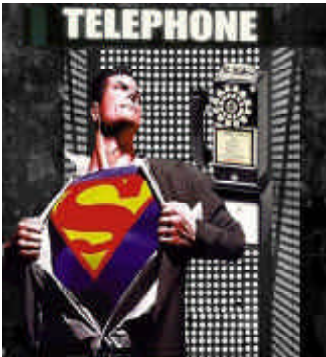


Communications Technology to Live Well & Get Surprise With What the Future Has to Offer.



Do you remember when Clark Kent slipped into

phone booths to turn into Superman?



Now you seldom see a phone booth. What Alexander Graham Bell created has changed dramatically. Mobile phones have become a growing market as more people realize that having such a phone can be essential for communication and safety, especially for seniors and others with special needs. Whether

living independently or with assistance, seniors need to communicate with loved ones and caretakers from wherever they are, in case of an emergency or a particular health concern.

With the new generation of tech gadgets, finding the right mobile phone has not been easy for seniors. Many find it most convenient to have a mobile phone with basic calling features, one that is comfortable to hold, and has easy-to-read numbers. This allows for maximum comfort for those who may not be very familiar with owning a cell phone. Many cell phone companies offer less complicated phones with big buttons and easy-to-see screens.

There are other devices that can greatly benefit older adults. There are quite a few personal alert systems for seniors, but remember that many illnesses can impair a person's ability to remember to press the call button and impede your loved one's ability to reach out for help. In these cases, handheld devices such as PDA's can allow people to communicate using a touch screen and a synthesized voice, or can even be controlled by eye movements.

Technologies can improve communication and reduce isolation for seniors, improve safety through electronic monitoring, are also helping families who care for seniors. New communication gadgets such as phones attached to a pill holder can help by making a reminder when "it's pill taking time" with flashing light, and transferring data to a website where the caregiver can review the information from a remote location.

In today's communications, the phone is still central, but add wireless communications and computing power and you have a new generation of gadgets that can summon aid, alert people to take their meds, help caregivers keep tabs on an older family member's movements, and let doctors watch vital signs from afar. And technology just keeps getting better and better with new options emerging every day. A new study published in the Journal of Alzheimer's disease are predicting that the electromagnetic waves in cell phone use may one day be a non-pharmaceutical alternative treatment to Alzheimer's disease and new to the U.S. market there is the GlucoPhone from HealthPia America, a cell phone that diabetics can use to read their blood glucose levels and transmit them to their doctor. Also interesting is a new earthquake warning system developed by a multimedia company in Japan. It delivers emergency reports and messages to handsets via a technology called CBS - Cell Broadcasting System. The messages are displayed on the phone's home screen,

and there'll be special ringtones

High-tech products are changing the way Americans cope with the health and safety issues of aging family members. The new devices can help people better monitor and treat their chronic diseases, provide quick access to reliable medical information in an emergency, and make a private residence safe enough for an older person to continue living independently.

"New technology can be a bit overwhelming for many people, regardless of age," said San Diego County Board of Supervisors Chairwoman Pam Slater-Price, who on June 3, along with Supervisor Dianne Jacob, hosted an Aging Summit on Technology.

"This was a great opportunity for older adults to learn about new technologies that can help make their lives easier," said Nick Macchione, director of the County of San Diego Health & Human Services Agency (HSA).

Aging Summit 2010 included exhibits on helpful gadgets and services, even games. The event had some of the latest in new technology gadgets.

After this event, the next step is to continue promoting education on technology for the seniors and their caregivers by forming a coalition in technology. For additional information, call 1800-510-2020