

Tech & Innovation

Top 9 Senior Living Technology For Better Care

By Michelle Wright | Published October 9, 2025 | Time to read 11 min



Caring for your aging parents while managing your career, family, and personal responsibilities can feel overwhelming. If you're [among the 63 million Americans providing unpaid care](#) to adult family members, you know firsthand how caregiving can quickly become a second full-time job.

The [average family caregiver spends 27 hours per week providing care](#), and for many, that number climbs much higher. For many families, senior living communities offer a practical solution that ensures your loved ones receive professional care while you maintain your other responsibilities.

However, choosing that path doesn't mean you want to see your parents less or feel disconnected from their daily lives. This is where technology in senior living becomes invaluable. These solutions bridge the gap between professional care and family connection, allowing you to stay close to your parents whether they're living independently at home or in a senior community.

In this post, we'll explore nine senior living technology solutions that support your parents' independence while making your caregiving responsibilities more manageable.

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Why is Technology Helpful For Caregiving

Many seniors and their families are integrating technology into their care approach to promote their loved ones' safety and independence:

- ✓ **Enhanced communication:** Technology bridges the distance gap, allowing families to stay connected daily without requiring constant physical presence. [Research](#) shows this can reduce caregiver stress and burnout.
- ✓ **Medication management:** According to the CDC, [more than 1.5 million people visit an ER for an adverse drug event \(ADE\)](#) in the US each year. Almost 500,000 of those individuals end up hospitalized. Using technology to manage medication reduces this risk.
- ✓ **Fall prevention and detection:** [One in four seniors experience a fall each year](#), making early detection technology lifesaving. For practical strategies families can adopt today, check out these expert tips on [preventing falls for senior safety](#).
- ✓ **Cognitive stimulation:** Studies show that regular cognitive engagement through technology can help maintain mental acuity and delay cognitive decline, [even by 58%](#).

9 Senior Living Technology Solutions

Today's seniors are embracing technology in ways that empower them to live more independently, whether they're at home or in [senior living communities](#). These solutions are helping older adults stay

active, connected, and in control of their daily routines while providing caregivers with peace of mind.

From smart home devices to health monitoring tools, these advancements are improving quality of life and making caregiving more manageable and effective. Let's explore these solutions in detail:

1. Remote caregiving platforms: JubileeTV

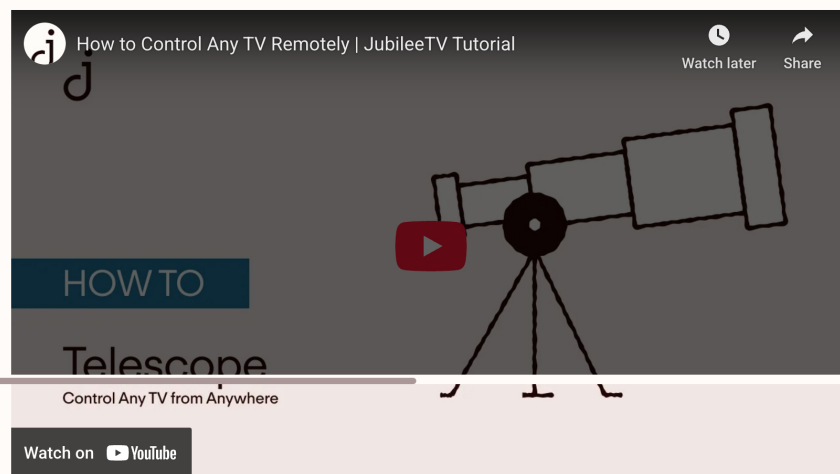
Remote caregiving platforms allow caregivers and loved ones to stay connected while improving seniors' day-to-day experiences. A good example of these types of tools is JubileeTV. This is a comprehensive solution designed specifically with seniors and their families in mind.



Key features:

- **Simplifying TV usage for seniors:** JubileeTV transforms the familiar television into an intuitive communication hub. It comes with a [user-friendly remote control](#) and a simplified interface. Seniors can focus on enjoying their favorite shows without the usual tech frustrations that often come with modern entertainment systems.
- **Enhancing communication:** With JubileeTV, family members can make video calls straight to the TV, creating face-to-face interactions right in the living room. This seamless approach to communication helps bridge distances and maintain meaningful relationships, giving caregivers peace of mind and seniors a sense of closeness to their families.
- **Boosting independence:** JubileeTV empowers seniors to enjoy entertainment and technology on their own terms. [The platform's hub](#) connects with up to three devices, including Blu-ray players, streaming services, or cable boxes, allowing seniors to easily navigate between entertainment options. The intuitive remote makes operating these devices simple, encouraging independent living.

Beyond entertainment and video calling, JubileeTV also offers helpful [tech tips for seniors](#) that make navigating devices less intimidating. **Plus, what makes JubileeTV unique is its remote troubleshooting capability.** Caregivers can mirror the TV screen on their phone to help resolve TV issues from anywhere, ensuring their loved ones never feel disconnected or frustrated with technology problems.



Ready to give your parents the gift of seamless connection while gaining peace of mind for yourself? [Explore JubileeTV's solutions](#) and discover how easy staying close can be.

2. Health monitoring devices: Apple Watch

Health monitoring devices are revolutionizing how you can support your parents by providing continuous insights into their well-being. These wearable technologies continuously track vital signs, analyze health patterns over time, and send real-time alerts when something seems off. Key features of wearable monitoring devices include:

- **Continuous vital sign tracking:** Monitor heart rate, blood pressure, and oxygen levels throughout the day, alerting you and care staff in case of any concerning changes.
- **Fall detection and emergency response:** Automatically detect falls and some can contact emergency services or designated family members to source immediate help.
- **Activity and sleep monitoring:** Track daily movement and sleep patterns, helping care teams adjust routines and identify changes that might indicate health concerns.

3. Smart home systems: Amazon's Echo Dot



Smart home technologies use voice commands, automated controls, and strategically placed sensors to help seniors navigate daily activities while giving care teams safety insights without being intrusive.

Devices like Amazon's Echo Dot have become particularly valuable because they respond to natural voice commands, making technology accessible even for parents who aren't necessarily tech-savvy. Home assistants usually offer these features:

- **Voice-controlled daily tasks:** Set medication reminders, control lights and appliances, and make calls to family members using simple voice commands.
- **Automated safety features:** For instance, motion-sensor lighting ensures safe movement throughout the home, while smart thermostats maintain comfortable temperatures by default.
- **Remote security monitoring:** Smart locks, cameras, and emergency detectors send instant alerts to you and care staff, providing multiple layers of protection.

4. Medication management devices: Hero

These specialized systems help guarantee your elderly parents take the right pills at the right times while keeping you, care staff, and healthcare providers informed.

Platforms like Hero are particularly valuable for parents with memory challenges or complex medical regimens because they offer comprehensive medication management. Hero works seamlessly with both home care and assisted living environments, providing automated dispensing and detailed tracking. Key features include:

- **Automated medication dispensing:** The pharmacy delivers pre-sorted medication packets monthly, sends reminders to your parent and alerts you when doses are missed.
- **Real-time adherence tracking:** Monitor your parent's medication compliance remotely and receive instant notifications if they skip any doses or make a mistake.
- **Care team communication:** Share medication data directly with doctors and care staff, enabling quick treatment adjustments and preventing dangerous drug interactions.

5. Cognitive stimulation devices: MindMaze

Virtual reality (VR) technology offers your parents opportunities to experience new environments and activities from the comfort of their care setting. These immersive experiences can help maintain cognitive

activities from the comfort of their care setting. These immersive experiences can help maintain cognitive function, create opportunities for social connection, and even assist with physical rehabilitation when mobility is limited.

Platforms like [MindMaze](#) are specifically designed for seniors, offering everything from virtual travel to therapeutic exercises that can be customized based on your parent's interests and care goals. These type of tools also offer:

- **Cognitive engagement:** Virtual museum tours, travel experiences, and memory games help maintain mental acuity and provide stimulating activities for enjoyment regardless of physical limitations.
- **Social connection:** Shared VR experiences with family members or other residents create conversation topics and bonding opportunities, helping combat isolation and loneliness. These shared experiences also encourage [seniors socializing](#), which research shows is key to reducing isolation and improving emotional health.
- **Therapeutic rehabilitation:** Guided VR exercises can support physical therapy goals, allowing your parent to practice daily activities in a safe virtual environment under professional supervision.

6. Location tracking devices: SecuLife

Location tracking devices provide peace of mind for families while supporting your parents' independence and safety. This becomes particularly relevant when they start experiencing memory challenges or cognitive decline, which creates concerns about wandering.

Devices like [SecuLife](#) offer comprehensive GPS tracking and user-friendly interfaces that make them practical for daily use while providing families with reliable location monitoring and emergency response services. Relevant features to look for in these devices include:

- **Real-time location tracking:** Monitor your parent's location continuously through a smartphone app. Get instant notifications if they move outside expected areas.
- **Virtual boundary alerts:** Set up geofencing zones around safe areas like home or care facilities. Receive immediate alerts when your parent leaves these designated boundaries.
- **Emergency response features:** One-button emergency alerts connect your parent directly to you, care staff, or emergency services when they need immediate assistance.

7. Adaptive communication tools: JubileeTV or Google's Home Assistant

Communication can become challenging for your parents due to vision, hearing, mobility, or speech changes that often come with aging. Adaptive communication technologies, such as JubileeTV or home assistants, bridge these gaps by providing accessible ways for your parents to stay connected with you, their care teams, and friends.

We've already introduced JubileeTV and explained how it transforms the television into an intuitive communication hub, making [real-time video calls](#) and messaging as simple as watching TV. **This is a great solution for seniors aging in-place or a care facility because it requires little effort from them to communicate.**

For example, you can have your parent's TV automatically answer incoming calls, so they can simply pick up calls (when the auto-attendance feature is enabled).

A home assistant like [Google Nest Hub](#), on the other hand, provides voice-activated communication that's particularly helpful for parents with mobility or vision limitations. The hands-free operation makes it accessible even when physical dexterity is challenging. Also, like with JubileeTV, you can use the integrated camera to look at your loved ones in real time. Google's smart home devices share most of the features listed above for Amazon's Echo Dot.

8. Fall detection systems: Medical Guardian

Falls are a leading cause of injury among seniors, making fall detection technology crucial for your parent's safety and your peace of mind. These systems use advanced sensors and monitoring technology to detect when falls occur and immediately alert you, care staff, or emergency services.

Systems like [Medical Guardian](#) offer comprehensive fall detection that combines wearable devices with home monitoring, providing multiple layers of protection tailored to your parent's daily routines and care needs. Shared features among these devices include:

- **Wearable fall detection:** Smartwatch-style devices use accelerometers to detect sudden impacts and unusual movement patterns, with one-button emergency alerts for immediate help requests.
- **Home-based monitoring:** Strategically placed sensors throughout living spaces monitor for falls using motion detection and air pressure changes. These provide coverage even when seniors aren't wearing wearables.
- **Automatic emergency response:** Advanced systems can distinguish between normal activities and actual falls, automatically contacting emergency services or designated family contacts if required.

9. Smart mobility aids: iBuddy

When mobility becomes challenging for your parents, smart [mobility aids](#) can help them maintain independence while giving you access to real-time information. Whether your parents are in assisted

living or receiving home care, these tools work alongside physical therapists and care staff to support safe movement and monitor activity patterns.

Devices like the [iBuddy Smart Walker](#) offer basic mobility support, as well as, connectivity and safety monitoring that keeps families informed while seniors live a regular life. Key features of smart mobility aids include:

- **GPS tracking and safety monitoring:** Built-in GPS allows you, and care staff, to monitor your parent's movement patterns and receive alerts if they venture beyond safe areas or experience unusual activity.
- **Stability and fall prevention:** Advanced sensors and stabilizers detect balance issues and provide extra support during movement, while alerting caregivers to potential fall risks.
- **Personalized comfort features:** Voice-controlled adjustments, customizable height settings, and ergonomic supports ensure the device adapts to your parent's specific physical needs and preferences.

Verdict: What Senior Living Technology is a Must Have



After exploring these nine technologies, you may be wondering which solutions are truly essential versus nice-to-have additions. The answer depends on your specific caregiving situation and your parents' most pressing needs.

For example, if you want to stay connected with your parents without daily visits, try [JubileeTV](#). Its TV-based communication system makes video calls natural and effortless, using the screen your parents already know and trust.

If your parent has limited mobility or uses assistive devices, consider smart mobility aids like [iBuddy Smart Walker](#). It provides GPS tracking and stability monitoring while supporting independence.

If you're concerned about their health and want early warning signs, invest in health monitoring devices like the [Apple Watch](#). It tracks vital signs and can detect emergencies before they become serious.

The key is to start with technologies that address your biggest worries, then add more as you see improvements in daily life. Remember, the best senior living technology helps your parents take action and supports their care team.

For comprehensive communication and connection support that addresses multiple caregiving challenges at once, [JubileeTV](#) is an ideal starting point. Its intuitive TV-based platform provides video calling, remote troubleshooting, and peace of mind through a single, familiar interface that works at home or in an assisted living facility.

If you're ready to give your parents the gift of connection while gaining peace of mind for yourself, [sign up for JubileeTV today](#).

Frequently Asked Questions About Senior Living Technology

What is Senior Living Technology?



How Can Senior Living Technology Benefit Caregivers?



Meet the Author



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Michelle is a marketer, mom, and daughter living the sandwich generation firsthand. As