MINDFUL & ENGAGED

Choices to grow, relax, be productive and be entertained.

WHY

Ideally, we all choice how to spend our time, what new things interest us, and if we're doing what makes us happy.

Physical and emotional health, and being able to do rewarding, productive and interesting things that we look forward to - are closely connected to overall health and quality of life.

There are direct health benefits from being calm and mindful, keeping our brains active and solving problems, and from being exposed to music, play and meaningful projects and community connections.

These can help reduce stress, anxiety, depression, and agitation. In a recent survey nearly half of seniors (46%) said they plan on working part time or picking up a side job during their retirement, despite nearly 47% of those not having a mortage.

There are also more routine parts of life where technology help you work flexibly, manage personal admin, access services, study courses, become a creator of content, art or media, and share experiences.

Tablets, home hubs and computers, combined with stands, cases and settings that help with vision, hearing, touch.

MINDFUL & ENGAGED

MUSIC & ENTERTAINMENT

RELAXED & MINDFUL

PRODUCTIVE, LEARNING & INTERESTS

EMERGING

- Players and Hubs to easily listen to music, access information, enjoy games, watch movies or hear audio books.

- Apps and devices driven by science to reduce stress and calm your mind.

- Tablets and computers that help you learn, pursue interests or connect with others for hobbies or work.

- New experiences for example through 360 video/VR, personal robots

New experiences to grow,
be productive, relax and to
do what you love for
yourself or others.

TABLETS, COMMUNITIES & INTERESTS

> " I want to keeping learning new things, maybe doing a bit of work, and sharing experiences with others.

Features like

- Tablets that are standard or specialised & simplified
- Options to limit apps or contacts to people you know in closed groups
- Accessibility to hear, see or type more easily
- Already setup and with high touch support/help
- Cases and stands
- Online or in person training
- Rent or buy

Products like

CLICK HERE to see these and other choices

Apple iPad

Lumin

Grandpad

Standard Tablets

Simplified Seniors Tablets

Fitness

+ Communities, Online Learning & Gig economy services to work or volunteer

MUSIC & ENTERTAINMENT

> " I've got a lot to talk about with my friends and family now.

Experiences like

- "Play the radio, Michael Buble, or Classical Music"
- What's the news today? What's the election count so far?
- Play trivia, teach me Spanish or play Top Ted Talks
- Do a math quiz or words with friends
- Play the world cup highlights from 1998 on YouTube
- Read my audiobook/audible
- Watch TV (50,000+ shows started with your voice on the display or TV)
- What's the recipe for ..

Human Touch

Place them in well used areas, including a bedroom without speakers to listen to in bed.

Set up your preferences, eg for favourite news sources in the App, and add account details such as Netflix, Audible, Spotify.

If you're overwhelmed by possibilities, sit down with someone in the family and search up the fun things to do - then write them down on a page or set of prompt cards on the bench. eg. go back a chapter on an audio book or games to play.

Products like   CLICK HERE   to see these and other choices

Amazon Echo

Google Nest Home Hub

Dementia Radio

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RELAXED & MINDFUL

> Because mental health and wellbeing is core to physical health.

Features like

- Hundreds of apps highly used and well rated, for breathing, mindfulness and reducing anxiety; available for phones, tablets, computers or smart speakers and voice assistants.
- Products that measure brain activity or send small haptic pulses to help calm your mind
- Headphones and sleep devices

Products like   **CLICK HERE** to see these and other choices

Muse

Touchpoint

MUSICOZY

HALO RISE
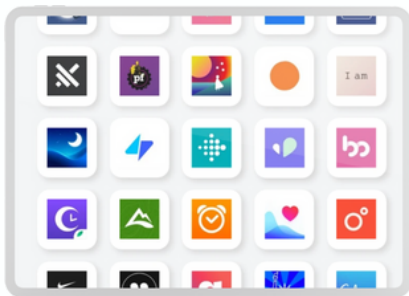
Apps like Calm, Smiling Mind, Headspace, Beyond Blue, Breathe to Relax

Calm Brain Activity & Reduce Stress

Sleep Products

www.helloedlife.com
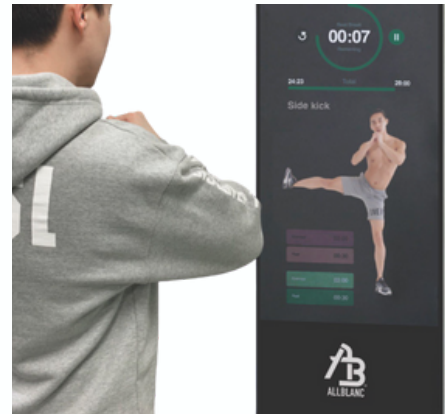
IMMERSIVE EXPERIENCES

Products like CLICK HERE to see these and other choices

VR

**Virtual Reality & Immersive Experiences
(incl. low cost devices with a phone inserted)**

Smart Mirror

Smart Mirror Exercise with live Health Data

Amazon Astro
(pending)

Personal Robots

Speaker & Charger

Smart Furniture

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