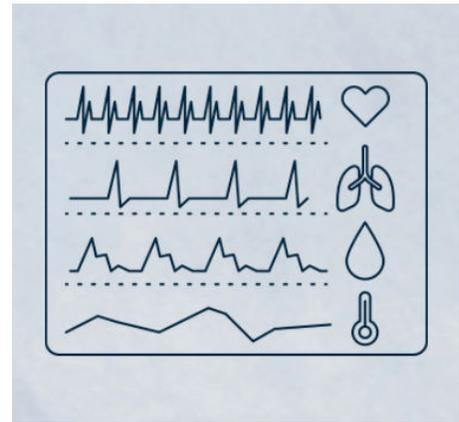


# Vital Signs

*Vital signs are measurements of the body's most important functions. Caregivers should learn how to monitor vital signs to detect important changes in their loved one's condition.*



## Blood Pressure

Measure blood pressure to monitor heart health and manage conditions like hypertension. For older adults, a **healthy blood pressure is typically around 120/80 mmHg**. Use a reliable digital blood pressure monitor and follow the instructions carefully.

## Heart Rate

Monitor **heart rate** to assess cardiovascular health and detect abnormalities. Normal resting heart rates vary by age and fitness level, but typically range from **60-100 beats per minute** for adults.

## Respiratory Rate

Changes in respiratory rate can indicate respiratory or other health issues, so it's important to **observe** and **count breaths per minute**. The normal range for adults is **12-20 breaths per minute**.

## Temperature

Check body temperature to spot fever or infection, as ongoing changes from the normal range may need medical attention. **Normal body temperature is about 98.6°F**, but for some people it may be a little lower or higher.

## Smart Health Devices

Consider **smart devices** and **monitors** to help you keep track of your loved one's vitals:

- Some **smartwatches** can track heart and respiratory rates, and detect arrhythmias or sleep apnea.
- **Smart thermometers** provide quick temperature readings and sync with health apps.
- Some **blood pressure cuffs** connect to smartphones for easy tracking and sharing with providers.
- **Mobile apps** record, analyze, and remind caregivers to check vitals.