



Technology Allied with Long-term Support Services

Long-term support
services are labor-intensive

In other words, a [personal assistant](#) is the cornerstone of support services to help people perform basic and instrumental activities of daily life. However, the development and application of new technologies can lighten the workload and perhaps in the future decrease the need for human assistants.

Tele-assistance or telecare (as explained in the section entitled Long-term Care Services) seeks to provide continuous monitoring of people with dependence and/or chronic diseases and respond immediately to emergencies. Telecare services include telephone hotlines for emergencies or care, personal alarms, motion sensors, panic buttons, fall detectors, temperature, smoke, and water leak detectors, and medication administrators. Often, service providers offer a combination of services. [Here](#) you can see an example of a comprehensive telecare service offered in Spain, and [this link](#) shows a medication administrator with a telephone helpline service offered in the United States.

In addition to telecare, there are new technologies that are being applied to the long-term care field:

- [Telehealth](#) is the use of technology to perform remote monitoring of patients that anticipates complications and promotes self-care skills (for example, with blood pressure and glucose monitors for patients with diabetes).
- [Telemedicine](#) refers to the use of technology to consult with patients and health professionals.
- [Mobile health](#) (*mhealth*) consists of health or care applications developed for mobile phones.

Finally, digital health (eHealth or Health IT) is a generic term that includes, for example, health support systems through the Internet, electronic medical records, or cutting-edge technologies such as predictive data analysis, machine learning, robotics applied to care, voice-operated systems, and artificial intelligence. [Here](#) you can review some innovative projects funded by the European Union that use information technologies and facilitate an autonomous lifestyle for older adults.

Most of the technological applications mentioned in the previous paragraphs are oriented to managing health, facilitating the tasks of the people who provide care, and preventing isolation in order to solve some of the instrumental activities of daily life

ROBEAR and ROMEO are two ambitious robotics projects designed to perform the functions of companions and personal assistants, including supporting people with reduced mobility to get up, open doors, and reach objects.

(for example, communicating in case of emergency and taking medications). However, very few make it possible for people to carry out basic activities of daily life. [ROBEAR](#) and [ROMEO](#) are two ambitious robotics projects designed to perform the functions of companions and personal assistants, including supporting people with reduced mobility to get up, open doors, and reach objects.

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