Maria
Fall Detection

FOR ADULT CHILDREN & FAMILY CAREGIVERS

The Conversation Guide

Bringing up Maria with a parent who values their independence is easier than the conversations you already dread — **giving up the keys, moving to assisted living.** Nothing about their daily life changes. This guide gives you the words.

BEFORE YOU START

PICK THE MOMENT
An ordinary, calm day — not right after a fall, a scare, or a doctor's visit.

SET THE GOAL
You only need to win this conversation once. Not defend it every morning.

LEAD WITH YOU
Frame it as your peace of mind, not their decline.

SAY THIS. NOT THAT.

INSTEAD OF THIS	TRY THIS
"I'm worried you're going to fall."	*"I'd feel better having this — it's as much for me as it is for you."*
"You need this in case something happens to you."	*"It's like AAA — I'd rather have it and never need it."*
"It's for your own safety, Mom."	*"You won't even notice it's there. Nothing to wear, nothing to charge."*
"What if you fall and no one knows for days?"	*"I found something that just works quietly in the background — thought I'd mention it."*
"I need to know you're okay every day."	*"This is honestly more for my peace of mind than anything else."*

IF THEY PUSH BACK

"I don't need that. I'm fine."	"You're probably right — and I hope you never need it. That's the whole idea, like a spare tire."
"That's for old people."	"There's nothing to wear at all, actually. It's more like a smart-home sensor than a medical device."
"I don't want a camera watching me."	"There's no camera. It's a small sensor, like a smoke detector — it notices patterns, it doesn't record anything."
"Can we talk about this later?"	"Sure — no rush. I just wanted to put it on your radar, no decision needed today."

TWO THINGS TO AVOID

Timing
Don't bring it up right after a fall or an ER visit — it reads as reactive, not thoughtful. An ordinary Tuesday lands better than a moment of crisis.

Framing
Don't lead with "for your safety." Lead with your own peace of mind instead — it's harder to argue with, and it's usually the truer reason anyway.