

# Smart Emergency Devices for Seniors – Preparedness Checklist

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## Core Smart Emergency Devices

- ☐ Smart Leak Detector – Detects water leaks early and prevents costly damage.
- ☐ Backup Power Station – Provides power to essential devices during blackouts.
- ☐ Smart Smoke & CO Alarm – Alerts you and your phone in case of smoke or gas.
- ☐ Emergency Voice Assistant – Voice-activated help to notify family or emergency services.
- ☐ Smart Health Monitor – Tracks vitals like oxygen and pulse; alerts when abnormal.

## Optional Smart Devices

- ☐ Smart Thermostat – Manages home temperature and helps prevent heat/cold stress.
- ☐ Smart Bed Sensor – Tracks sleep and fall risk data while in bed.
- ☐ Fridge Monitor – Ensures medications and perishables are kept at safe temperatures.
- ☐ Motion Light – Automatically lights hallways or bathrooms at night.
- ☐ Smart Door Lock – Allows remote locking and emergency access.

## Setup & Safety Tasks

- ☐ Test smart alarms and sensors monthly.
- ☐ Recharge or replace backup battery monthly.
- ☐ Check app connectivity and alerts weekly.
- ☐ Update emergency contacts in devices quarterly.
- ☐ Practice emergency commands like 'Alexa, I need help.'

## Emergency Supply Add-Ons

- ☐ Battery-operated flashlight or lantern

- ☐ Basic first aid kit and medication list
- ☐ Power bank with USB cable
- ☐ Spare device batteries (AA/AAA/CR2032)
- ☐ 2-day supply of water and shelf-stable food



### **Notes & Reminders**

- ☐ Share device instructions with family or caregivers.
- ☐ Store all emergency gear in one easy-to-reach place.
- ☐ Bookmark [smarthomecheckup.com](https://smarthomecheckup.com) for setup help.