

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## [The Best Medical Alert Systems of 2024](#)

According to the [Centers for Disease Control and Prevention](#), one out of every four older adults falls every year, and 20 percent of those falls are serious, resulting in a broken bone, head trauma or similar injury. Seniors who experience a fall double their chance of experiencing another fall in the future. Medical alert systems can allow individuals to retain their independence at home and in their communities while minimizing the risk of further injury or death from falling and being unable to receive immediate help.

Caring.com provides an overview of the 10 top home medical alert systems in their January 2024 article: [The Best Medical Alert Systems of 2024](#)

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**Caring.com** is an online destination for those seeking information and support as they care for aging parents, spouses, and their loved ones. Their mission is to "help the helpers". They equip family caregivers to make better decisions, save time and money, and feel less alone -- and less stressed -- as they face the many challenges of caregiving. Their content is carefully researched and expert-reviewed from a team of more than 50 trusted leaders in geriatric medicine, law, finance, housing, and other key areas of healthcare and eldercare.

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Last Reviewed

Thursday, April 4, 2024