

What is Remote Monitoring?

Definition

Remote monitoring is a support model that uses technology to enhance independence while maintaining safety. It is not intended as surveillance. Instead, it is designed to provide people with the ability to direct their own lives while having access to assistance when it is needed.

How it Works

Remote monitoring is a type of support that uses technology to help people stay safe and independent while still having access to staff when needed. It is not surveillance—it is about choice, independence, and peace of mind.

Examples

Examples of remote monitoring include motion sensors to confirm when someone gets home safely or that they shut off their oven after cooking, medication reminders and alerts, door or appliance sensors for safety, video or audio check-ins with consent, and emergency call buttons or apps.

Benefits

Remote monitoring promotes independence, provides safety and reassurance, and helps make the most of available staff. It gives people the right support at the right time.

Considering if It Would Work for You

When exploring remote monitoring, it is important to think about your daily routines, comfort level with technology, and the type of support you need most. Discussing these questions with family members, support staff, or service coordinators can help determine whether remote monitoring is a good fit for your situation.



**For more information on remote monitoring
contact North Dakota Protection and Advocacy or
North Dakota Assistive.**



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Please contact Protection and Advocacy if you need an alternative format.