



WHY CONSIDER A SMART HOME?

Smart home technology isn't just about the convenience of having remotely controlled thermostats, appliances or window coverings. The new technology is changing the way people age—making it easier and safer for individuals to remain in their own homes longer.

THE BENEFITS OF SMART HOME TECHNOLOGY INCLUDE:

- Aging in place results in better health outcomes according to recent studies
- The new technology fosters greater independence
- It makes tasks easier for those with limited mobility
- It can help those with cognitive impairments remain at home longer
- It saves money when compared with traditional assisted living
- It provides peace of mind for caregivers

For more information about adding smart home technology, contact Atrio Home Care or Holland Home.



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Holland Home™

SMART HOMES

WHAT IS A SMART HOME?



A smart home is one equipped with technological tools and adaptive devices that make the home safer and more comfortable for older adults. If you're caring for someone, these products provide you with peace of mind and may make caregiving easier.



MANAGE HEALTH SAFETY

A variety of equipment and adaptive devices is available to help maintain health and increase personal safety for older adults.

HEALTH SAFETY | OPTIONAL FEATURES:

- Personal emergency response system
- Fall detectors
- Wall-mounted alarm button
- Telehealth monitors
- Medication dispensers
- Grab bars and other adaptive medical equipment

Holland Home's home care affiliate, Atrio Home Care, offers a telehealth program that provides daily monitoring of patients with cardiac, pulmonary and other diagnoses. It helps provide early detection of symptoms that allows for early intervention and is easy to use, cell capable, and monitored by a registered nurse.

TELEHEALTH MEDICAL MONITORING:

- Blood pressure
- Heart rate
- Blood sugars
- Weight
- Pulse oximetry

IMPROVE HOME SAFETY

Many of the obstacles to remaining in your own home can be addressed through smart home technology or adaptive features, making it safer and more comfortable for you to age in place. Some of these items are standard in our residences or available as an option, and we can provide guidance in choosing and installing the appropriate features in your home.

HOME SAFETY | STANDARD FEATURES:

- Low-lip showers (new construction)
- 36-inch doorways
- Tall toilets
- Angled bathroom grab bars (new construction)
- Stair lighting (new construction)
- Double railings on stairs (new turnovers)
- Smooth floor transitions

HOME SAFETY | OPTIONAL FEATURES:

- Stair lighting (existing construction)
- Double railings on stairs (existing construction)
- Stair lift
- Stairwell gates
- Window and door monitors
- Bathroom grab bars (existing construction)



EASE AND CONVENIENCE

New technology also offers many options for making life just that much easier.

CONVENIENCE | STANDARD FEATURES:

- Large bathrooms (new construction)
- Keyless entry (new construction)
- Refrigerator with freezer on bottom
- Automated thermostat (new construction)
- Under cabinet outlets
- Rollout shelves in base kitchen cabinets
- Automation in new construction:
 - Ten zones of lighting, dual-zone HVAC controls and lock/unlock front door.

CONVENIENCE | OPTIONAL FEATURES:

- Automated doorbell and camera
- Keyless entry (existing construction)
- Automated thermostat (existing construction)
- Adjustable closet rods (existing construction)

SMART HOME TECHNOLOGY FOR YOUR HOME

Holland Home offers both standard and optional smart home technology in our residences. We research and review offerings monthly and thus can provide the latest and recommended options for your living environment and specific needs. For people who live in communities throughout West Michigan, Holland Home's home care affiliate, Atrio Home Care, can help identify and, in some cases, supply and install smart home features that would be helpful for virtually any living situation and home.

For more information about adding smart home technology, contact the following:

Atrio Home Care
(616) 233-4142 | Grand Rapids
(616) 796-3800 | Lakeshore
 or
Holland Home
(616) 643-2730