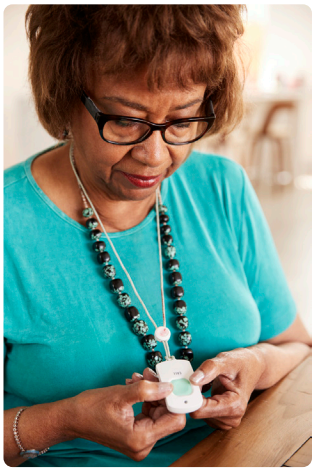
Humber River Health

Seniors Care Program

Personal Emergency Alert Systems

After leaving the hospital, you may need extra support to help keep you safe at home. Consider obtaining a **personal emergency** (or **medical**) **alert system** if you live alone, are at risk for falls, have a fear of falling, or have difficulty walking.

What is a personal emergency alert system?



A personal emergency alert system consists of a wearable device (usually a waterproof pendant or bracelet) that lets you call for help by pressing a button. A central emergency response centre monitors these calls and provides an immediate response. This system can help you to continue living safely and independently in your own home.

What features are available?

Basic personal emergency alert systems connect your pendant or bracelet to a base unit, which is then connected to your home telephone line. This system works within your home. Depending on what you need it to do, you can also choose a system with any or all of the following key features:

- **Cellular:** This system uses cellular service instead of a landline, which allow it to be used outside the home and/or in the community.
- **Location detection and tracking:** This system uses GPS (Global Positioning System) technology, which can help locate you during an emergency.
- **Fall detection:** This system automatically detects falls and contacts a monitoring centre or designated individuals.
- **Lock Box:** This is a secured box that can hold house keys. It allows you to provide access into your home during an emergency.
- **Personal Caregiver Application:** There are web-based or mobile apps that help caregivers/family monitor a loved one's health status, medication reminders, doctors' appointments, and much more from their smartphone.

Speak to your health care team about the features that may be best for you or your loved one.

Where can I buy a personal emergency alert system?

These systems typically have installation charges and monthly subscription fees. Speak to a health care equipment supplier or vendor in your area about buying a personal emergency alert system. Your healthcare team will also be able to provide a list of vendors for you*. You can also check the Yellow Pages™ (https://www.yellowpages.ca/) or do an internet search for a complete list of vendors in your neighbourhood. Use the terms "personal emergency alert system" or "medical alert system" to search.

**Please note, Humber River Health does not recommend or endorse any particular vendor.*

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

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