



# News Of Older Americans

## Four Tips About Medical Alert Devices

(NAPS)—All year round, sons and daughters of every age search for a unique and thoughtful gift for their dad to celebrate a birthday, Father's Day, Christmas and other holidays. For parents who live with chronic conditions, such as heart disease, diabetes or COPD, and may live alone or may be at risk of falling, gifts such as a medical alert device may be valuable—not only helping to keep them safer but giving them and the caregiver a greater peace of mind.

American talk show host and caregiver Leeza Gibbons recognizes the hesitation that parents have when this topic is raised. Gibbons encouraged her father, Carlos, to get a medical alert device after his own medical scare at home—he was diagnosed with coronary heart disease. After this, Gibbons and her siblings gave their father a Lifeline HomeSafe to help him retain his independence while prioritizing his safety. This gift later helped save his life when he had a sudden heart attack and needed to call for help—convincing him to be in full support of wearing a medical alert device daily.

For caregivers who want to broach the topic of medical alert devices, Gibbons offers four tips:

• **Feel Confident in Your Choice.** A medical alert service provides access to help for your loved ones and lets them remain independent and stay in their home, but it also helps you as a caregiver worry less, knowing they're safe.



**Talk show host Leeza Gibbons and her father Carlos.**

• **Know the Facts.** Before having the conversation with her dad, she says, she did a lot of research—on brands, on seniors' risk of falling, and on the benefits of having a device. Being aware of these pieces of the puzzle will help you have an honest and informed discussion.

• **Early Isn't Early Enough.** It's never too early to have this conversation. You don't know what the future holds but you can take action now and make sure the ones you love have the care they need should something happen. It's OK to let them know you're worried and that this is something that's as much for you as it is for them.

• **Connect With Other Caregivers.** Reach out to other caregivers going through a similar situation—it only makes us all more knowledgeable and comfortable about having this important conversation with the ones we love.

### Learn More

For further facts, visit [www.lifeline.philips.com](http://www.lifeline.philips.com).