

5 Ways IoT Technology Can Keep Older Adults Active & Healthy

1

Activity Trackers

can encourage healthy living and better sleeping habits.

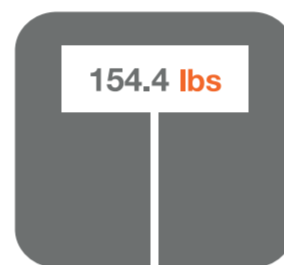


46% of older adults reported that they were either more active, sleeping better or eating healthier as a result of having a tracker. ¹

2

Smart Health Devices

such as blood pressure cuffs or scales can help users track their own health over time.



According to **Stanford Medicine**, biosensors can help alert wearers to possible illnesses before other symptoms arise. ²

3

Applications

connected to smart devices can help manage daily tasks and activities such as taking medications, attending appointments or events, drinking water, and more.



As some individuals age, they may **lose their sense of thirst**, which can cause dehydration. ³

4

Room & Motion Sensors

can help increase safety and alert caregivers to potential issues such as falls or other changes in activity.



More than **1-in-4** older adults fall each year, but less than 50% tell their doctor. ⁴

5

Connected Devices

with social applications can enhance active social interaction, deterring isolation and loneliness.



43% of older adults report feelings of loneliness. ⁵