



Free app gives adult children a daily sign that a parent who lives alone is OK

Hammock365 asks the parent for one tap each morning and texts the family if it does not come. The check-in is free forever, with no credit card.

GREENSBORO, N.C. (Sept. 19, 2026) Hammock365, a free daily check-in app for an older parent who lives alone, is available now on iPhone, Android and the web. Each morning the parent taps one large "I'm Okay" button. If the tap has not come by the time the family chose, Hammock365 sends a text, so someone can call her or ask a neighbor to knock. The app is built for the adult child who lives hours away and whose morning call goes to voicemail. Many older adults will not wear a medical alert pendant, and many families do not want to track a parent. Hammock365 asks for one tap a day.

How it works

An adult child sets up the account, then texts the parent a link. The parent's screen shows the "I'm Okay" button, a red "I Need Help" button that texts the family, and a large-type menu. Siblings, caregivers, friends or neighbors join free with a family code.

What is free and what is paid

The free plan never expires and needs no credit card. It includes the daily check-in, a text to one contact when a check-in is missed or "I Need Help" is pressed, an emergency card, medication reminders and 10 messages with Maggie, the app's assistant.

One paid plan, \$14.99 a month or \$140 a year, covers the whole family. It adds texts to everyone, missed-dose alerts, a document vault, family messages, an appointment calendar and daily use of Maggie.

For senior care professionals

Home care agencies, senior living communities and care managers can apply for a free "Shared by" code at hammock365.com/partners. Families who sign up through a partner's code see that partner's logo, name and phone number in the app. No money changes hands, and partners never see a family's information.

Privacy and limits

Hammock365 is consent-based. It does not track location or detect falls, and it is not an emergency service. Texts go to U.S. numbers only. The company runs no ads and sells no data.

"Every family I work with says some version of the same sentence: I just wish I knew Mom was OK," said Ryan Riggins, founder of Hammock365. "Most parents won't wear the pendant, and nobody wants to feel watched. One tap a morning respects her and settles the rest of the family. That part should never cost a thing, so it doesn't."

Availability

Hammock365 is free on the App Store (iOS 16 or later), on Google Play (Android 8.0 or later) and in any web browser at hammock365.com. Search "Hammock365" in either store. The app was called SeniorSafeApp until September 2026.

About Hammock365

Hammock365 is a free daily check-in app for families looking after a parent who lives alone. It was built by Ryan Riggins, a Senior Transition Advisor for the family home in Greensboro, N.C. It is owned by Riggins Properties LLC d/b/a Riggins Strategic Solutions, which helps families plan a parent's move and decide about the family home. Hammock365 does not provide real estate, legal, medical or financial services. Learn more at hammock365.com.

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