

older adults	who have difficult with such daily activities	bathing grooming,cooki ng ,eating
iot devices can help	make indepentend senior living safer	now technologies such as
patient tracking and smart home devices	it can automate tasks and processes to support seniors	help willl arrive faster after a fall or illness

tasks of senior need help	mobility	medication
transportation	personal care	nutrition
how do keep seniors happy?	happiness,kee p them connected	eat together,health, encourage phphysical activities

what are the best virtual assistents for seniors?	Alexa.Alexa is build into Amazon	Bixby.this is the virtual assistent started by samsung
Cortana.Micr osoft is also in the virtual digital assistant	google assistent	Siri
digital assistent	smart speakers,accor ding to voicebot	icombination of louds ,voice commend device

how do you empower an old adult	reframe getting oldert	stay involved in decision making
setset boundaries	keep a routine	set goals
stay active	seek support and connection is a key	and explor options for aged care services