

Everyday Sidekicks: How Wearable Tech Is Transforming Life for Seniors

Wearable technology now fits into daily life through devices worn on the wrist, finger, ears, eyes, or even as clothing accessories. These tools support health, safety, communication, and convenience.

SMARTWATCHES

Smartwatches function as small computers worn on the wrist.

- **Apple Watch**

The Apple Watch is designed to work as a companion device to the iPhone. It requires pairing with an iPhone to install apps, manage settings, and unlock full functionality.

Apple Watches support communication, health awareness, and everyday convenience. The devices, based on the individual models, can display notifications, send and receive texts, handle phone calls, and run simple apps. Apple Watches also track a wide range of health and fitness data including heart rate, blood oxygen levels, electrocardiogram readings, fall detection, sleep patterns, calories, and workouts. Apple Watches may also support music streaming and GPS navigation.

- **Samsung Galaxy Watch**

The Samsung Galaxy Watch is designed primarily for use with Android phones.

The Samsung Galaxy Watch displays notifications such as calls, texts, emails, and app alerts. Users can read and respond to messages using voice input or quick replies. The devices also support basic phone functions and offer extensive health and fitness tracking including heart rate monitoring, workout tracking, sleep analysis, stress tracking, electrocardiogram readings, and blood oxygen measurements.

The Samsung Galaxy Watch includes GPS functionality and supports apps from Google and Samsung such as maps and music services.

FITNESS TRACKERS

Fitness tracking wear devices, worn on the wrist, provide workout monitoring including fitness/exercise tracking, outdoor activity data and GPS tracking.

Popular models include Fitbit, Garmin Forerunner, and Garmin Venu. They use built in sensors to track steps, heart rate, calories burned, sleep patterns, workouts, stress levels, blood oxygen, and heart rhythm.

Fitness trackers are simpler than smartwatches and focus more on health and fitness than on communication or entertainment features.

SMART RINGS

Smart rings resemble traditional rings but contain sensors that track health and activity data. The information is synced to a smartphone app.

Smart rings can monitor sleep, heart rate, body temperature trends, movement and activity, blood oxygen levels, and other biometric data.

Common examples include Oura, Samsung Galaxy Ring, and Circular.

SMART SHIRTS

Smart shirts are clothing items with built in sensors that collect data about the body while being worn. They look and feel like regular athletic shirts.

Smart shirts are primarily used for fitness, sports, and health monitoring. They can track heart rate, breathing rate, posture, movement, calories burned, muscle activity, and workout performance. Some are also used in supporting medical care and rehabilitation.

Examples include Hexoskin Smart Shirt and OMSignal Smart Shirt.

AI POWERED HEARING AIDS

AI powered hearing aids use artificial intelligence software to automatically adapt to different listening environments. They are more personalized, and responsive than traditional hearing aids.

AI-powered hearing aids can learn user preferences over time, distinguish speech from background noise, analyze sound in real time, and automatically adjust volume and sound balance.

These features are especially helpful in busy environments such as restaurants, crowded rooms, outdoor streets, meetings, and group conversations. AI powered hearing aids improve clarity of speech while reducing background noise.

Please tune in to *Liberty Connects* [Episode 2](#) Podcast exploring modern hearing aid technology, its cool factor, and the importance of maintaining hearing health.

SMART GLASSES

Smart glasses are wearable devices that look like regular eyeglasses but include built in technology that adds digital information to what the user sees and hears.

They may display information in the field of vision, capture photos or video, play audio through built in speakers or bone conduction, and provide turn by turn navigation.

Common uses include hands-free communication, navigation while walking or biking, fitness tracking, workplace assistance in fields such as repair or logistics, and accessibility support such as live captions or object recognition.

Examples include Ray Ban Meta Smart Glasses and Google Glass Enterprise Edition.

OTHER CONNECTED WEARABLES

Some wearable technologies also extend into home and lifestyle control, including devices that can adjust music, lighting, entertainment systems, and heated clothing for comfort and convenience.