

Lamorinda OUR HOMES

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Digging Deep with Cynthia Brian ...read on page D13

High Tech Gadgets Help Seniors Stay Safe at Home

By Cathy Dausman



A heat sensor mounted above the oven can alert Justin Pickering if his father has left the burner on.

By all accounts Roger Pickering, 72, is an active senior who still lives on his own in the East Bay. But his son worries about his widowed father, al-

though he lives just 10 minutes away in Lafayette. Is his father awake or asleep? Did he take his medication on time? Did he leave a door open? Did he fall in his house or did he sim-

ply fall asleep watching TV?

Pickering has bad knees and his house has “a lot of steps,” says his son, Justin Pickering. Falls are the leading cause of fatal and non-

fatal injuries in U.S. adults over 65 (40 million), according to the Centers for Disease Control and Prevention; one out of three people in that age range falls each year.

Justin Pickering has also worried more since his mother died in 2012, leaving his father alone. “Yeah, I’m the sole caregiver [for my dad],” he said. He wasn’t actively searching for a way to keep an eye on his father, having briefly considered using a baby monitor system, but when he stumbled across the SafeinHome technology, he knew he was on to something.

SafeinHome is a smartphone app where sensors are placed unobtrusively around the senior’s home, explained company representative Shelly Gordon. She said it is just “one example of the exploding ‘aging in place’ tech market that Aging in Place magazine said will reach \$30 billion by 2018.”

High tech interfaces between the senior population and their baby boomer children allow the older generation to remain at home longer and more safely.

... continued on page D4