](#), [Google store](#)) or \$179.99 CAD (from [Reno Depot](#))
 - Compatible with 95 % of heating and cooling systems
 - Lets you add a Nest Temperature Sensor to identify the temperature in a given room and get the thermostat to adjust it to a more comfortable level
 - Cost: \$49 CAD ([from Google store](#), [Home Depot](#), [Reno Depot](#))
 - Emerson Sensi Smart Thermostat: \$109 CAD ([from Home Depot](#))

5.6 Door control

5.6.1 Smart Lock

August™ WiFi Smart Lock (4th Gen)

- Auto-unlock detects when you arrive and unlocks the door
- Enable auto-lock to lock when the door closes



Source: [August](#)

- Send secure keys to friends, family or people you trust instantly, all from the August app
- Control your door with your voice (works with all three voice assistants: Siri, Alexa, and the Google Assistant)
- Requires no additional bridge to connect to WiFi

Cost:

- \$279.99 CAD ([from Amazon](#), [BestBuy](#))

6. Home safety

In this section, you will find different technologies that aim to secure the home. The devices shown can provide audible alarms, warning lights, or text message notifications of unwanted events such as fire, flooding, or lack of activity in the home. Some systems offer remote monitoring and communication options, with the goal of allowing family caregivers to check on their family member. These technologies could be useful, for example, in supporting an older adult with cognitive impairment.

6.1 Fire detection

6.1.1 Smart smoke and carbon monoxide detectors

Google™ Nest Protect Smart Smoke and Carbon Monoxide Alarm

- Requires WiFi and a smart phone
 - Utilizes WiFi to send low-battery, smoke, carbon monoxide and sensor alarms to your smartphone or tablet
 - App includes voice alarms, safety check-ups, sound checks and tests
- Hardwired version and battery version available



Source: [Google Store](#)

Cost:

- \$149 CAD (from [Google Store](#))
- \$149 CAD ([from Reno Depot](#) or [Home Depot](#) for Hardwired; [Home Depot](#) for battery operated)

Onelink Smart Smoke and Carbon Monoxide Alarm (by First Alert™, a Resideo brand™)

- Requires WiFi and a smartphone
- Uses voice alerts to warn of danger
- Equipped with a multicoloured light ring to easily distinguish the status of the alarm
- 10-year limited warranty
- Hardwired version and battery version (pictured) available



Source: [Resideo](#)

Cost:

- \$140 CAD ([from Rona](#))

6.1.2 Talking smoke & carbon monoxide detectors

Kidde® Talking Smoke & Carbon Monoxide Alarm

- Does not require WiFi or a smartphone
- Strobe light and voice alert
 - A voice message identifies different dangers (i.e., voice warning alerts you if the unit has detected smoke, CO or a low battery)
- Hush button integrated (to silence alarms)
- Battery powered
- 10-year warranty



Source: [Kidde](#)

Cost:

- \$56.76 CAD ([from Home Depot](#))

6.2 Air quality and mold detection

Airthings™ Wave Mini Smart Indoor Air Quality Monitor with Mold-Risk Indication

- Airthings has created an algorithm based on the ASHRAE mold index, using the humidity and temperature sensors to show mold-growth risk in the location where the device is placed
 - The mold-risk indicator will tell you when conditions in a space are at risk for mold growth
 - The Wave Mini's total VOC sensor alerts you to high levels of a long list of chemicals, so you can adjust ventilation accordingly
 - Maintain comfortable indoor humidity levels by monitoring it daily
 - Integrated temperature sensor
- Free Airthings Wave app for iOS and Android and online dashboard features advanced analytics, mobile notifications, and tips to reduce indoor air hazards, optimize ventilation, and save energy
- Visual indicator features a red/yellow/green glow ring to quickly inform you about your air quality
- Sensor samples air quality at 5-minute intervals for accurate readings



Source: [Airthings](https://airthings.com)

Cost:

- \$99.99 CAD ([from Home Depot](#))
- Similar product: Airthings Battery Operated Wave Plus Indoor Air Quality Monitor with Radon Detection (Free App): \$299.99 CAD ([from Home Depot](#))

6.3 Flood detection

6.3.1 Flood sensors

Resideo™ Water Leak Detection Alarm

- Ideal for use in hard-to-see areas such as around toilet bases, under sinks, behind dishwashers, refrigerators and washing machines
- Detects water as soon as it reaches 1/16" deep and emits a loud sound up to 24 hours after the leak was detected
- Alarm requires a 9V battery



Source: [Resideo](https://resideo.com)

Cost:

- \$13.49 CAD ([from Amazon](#))

Other standalone water detectors (emitting sound):

- [Ideal Security](#) Flood Water And Overflow Alarm: \$29.98 CAD
 - 105dB high-output alarm
 - Music or alarm will continuously sound until either turned off, removed from water, or battery dies

- 6.5 foot long connection sensor wire
- [Also available at Rona](#): \$42.99 CAD
- [Aartech Canada](#), starting at \$21.51 CAD
- [Reliance Controls](#) Sump Pump Alarm and Flood Alert: \$23.88 CAD
 - 105dB signal output alarm
 - 60-inch sensor wire with weighted end probe
- Home Depot ([other options](#))

6.3.2 Smart flood sensors

MOEN® Flo Smart Water Leak Detector with Programmable App and Alarm

- Detects water, excess humidity, extreme temperatures
- 4-ft extension cable
- Mobile alert: sent via the Flo by MOEN app
- Alarm on device: sound and visual (rings and emits blinking LED light)
- Can be combined with [Flo by MOEN Smart Water Shutoff](#) (\$699 CAD from HomeDepot)
 - Allows you to see live water use, including water flow rates, pressure and even temperature from the Moen mobile app or on the web
- [User manual](#)



Source: [MOEN](#)

Cost:

- \$69.95 CAD ([from HomeDepot](#))

Resideo™ WiFi Water Leak and Freeze Detector

- Detects water leaks and has temperature and humidity sensors
- 4-ft extension cable
- Mobile alert: notification and/or text messages alerts
- Alarm on device: audible sound
- Device is reusable even after detecting an incident
- [YouTube video](#)
- [User manual](#)



Source: [Resideo](#)

Cost:

- \$84.97 CAD ([from HomeDepot](#))
- \$119.95 with 5-ft cable ([from HoneyWell](#))

Other smart flood detectors:

- [Best Buy](#) (starting at \$21.59 CAD)
- [TELUS](#) (\$75 CAD)
- [Resideo](#) (starting at \$30.95 USD)

6.4 Monitoring activities of daily-living (monthly fee-based services)

6.4.1 Best Buy® Assured Living services

REQUIREMENT: smart phone

Wellcam package

- Includes: Smartphone app, 1 Wellcam (up to 4), Wellcam technical support
- Smartphone app provides a video feed that lets you zoom in when needed and see daily activity highlights
- At the push of a button: 2-way voice communication directly connects the caregiver with their family member
- Video alerts notify you of unexpected movement
- 3,000 video clips of storage and 3,000 clips/month bandwidth
- 180 degree camera with 1080p resolution and 6MP zoom that covers a wide area like a kitchen or living room in high definition
- More information [here](#)

Cost:

- \$349.99 CAD per Wellcam + \$99.99 CAD installation by Expert Geek Squad (or free if done by yourself) + \$10.99/month CAD on a no-term commitment ([from Best Buy](#))
- 30-day package trial

Wellness Monitoring package

- Includes: Smartphone app, 1 control panel, 3 door/window sensors, 1 motion sensor, 1 bed sensor, and technical support for in-home technology
- Smartphone app gives insight on details like sleeping patterns or activity levels
- Automatic, real-time phone alerts triggered by inactivity or unexpected activity patterns
- Lets you add more devices to personalize the solution
- Geek Squad support on technology purchased at Best Buy or elsewhere
- More information [here](#)

Cost:

- \$199.99 CAD installation by Expert Geek Squad + \$79.99/month CAD for a 6-month commitment ([from Best Buy](#))
- 30-day package trial

Legal notices

TELUS Canada

TELUS LivingWell Companion™ Go

1 The available fall detection feature might not detect all falls. If you do fall, do not wait for the call, always press and hold the button for help when possible.

2 Go operates anywhere in Canada where cellular coverage is available. GPS capabilities are approximate and may not always be possible.

3 Offer expires Dec 31 2023. Offers and pricing are subject to change without notice. To be eligible for the offer, customers must verbally mention the promotional code to the sales representative placing the order. Offer available to new customers who have not subscribed to TELUS LivingWell Companion in the last 90 days. One month for \$0 promotional pricing is available to new LivingWell Companion customers who subscribed for LivingWell Companion Go, Home and Home with Fall Detection plans under month-to-month or a one-year term contract. Regular pricing applies from the end of the promotional period. Regular pricing on a one-year contract is \$25/mo for LivingWell Companion Home, \$35/mo for Home with Fall and \$45/mo. for Go. Regular pricing month-to-month is \$40/mo for LivingWell Companion Home, \$50/mo for Home with Fall and \$60/mo. for Go. Cannot be combined with other promotional offers or discounts. Minimum system requirements apply. Not all products are available in all areas. Final eligibility for services will be determined by a TELUS representative.

TELUS LivingWell Companion™ Home with Fall Detection

1 The available fall detection feature might not detect all falls. If you do fall, do not wait for the call, always press and hold the button for help when possible.

2 Offer expires Dec 31 2023. Offers and pricing are subject to change without notice. To be eligible for the offer, customers must verbally mention the promotional code to the sales representative placing the order. Offer available to new customers who have not subscribed to TELUS LivingWell Companion in the last 90 days. One month for \$0 promotional pricing is available to new LivingWell Companion customers who subscribed for LivingWell Companion Go, Home and Home with Fall Detection plans under month-to-month or a one-year term contract. Regular pricing applies from the end of the promotional period. Regular pricing on a one-year contract is \$25/mo for LivingWell Companion Home, \$35/mo for Home with Fall and \$45/mo. for Go. Regular pricing month-to-month is \$40/mo for LivingWell Companion Home, \$50/mo for Home with Fall and \$60/mo. for Go. Cannot be combined with other promotional offers or discounts. Minimum system requirements apply. Not all products are available in all areas. Final eligibility for services will be determined by a TELUS representative.

TELUS Health Companion on Apple Watch

1 The available fall detection feature might not detect all falls. If you do fall, do not wait for the call, always press and hold the button for help when possible.

2 The TELUS Health Companion app uses the Apple Watch embedded GPS feature. GPS capabilities are

approximate and may not always be possible.

3 We recommend not exposing Apple Watch to soaps, shampoos, conditioners, lotions, and perfumes as they can negatively affect water seals and acoustic membranes. For more information, visit: <https://support.apple.com/en-ca/guide/watch/apd707b42a5e/7.0/watchos/7.0>.

Prices are subject to change without notice.

**Centre intégré
universitaire de santé
et de services sociaux
du Centre-Sud-
de-l'Île-de-Montréal**

Québec

