

# Living Alone Tech Comparison Checklist

Use this before comparing alert buttons, watches, smart speakers, or check-in routines. Start with the response workflow, not the device.

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## Response Plan First

- Decide who is contacted first.
- Decide what happens if the parent does not answer.
- Write down backup contacts.

- Confirm whether monitoring is family-only or center-based.
- Check cancellation and trial terms.
- Practice a non-emergency test.

## Compare Options

Option	Compare	Question before buying
Medical alert system	Monitoring center, pendant or wrist button, home and mobile coverage, monthly cost.	Who is called first, and what is the cancellation policy?
Smartwatch	Fall detection availability, cellular plan, battery life, emergency contact workflow.	Will the parent wear and charge it consistently?
Smart speaker or display	Voice calling, reminders, routines, and family check-ins.	Can the parent use the command during stress?
Family routine	Daily calls, shared calendar, medication reminder, neighbor backup.	What is the escalation plan after a missed check-in?

## Home Coverage Review

- Test bedroom, bathroom, kitchen, and yard coverage.
- Check charging location and daily routine fit.

- Compare activation, equipment, and monthly fees.
- Explain false alarms and limits calmly.

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Guide: <https://arthur0858.github.io/ynk-blog/guides/living-alone-safety.html>

Affiliate disclosure: Some future links may be affiliate links. No unapproved affiliate links are included in this checklist.

Safety note: This is a general comparison checklist, not medical, legal, financial, or emergency advice. No device can guarantee safety or emergency response.