



CASL

Chamber for the Advancement of Senior Living · Toronto & the GTA

Technology That Keeps Seniors Safe at Home

From a \$30 nightlight to a full smart home — what actually helps, in order of impact.

General guidance for Ontario families, prepared 2026. Programs, rules, and rates change — confirm current details with a qualified professional before acting.

Technology cannot replace people — but the right devices buy safety, independence, and peace of mind. This guide ranks options by impact and simplicity, so you start with what matters and skip the gadgets.

Tier 1 — do these first (biggest impact, least complexity)

- Personal emergency response pendant/watch with fall detection — worn ALWAYS, including the shower (most falls happen there). Monthly monitoring plans are typically \$25-\$60.
- Motion-sensor night lights along the bedroom-to-bathroom path.
- An easy phone strategy: emergency contacts on speed dial or a big-button phone; "Hey Google/Siri, call Sarah" as a hands-free backup.
- Automatic medication dispenser with alarms and lockouts — dosing errors are a top cause of hospital visits.
- Key lockbox or smart lock so help can get IN during an emergency.

Tier 2 — strong additions

- Smart smoke/CO detectors that alert family phones.
- Stove auto shut-off device if forgetfulness is a concern.
- Video doorbell — screens visitors and deters the scam-artists who target seniors.
- Smart speakers in main rooms: reminders, calls, radio, and a voice-activated lifeline if the pendant is off.
- GPS locator (watch, pendant, or phone app) if wandering is a risk.

Tier 3 — for specific situations

- Discreet activity sensors (fridge door, kettle, motion) that let family see "normal day" patterns without cameras.
- Fall-detecting radar/camera systems for high-risk situations — discuss privacy openly first.
- Telehealth setup: a tablet on a stand, tested BEFORE the first virtual appointment.

Rules for choosing (and actually using) devices

Involve the senior in every choice — a device that feels imposed gets left in a drawer. Prefer devices with no monthly app fiddling for the senior. Test the full emergency chain once a month: press the button, confirm who calls whom. And remember dignity: sensors that inform beat cameras that watch.

CASL tip: not sure where to start? Bring this list to a free CASL consultation — our partners can assess the home and set up Tier 1 in an afternoon.