

Hello, my name is Laura Mitchell, CEO and co-founder of GrandCare Systems. Thank you for the opportunity to discuss assistive preventative technology for older adults.

I'd like to start my testimony with a true story about Jean, one of our GrandCare clients from Florida.

At age 75, Jean experienced her first petit-mal seizure. Her daughter didn't know until four critical hours later when she called and Jean was confused and disoriented. Doctors advised assisted living. That was the only expected path.

But instead Jean began using GrandCare.

Using simple motion sensors, the system tracked her daily patterns and could alert her daughter if something seemed off—like wandering or inactivity. It also tracked her blood pressure and reminded her to take medications.

Jean stayed independent for another 4 years until something changed. She became agitated. She wasn't sleeping. She showed signs of sundowners.

Now typically, that might lead to additional medications, maybe even a diagnosis that could change Jean's life.

But Jean's daughter, Carol, had data.

Using GrandCare's motion reports, she was able to pinpoint exactly when Jean's behavior changed. She brought that information to the doctor. Together, they saw that this behavior change aligned perfectly with the start of a new blood pressure medication.

They changed the medication—the symptoms disappeared.

Think about that for just a moment.

Without this technology, Jean could have been treated for the wrong condition...medicated unnecessarily...or even prematurely forced into a higher level of care. Instead, she remained in her home for another 2 years.

Due to the power of proactive, data-driven care, Jean stayed in her own home beyond the initial diagnosis for over 6 years.

When people think about technology for aging and fall prevention, we picture —“Help, I’ve fallen and I can’t get up.” A commercial from almost 40 years ago.

And while falls are absolutely serious—they’re not the root problem. They’re merely a symptom.

Falls can be caused by things like medication noncompliance, dehydration, or underlying health issues. By the time a fall occurs, we’re already in crisis mode—the outcomes can be devastating.

So we have to ask ourselves: why are we still waiting for the fall?

Why should technology activate only after something goes wrong? The good news is today we have technology tools to shift from reactive care to proactive, predictive and preventative support.

Imagine a simple tablet in the home—something intuitive and empowering.

It reminds mom to take her medications...  
to drink water...  
to take her blood pressure reading...

Meanwhile, unobtrusive smart home sensors are working quietly.

They can recognize when something is amiss—like the kitchen hasn't been accessed at mealtime, medications weren't taken, or if vitals are out of threshold.

And only then—only when something is truly different—does the system notify a designated caregiver.

This isn't about surveillance. It's about independence. It's about family connection. It's about giving older adults the confidence and security to live their best life —while ensuring support is there whenever needed.

Access to this type of technology isn't just a luxury. It is a human right, regardless of age or mental acuity. Through simple video chat, messaging, entertainment, and even brain games, individuals stay engaged and mentally active.

Technology doesn't isolate—it connects. Beyond the improved happiness, health and safety outcomes that technology provides, it also saves a lot of money.

The cost of this type of technology could compare to a mere 15 days in an average assisted living community.

Fifteen days.

Not every person has the option to stay home. But if technology can support one person to delay advanced care, they could save roughly \$50,000+ per year.

But it isn't just about saving money.

It's about preserving dad's dignity.

It's about extending independence for mom.

It's about brothers and sisters having peace of mind.

It's about taking care of our parents and loved ones—when they need us the most.

We are at a turning point.

Our nation is in an aging crisis exacerbated by staffing shortages and high healthcare costs.

We cannot solve tomorrow's challenges with yesterday's tools.

It's time to move beyond crisis management and turn to proactive, person-centered technology.

Let's reimagine aging in America, not as a loss of independence but as an opportunity for personal growth, purpose and the ability for our greatest generation to live life on their own terms.