

Fall Detection

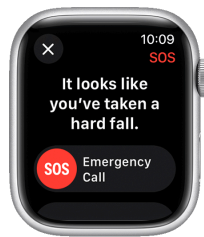


Equipment Ideas

Wearable Pendant



Smartwatch



Smart speakers



Sensors



GPS location



Strategies

Fall detection devices can be a tool to enhance safety and independence.

- Good lighting is important and smart lights can be paired with motion sensors to have them turn on automatically.
- Wearable devices can be pendants worn around the neck that can automatically detect a fall and send an alert to caregivers, family or emergency services. Some devices have a 2-way communication feature.
- Smartwatches can have sensors to detect falls.
- Smartwatches can be used to call for help directly from the watch around your wrist
- Smart speakers can also be used to call for help if you can't reach your phone.
- GPS tracking can be built into devices like fall detection pendants, smartwatches, GPS trackers and smartphones to provide real-time location tracking for outdoor falls.
- Sensor systems can be setup in a home to monitor activity levels and falls.



Online Resources

- https://socialsupportsnb.ca/en/simple_page/fall-prevention
- [Lifeline Main Landing Page - English - Lifeline](#)
- [Use Fall Detection with Apple Watch - Apple Support \(CA\)](#)
- [Healthy Homes | Best Buy Canada](#)
- <https://www.bestbuy.ca/en-ca/shop/home-living/fall-detection-devices>
- [CareLink Advantage - Independent Living Solutions](#)
- [Amazon.ca : fall detection devices for seniors](#)
- <https://www.altumview.ca>
- <https://www.lifeline.ca/en/products/on-the-go-with-wandering/>

- Fall detection
- Smartwatch with fall detection
- Find my device
- GPS tracker
- Fall alarms or sensors
- Camera fall monitors

Key Words for Online shopping or setup guides



For more information contact your Occupational Therapist:

OT Name: _____

Contact: _____

Examples, not an exhaustive list as of March 2025