



More living. Less worrying.

Know everything is okay with your loved one without intruding.

[Shop In-Home Care](#)

[Learn About In-Home Care](#)

Know your loved one is safe

Digital Life In-Home Care helps everyone in the care circle stay involved.

Discreet sensors
Real-time activity monitoring: Track eating schedule, medications, mobility and more without interfering.

Real-time alerts
Quickly receive real-time and accurate alerts about the care recipient if something is amiss.

Anytime, anywhere access
Connect everyone in the care circle, and keep them informed, with remote access anytime, anywhere.

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Feel closer by getting insight into their daily routines

Stay in touch! Monitor their daily activities, without being intrusive. Your loved ones live independently, but get help when they need it.

[Live Chat](#)

Kitchen activities
Sensors in key kitchen locations track how often the kitchen is visited, cupboards are open and if the stove has been left on too long.

Housework
Unkept homes can become cluttered and unsafe. Sensors check if your loved one is vacuuming, washing dishes, doing laundry and more.

Medication
Ensure your loved one is taking medication, with sensors on pill cases or cupboards. Be alerted if medicine isn't taken on time.

Mobility
Make sure your loved one is getting around. Sensors monitor how often coat closets are opened or when exterior doors are opened or closed.

Personal care
Sensors in the bathroom and bedroom can monitor hygiene routines, showering, toileting, dressing – and inform you if patterns change.

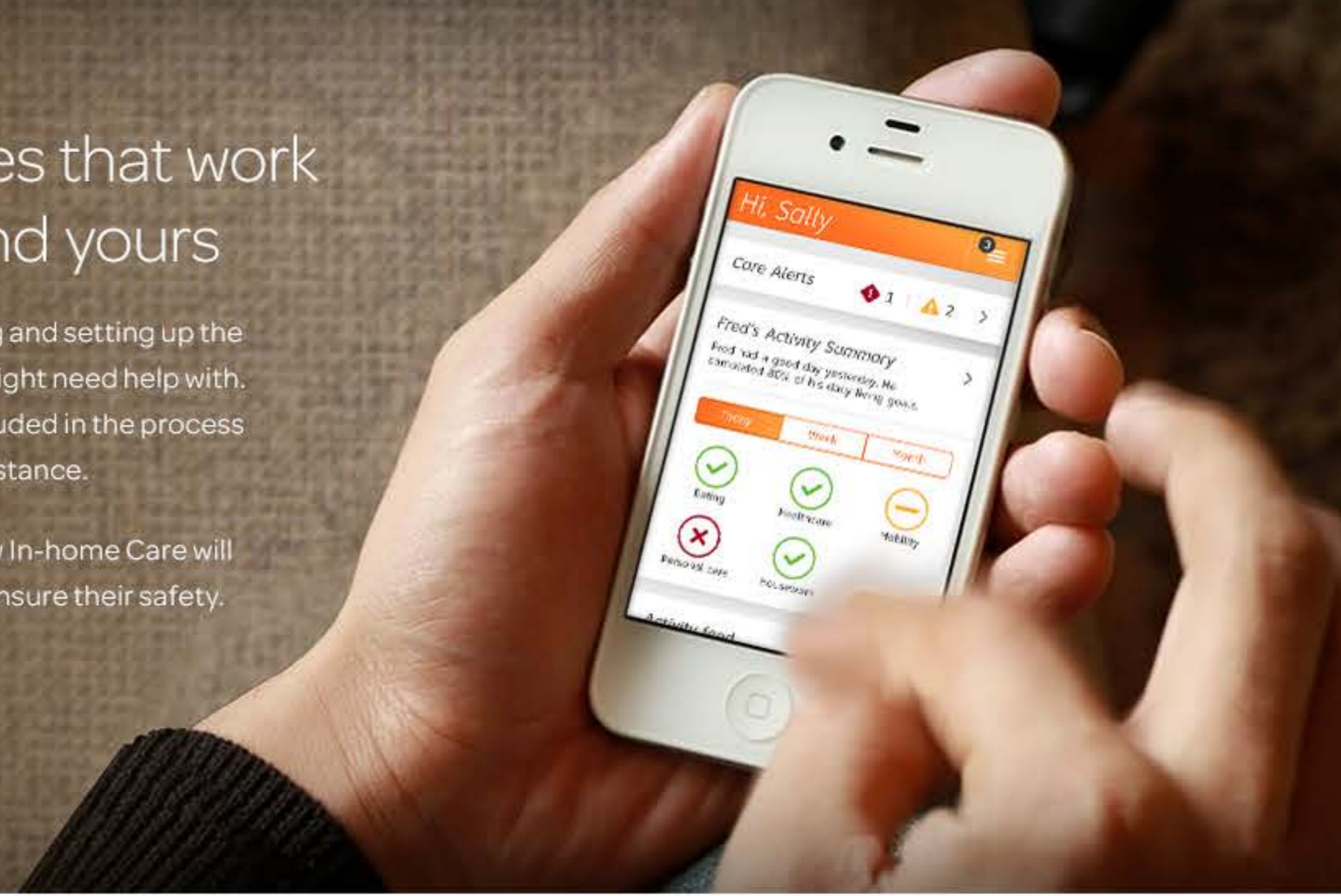
Security
Add a home security system to make sure they're safe. With professional monitoring 24/7, they're never really alone. Help is always close by.

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Customize activities that work for their life... and yours

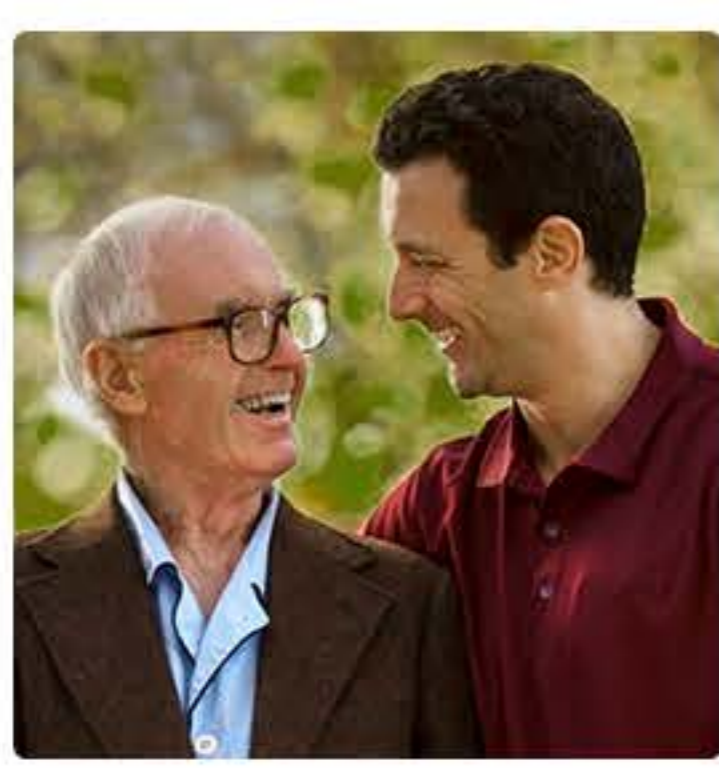
Include your loved one in choosing and setting up the activities of daily living that they might need help with. Seeing the benefits and being included in the process could lessen their resistance.

Your loved ones might realize how In-home Care will improve their quality of life and ensure their safety.



Get advice about In-Home Care

Read about how to handle sensitive situations with your loved ones.



5 Tips on how to start the conversation

Help ease the tension and ensure a healthy discussion when it's time to talk about In-Home Care.

[Read more](#)



Checklist: Signs your loved one might need help

Watch for the warning signs to determine when an older adult may need assistance at home.

[Read more](#)



A caregiver's guide to in-home care

Caring for a loved one doesn't mean you have to rearrange your life. You can live more and worry less!

[Read more](#)

Innovative packages for your In-Home Care needs

AT&T Digital Life offers two packages to meet your needs. Pick the level of protection that's right for you.

Smart Care
Discreet wireless sensors, 24/7 professional monitoring, anytime system access, automatic alerts and customizable schedules keep everyone in the caregiving loop.

[What's Included](#)

2-yr agreement required. Early termination, other fees and service restrictions apply.

[Add to Cart](#)

\$49.99/month
\$299.99 due today

Smart Care Complete
Smart Care Complete includes everything in Smart Care plus home security and automation features like remotely controlling door locks, lights thermostat and water.

[What's Included](#)

2-yr agreement required. Early termination, other fees and service restrictions apply.

[Add to Cart](#)

\$54.99/month
\$399.99 due today

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