

TOP SMART HOME TECHNOLOGIES FOR HOMEOWNERS WITH A HEALTH CONDITION OR CAREGIVERS

Learn About The Technologies



The Hartford Center for Mature Market Excellence® and the MIT AgeLab conducted research to better understand which smart home technologies may benefit homeowners over the age of 50. Our research involved an extensive review of new technologies by leading experts in home, aging, and technology from the fields of occupational therapy, interior design, computer science, gerontology, and engineering. Their reviews were used to identify the top smart home technologies for mature homeowners (see website for this list) and to identify a list of top smart home technologies for those with a health condition or family caregivers.

Smart home technology can benefit people of all ages, but it can be particularly helpful for those ages 50 and older who are managing a health condition or are providing care to a family member. What makes these technologies “smart” is the ability for a homeowner or caregiver who may be at a distance to control the device or receive notifications on a smart phone or other mobile device. This can provide convenience and peace of mind for individuals and families.

The technologies that rank high in our research include:

1. **Telehealth Systems** allow a user to track, record, and share vital signs and other relevant information with medical providers, enables medical professionals to monitor an individual in the home, and may allow medical providers and a user to video chat remotely.

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TOP SMART HOME TECHNOLOGIES (CONT.)

2. **Medical Management Systems** record a user's medical data on a device and/or a smartphone, may provide the user direct feedback on the results, and may share the recorded data with medical professionals.
3. **Medication Management Systems** provide medication reminders, track whether a user takes the medication, and can send an alert to the user's and/or caregiver's smartphone on whether the medication is taken as scheduled.
4. **Smart Fall Detection Systems** monitor movement throughout the house to detect falls, notify a caregiver or emergency contact via a smartphone if a fall is detected, and may learn a user's mobility behaviors and detect changes in routine to prevent or predict falls.
5. **Smart Beds/Sleep Sensors** track a user's sleep cycles, breathing, and heart rate patterns, may use this information to wake them at an ideal time in their sleep cycle, and can send this information to a user's (or caregiver's) smartphone.
6. **Smart Body Analysis Systems** track user's information over time, such as weight, body mass index, and heart rate; may also link to fitness bands as well as offer suggestions for fitness, exercise, and diet.
7. **Smart Flooring** is pressure sensitive floor covering that tracks movement throughout the home, determines where an individual is located based on weight, and detects falls; when a fall is detected an alert may be sent to an emergency contact's smartphone.
8. **Keyless Entry** provides homeowners the ability to lock and unlock a door remotely via their smart phone or by holding their phone near the lock for increased security and convenience.
9. **Water & Mold Monitoring Systems** detect water leaks and/or mold and can send an instant alert to the user's smart phone, thereby bringing immediate attention to a potential problem; if used with a water shut off valve the leak can be stopped immediately.
10. **(tie) Smart Thermostats** allow the homeowner to monitor and adjust home temperature and humidity remotely and may learn patterns of residents and make adjustments automatically, thereby reducing the cost of heating and cooling the home and avoiding frozen pipes.
10. **(tie) Wireless Doorbell Cameras** offer homeowners increased security by sending an alert when someone is present and by live streaming the area around a door to the user's smart phone to monitor activity and to enable the homeowner to interact with visitors remotely or from within the home.

For more information on the **Top Smart Home Technologies**,
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This information is intended to help individuals who seek information about smart home technology. It is not intended to be an exhaustive source or to relate to a particular product, service, individual, or living situation. Readers are advised to consult the appropriate professionals to assist them in analyzing their situation.

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