

HELPING A PARENT WHO LIVES ALONE

3 Things to Set Up First

Use this printable checklist to cover the basics before adding more devices. The goal is simple: make it easier to call for help, move safely at night, and handle the front door without rushing.

Start small. These setups do not need to be perfect on day one. Get the basics working, test them together, then adjust anything that feels confusing.

1 Set up a simple way to call for help

This matters most if your parent falls, feels dizzy, or cannot reach their phone.

- Choose a medical alert button or wearable with 24/7 monitoring.
- Make sure it is water-resistant and approved for shower use.
- Turn on fall detection if it is available and makes sense for your parent.
- Add at least two emergency contacts in the service account.
- Test the button together so your parent knows exactly what happens.

2 Make nighttime movement safer

Most falls happen during ordinary moments, especially when someone is tired or the room is dark.

- Place motion night lights between the bedroom and bathroom.
- Add a light near stairs, hallway turns, and the kitchen entrance.
- Use warm, gentle light so it helps without being harsh at night.
- Remove loose cords, rugs, or small obstacles along common paths.
- Walk the route together after dark and adjust anything that still feels dim.

3

Make the front door easier to manage

The goal is to see who is there without rushing, opening the door, or feeling pressured.

- Install a video doorbell with clear alerts and two-way talk.
- Set alerts on your parent's phone and, if appropriate, a caregiver's phone.
- Practice answering the doorbell from inside the house.
- Write down what to do for deliveries, strangers, and unexpected visitors.
- Keep the setup simple. If the app is confusing, simplify notifications first.

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Do this while you have the phone in hand

- Set up Medical ID on iPhone or Emergency Information on Android.
- Add medications, allergies, medical conditions, and emergency contacts.
- Turn on access from the lock screen.
- Add a trusted caregiver as a favorite contact.
- Consider location sharing if your parent is comfortable with it.

Parent's preferred emergency contact:

Backup contact:

Medical alert account/login location:

Doorbell app/account location:

More plain-English tech help for older adults and caregivers: [TechMadeSimple.org](https://www.techmadesimple.org)