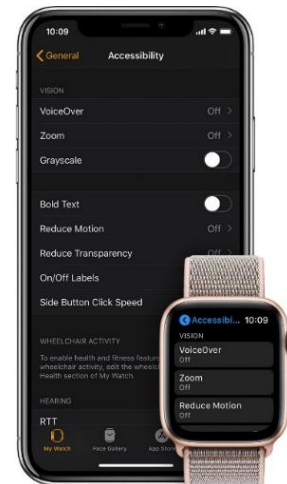


# The Apple Watch Can Help Keep Seniors Safe

Older people that embrace new technologies in housing and safety guarantee that they will remain in their own homes and communities longer, improve communication and quality of life by reducing isolation, improve management of medications and transportation.

One of these new technologies is the Apple Watch. The biggest Pros for buying the Apple Watch for a senior include **the health and emergency features** offered, beginning with the heart rate monitoring options.

Currently, there are **six** series of Apple Watch models spread over its many generations. The Apple Series 6 or later have all the bells and whistles for health and emergency services listed below.



## GPS vs GPS + Cellular versions

The later model Apple watches have two versions, one capable of making and receiving phone calls via the cellular network, known as the GPS version, and one that uses Wi-Fi to connect to your phone and get online, known as the GPS + Cellular version. If you chose the GPS + Cellular version, the older person is basically wearing a self-contained emergency device that will work at home or away, and they don't need to remember to bring their iPhone or be able to reach their iPhone in an emergency. Also, the GPS can be used to locate a missing loved one if they are wearing their Apple Watch.

- GPS tracking/Location sharing- Set up Family Sharing, share your location with your family and Find My Apple Watch.
- Most Wireless plans for Apple Watch are \$10 per month, but if you have an unlimited plan with U.S. Cellular there is no additional charge to add an Apple Watch. On any other plan, you get the first three months free, and it's only \$4.99 per month after that, making U.S. Cellular the best Apple Watch carrier in terms of price.

## Health and Safety Features

**Heart Rate app**- you can get your heart rate whenever you like and record the data in the Health app. You can see your heart rate for resting, walking, or take a current reading. Plus, you can set up high heart rate notifications.

**The Apple Watch Emergency SOS feature**- a literal lifesaver for your loved ones, helping them call for emergency services and alert their emergency contacts with the touch of a button. After the Apple Watch calls emergency services, it will send your designated emergency contacts a text with your location. If your location changes, your contacts will get an update.

**Apple Watch Fall Detection** – **only on** the Apple Watch Series 4 or later's built-in accelerometer and gyroscope, the device can detect when a user has taken a bad fall. The watch will tap the user on the wrist, display an alert message, and sound an alarm. If the user is OK, they can tap **I'm OK** or close the alert on their Apple Watch.

**Medication Reminder Apps** - If your loved one needs help tracking their medication intake, free medication-reminder apps for the Apple Watch can help them stay on track. [Mango Health](#) includes medication reminders, reminders about healthy habits, such as drinking water, drug-interaction warnings, refill reminders, and much more.

## **Blood Oxygen Sensors and ECG**- only available on Apple Series 6:

- **Blood Oxygen Sensor**- allows you to monitor your oxygen saturation from your wrist. Oxygen saturation represents the percentage of oxygen being carried by red blood cells from the lungs to the rest of the body and indicates how well this oxygenated blood is being delivered throughout the body.
- **Electrocardiogram (ECG) System** - capable of detecting whether you're experiencing cardiac abnormalities such as atrial fibrillation.

## **Other Notable Features**

**Always-on Display** - the Apple Watch Series 6's always-on display means you don't have to tap the screen or raise your wrist to see the time.

**Most Apple Watches are Water-Resistant and Some of Them are Swim-Proof - concerned** about falls in the bathroom, an Apple Watch can be worn in the shower, but keep in mind.

## **Accessibility Features**

Apple Watch has a range of built-in Accessibility features to help you get the most from your device; VoiceOver, Zoom, On/Off Labels, options for wheelchair users, and other Accessibility features. Use these steps to find the Accessibility settings on your Apple Watch and iPhone:

- On your Apple Watch, open Settings, then tap Accessibility.
- On your iPhone, open the Apple Watch app, tap the My Watch tab, then tap Accessibility.

## **Vision**

Learn about VoiceOver, Zoom, Grayscale, and X-Large watch face.

- **VoiceOver** - a built-in screen reader that lets you know what's happening on your Apple Watch, and helps you navigate it, even if you can't see it. If you enable Screen Curtain with VoiceOver it turns your display off, while your device and VoiceOver navigation remain active, but your information isn't visible.
- <https://support.apple.com/kb/HT201443> **Zoom** -a built-in magnifier that you can use the Digital Crown to move across the screen by rows or use two fingers to move around the screen. Magnification adjustable up to 15 times the native size with a double tap.
- **Grayscale** -to assist users for whom color might impair visibility,
- **Visual enhancements**- Bold Text, Reduce Motion, Reduce Transparency, and X-Large watch face.

## **Hearing**

Adjust the way you receive alerts and reply to messages: Mono Audio, the Taptic Engine and Prominent Haptic, and Scribble.

- **Mono Audio** - playing both audio channels in both ears, and it lets you adjust the balance for greater volume in either ear if, since when using Bluetooth headphones use stereo, you might miss some audio if you're deaf or hard of hearing in one ear (stereo recordings usually have distinct left- and right-channel audio tracks)
- **Taptic Engine and Prominent Haptic** -a gentle tap on your wrist every time a notification comes in.
- **Scribble** -if you're not using Voice Dictation and you can't find the right Smart Reply to a message, you can write back by scribbling letters on the display.

## **Physical and Motor Skills**

Apple Watch is equipped with fitness algorithms and sensors specifically designed to help wheelchair users more accurately track their activity. So, when the Wheelchair setting is turned on, your iPhone tracks pushes instead of steps, and will register different types of pushes, speeds, and terrains.