



### Senior safety app (\$pay\$ to get all options)



There are lots of apps on the play store with these features.

Remotely monitor phone location

Monitor falls

Alert multiple people

Inactivity alerts

Low battery alert [Link](#)

### Health Direct



Healthdirect is a free Australian government app that lets you access the National Health Services Directory to find GPs, pharmacies, emergency departments, hospital services, and other health services in your local area. Additionally, you can use the app to check your symptoms and source trusted health information. [Link](#)

### Add an emergency contact to your locked Samsung Galaxy

Did you know that you can set an emergency contact for the police or paramedics to call from your locked Samsung Galaxy mobile phone? If you're ever in an emergency it could save your life!

#### **Did you know your Samsung mobile also has an SOS feature?**

The SOS feature enables you to send notice of your approximate location and any visual/auditory surroundings to the mobile phone of a contact you set in advance. It should NOT be used as a replacement for an emergency call to 000. [Link](#)

*You may be able to do this on other phones!*



A new, free smartphone app from the Murdoch Children's Research Institute developed in collaboration with Allergy & Anaphylaxis Australia and the Australasian Society of Clinical Immunology and Allergy. The aim of Allergy Pal is to help increase the safety of children with food and insect allergies. [Read more...](#)



## Jeremy's Cake



Jeremy's Cake is an Australian book written/illustrated for ages 3 – 9. Jeremy has nut and egg allergy and is going to his first birthday party. This app is ideal to foster self- management in young children. Jeremy the wallaby is allergic to egg and nuts. Join Jeremy as he attends a birthday party on his own. There is a lot for him to remember, his medication, what he can and cannot eat and to have fun. [Read more...](#) see also [Link](#)

## First aid apps



First aid, St Johns ambulance Australia, aid for trained first aiders. Has a set of reminder information of what to do. Helps time CPR? [Link](#)



Red Cross, instant access to the information you need to know to handle the most common first aid emergencies. Interactive and simple step-by-step advice means it's never been easier to know first aid. [Link](#)

## Mental Health Apps



List from the Black Dog Institute [Link](#)

See the medical apps source below for more apps of this type.

## Medical apps



A long list covering all sorts of helpful categories by Sydney North health network. (Highly commended you peruse!) The aim is to assist people to manage their health by learning about and tracking health information. Apps that can help you and your health professional(s) maintain and improve your health. [Link](#)



Smartphone apps that will help you remember what to do in an emergency or while travelling [Link](#)

### NSW Emergency services agencies Smart Phone Apps

A number of apps are available for use before and during an emergency.



#### **Emergency+**

The Emergency + app tells users when they should call Triple Zero (000) and who to call in different non-emergency situations. It also helps dial the number and shows the phone's GPS coordinates for the caller to read out to the operator.

[Android](#) | [iPhone](#)



#### **Fires Near Me**

The Fires near me app shows all bush and grass fires attended by fire services in NSW, and other incidents attended by NSW Rural Fire Service volunteers. Click on any incident for more information.

[Android](#) | [iPhone](#)



#### **Live Traffic**

The Live Traffic app has up to the minute news of incidents and conditions that affect traffic in Sydney and regional NSW.

[Android](#) | [iPhone](#)

### Torch



Use your phones torch, or install an app to do this. I suggest you practice using your torch so you can easily use the torch when needed in the dark!

Don't leave the torch on unnecessarily as it does use battery.

### ICE In Case of Emergency



I.C.E. Lock is a simple, free app that lets you show your emergency info on your phone's existing lockscreen.

It works like a Medic Alert bracelet for your phone - emergency responders can see the emergency info they need, even if you're unconscious, and even if your phone is locked. [Link](#)