

# BY PRODUCT TYPE

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This gives an overview of the different health-related, smart-home and other relevant product types.

# PRODUCT TYPES

Here we outline some of the technology product types available and how to think about them.

Health, home and assistive technology has undergone tremendous advancement, and is increasingly is a collaboration of health professionals, technologists and designers to bring the best of each.

"We have gone from Cassettes to Digital Players, Landline to Smartphones, Books to Book Readers, Watches to Smartwatches and now Wearables." [Sandeep Suri]

It makes sense if there are new choices available, we'd use them.

It's just technology though, and you're in charge of it. Just like we drive cars, use electricity and watch a live feed from the moon landing - we don't have to understand how those things work so appreciate the outcomes.

Most products have good instructions, support, and there are some excellent articles and 'how to' videos on most of the products provided in this document.



# BY PRODUCT TYPES

See interactive collection or search.



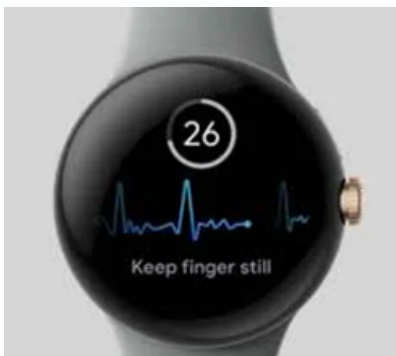
1. PHONES



2. HOME HUBS & VOICE ASSISTANTS



3. SOS & LOCATION



4. SMARTWATCHES



5. MONITORING HEALTH



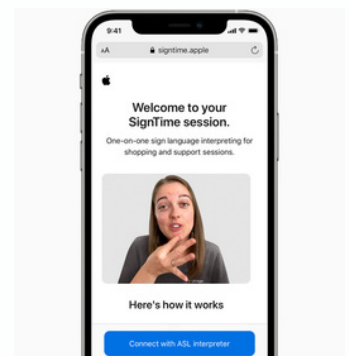
6. SMART HOME



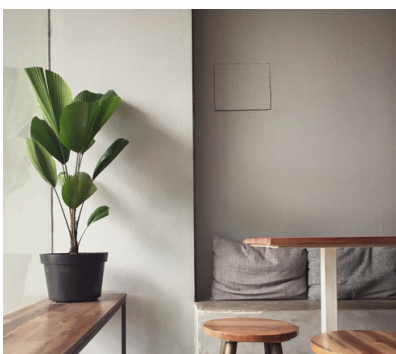
7. MOBILITY



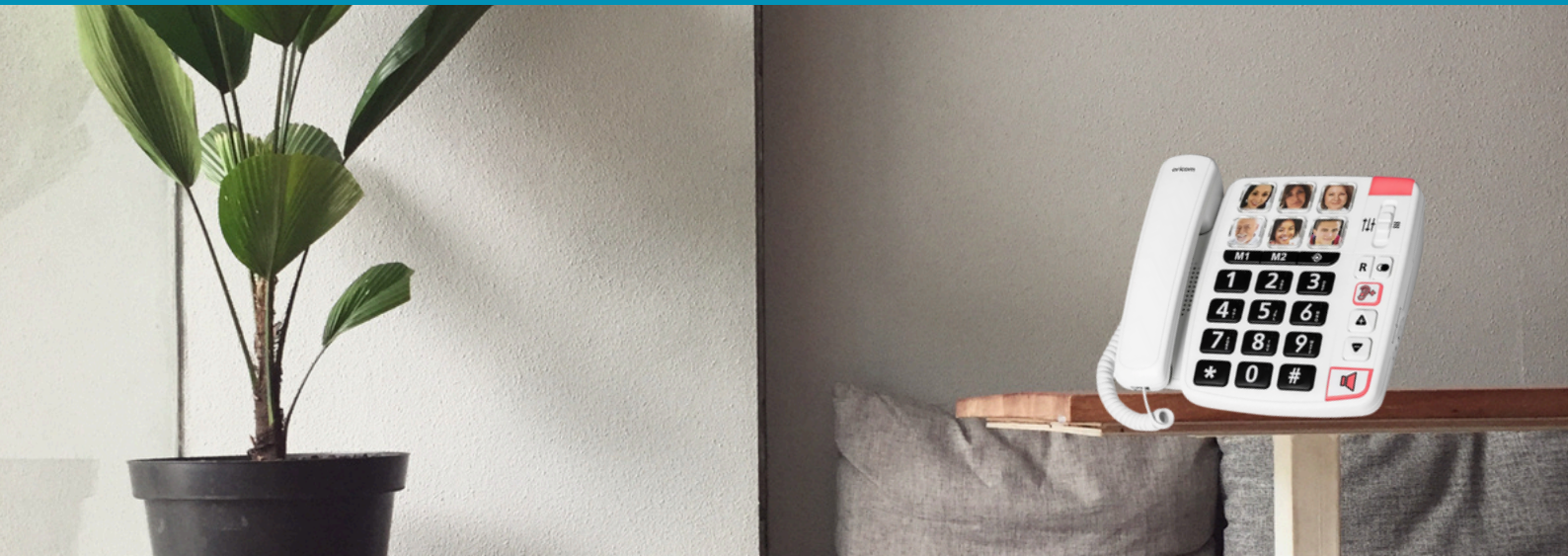
8. TABLETS & STANDS



9. APPS & ACCESSIBILITY



# 1. PHONES



## Basically

Phones operate by connecting us to others. They are either:

- Plugged into the wall (or the base unit is)
- Use the internet (or wifi), like a computer, or
- They are mobile and they have a sim card (or a software one called an esim).

## How They Help

Bring a feeling of belonging and human connection, enabling us to help others, ask for help, and talk to those we need to, to get jobs done.

## Types

Home Phone  
Mobile Phone (simplified)  
Mobile Phone (smartphone)  
Video Phone

## Considerations

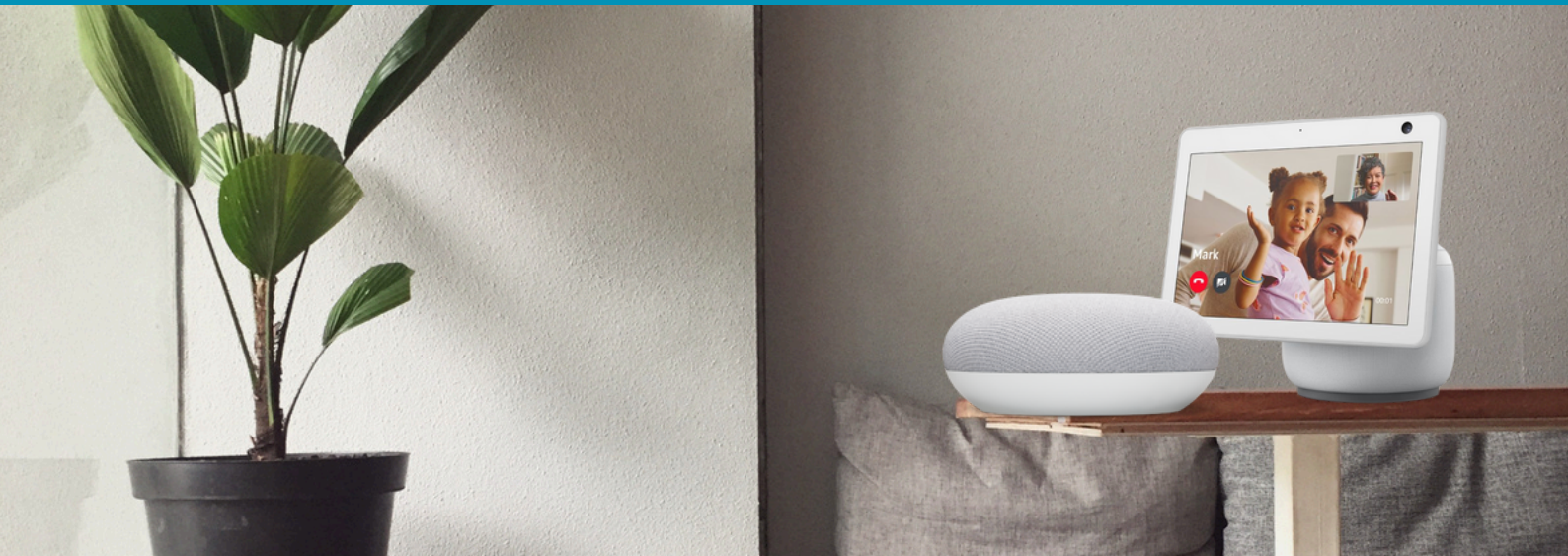
Do you need it at home and out?  
Cost of the service provider  
Choosing a service provider with good coverage  
Battery life  
Special needs like hearing, vision, button size  
How many other things you'd like to do? ie. message, banking, maps)

## Accessories

Cases and straps for mobiles  
Screen protector



## 2. HOME HUBS & VOICE ASSISTANTS



### Basically

Home hubs and smart speakers are small devices that allow you to talk to them and ask or search anything. Voice assistants are a free piece of software that reside on them, allowing you to use voice commands. The main providers are Google ("hey Google"), Apple ("hey Siri"), and Amazon ("hey Alexa").

### How They Help

Conveniently give you information, play music and entertainment, perform tasks or control your home. You can also make calls, and set routines "I'm going to bed" may mean turn off the lights and lock the door.

### Considerations

You'll need access to wifi and the internet  
Place them throughout the house  
Be careful where cameras are placed, for privacy.  
You can give friends and family access, eg to drop in, call or check if there's been movement.

### Types

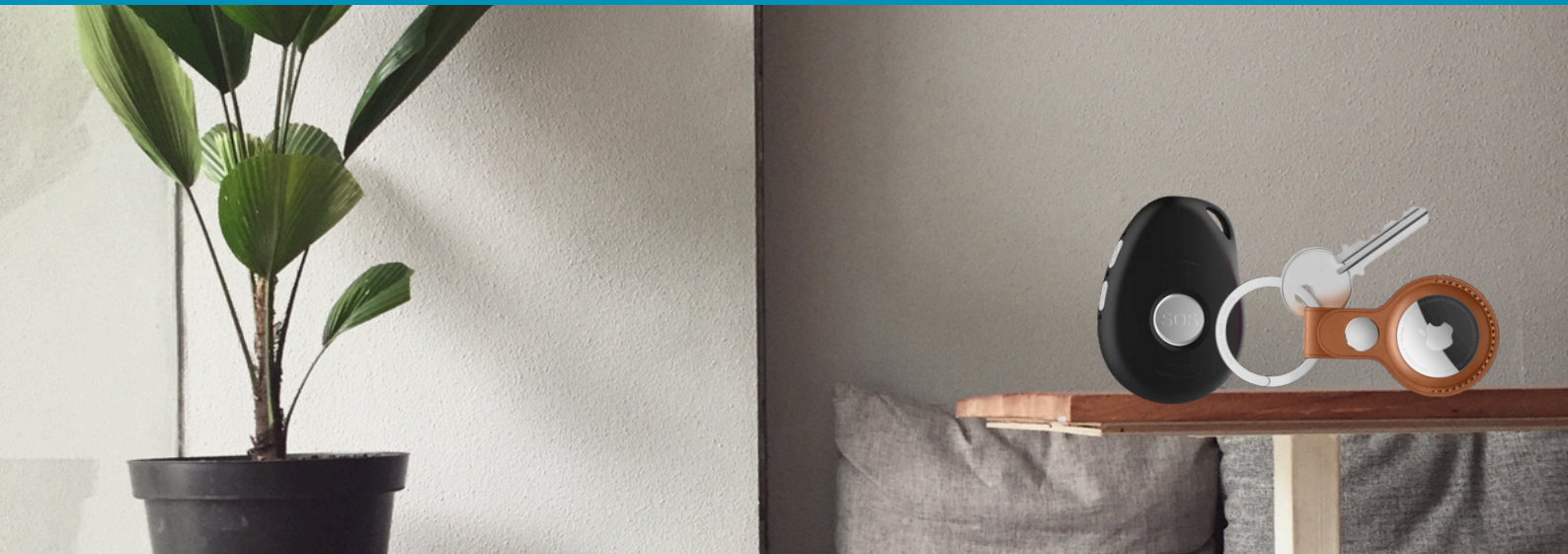
A mini, dot or a smart speaker, is a simpler version with no screen or camera.  
A home hub has a screen and camera.  
Googles brand is Nest  
Amazons brand is Echo  
Apple's brand is HomePod

### Accessories

Stands and wall brackets  
Plugs, lights, video doorbells, door locks and cameras can be connected so you can see and control them with your voice.



## 3. SOS & LOCATION



### Basically

Personal alarms have options to push when you need help, have it detect a fall and call for help, and/or allow you to be located and found. If the device "works anywhere" it will be connect to a mobile network (have a sim and likely a subscription fee) for calling and using GPS. If it works "at home" it won't have a sim, will be connected to a base unit or wifi in your home (and only works if you fall within range of it).

### How They Help

Peace of mind that if you need help you can call; you can locate someone who's lost or wandering; or comfort that there's no problem at all.

### Types

- Local Home base unit
- Mobile network enabled
- Monitored by a 3rd party
- GPS tracker only
- Bluetooth/Airtag tracking

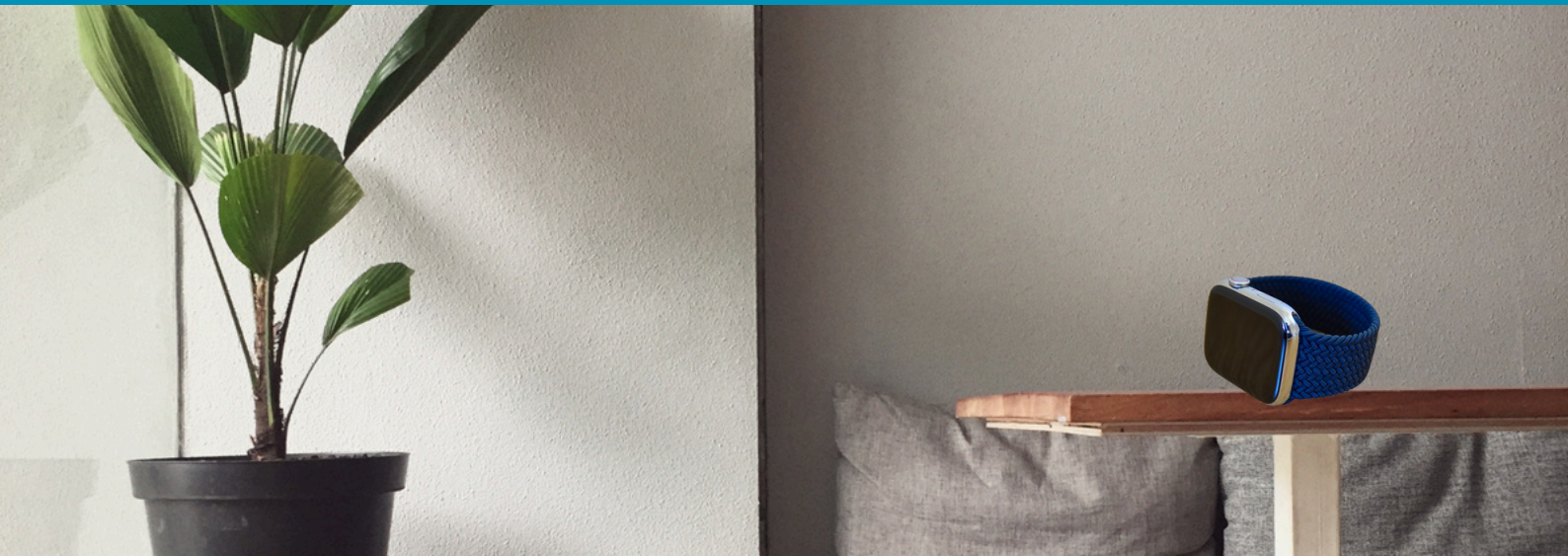
### Considerations

- Price, as there's often a monthly or yrly fee
  - Should it work only at home, or out?\*
  - Monitored by a service desk or family?
  - Do you want to have 2-way talking?
  - Should you be able to check its location?
  - In an emergency, should it send location?
  - If it's for a family member, will it be remembered or deliberately jettisoned?
- Some devices like a tile or AirTag, will only be discoverable in areas where there are a lot of people, so the device can borrow the connection of a nearby phone to send their location.

### Accessories

- Neck strap
- Watch strap
- Belt clip
- Clothes clip

## 4. SMARTWATCHES



### Basically

These are watches with computer software inside, that run like a tiny computer - hence the 'smart'. Usually these have a watch face, sensors to collect data like heart rate and steps, and are able to communicate with your phone to share and store information. Some watches have their own mobile connection (sim), and others use bluetooth to pair with your smartphone - so the phone and watch need to be together for example to make a call or send a message.

### How They Help

Convenient way to carry information, send messages and take calls. Tracks health and fitness data continuously for valuable insights. Contains a voice assistant for help plus a range of features like payments, falls, location.

### Considerations

Price and cost for the features  
Mobile connection inside the phone ('cellular')  
Battery life  
Other features like fall detection, payments  
Ability to work with your other devices

### Types

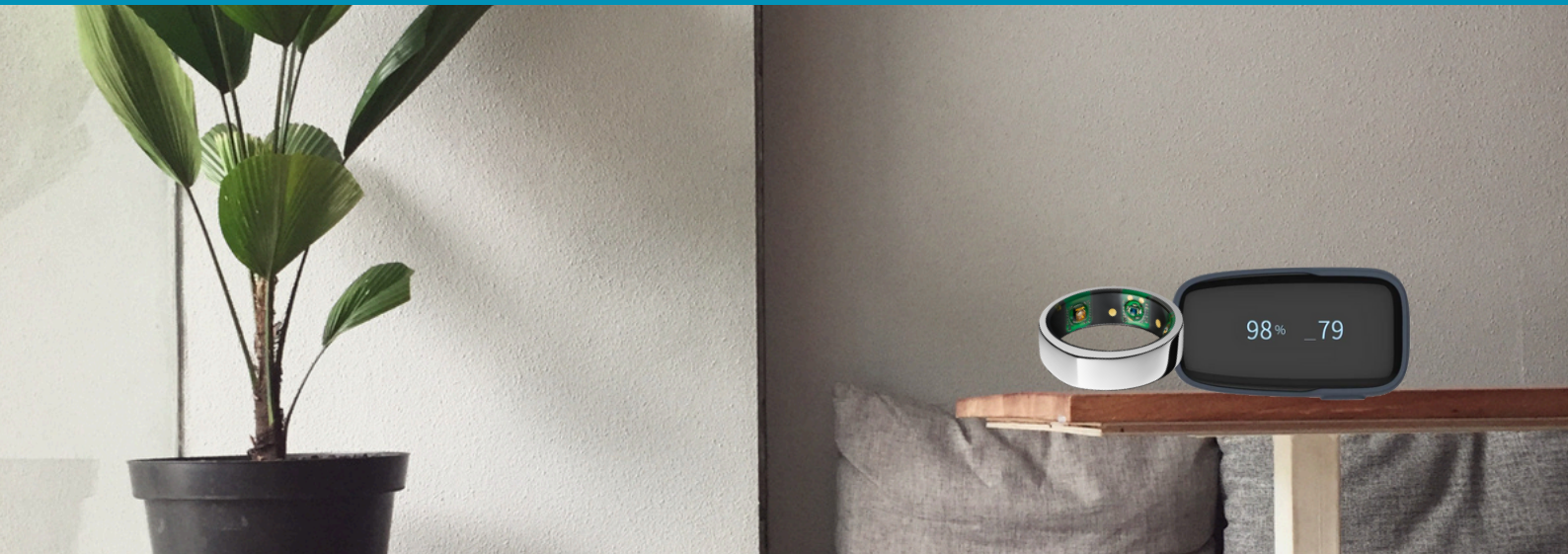
Connected to the mobile network directly  
Connected only via the mobile phone  
iPhone or Android (inside, as a platform)  
Sports focus/Health  
Business/Productivity/Health focus

### Accessories

Various straps (elastic, rubber, metal)  
Chargers and wireless chargers



## 5. MONITORING HEALTH



### Basically

Health monitoring devices capture health information, either via something you wear continuously (eg smartwatch, ring or strap), or when you choose to test (like putting on a blood pressure cuff or using a thermometer). Common measures captured include steps, sleep, oxygen, breathing, heart rate, blood pressure, blood sugar, weight and temperature. Advanced methods include remote monitoring by someone else, alerts and notifications, and for example taking a medical grade ECG.

### How They Help

Increase health awareness, literacy and prevention. Store and show trends, allowing sharing and alerts that help you, your family and your doctor to gain insight, prevent, diagnose or treat conditions.

### Considerations

- Level of approvals and accuracy needed
- Ability to store and share easily
- Ability to monitor realtime or send alerts
- Single user or multiple user
- Will you, or a carer or family member be best to capture and test?

### Types

- Wearables - collect continuously
- Assess and Test - when needed
- Single or multi function
- Approved medical devices or only for 'sport and aviation'

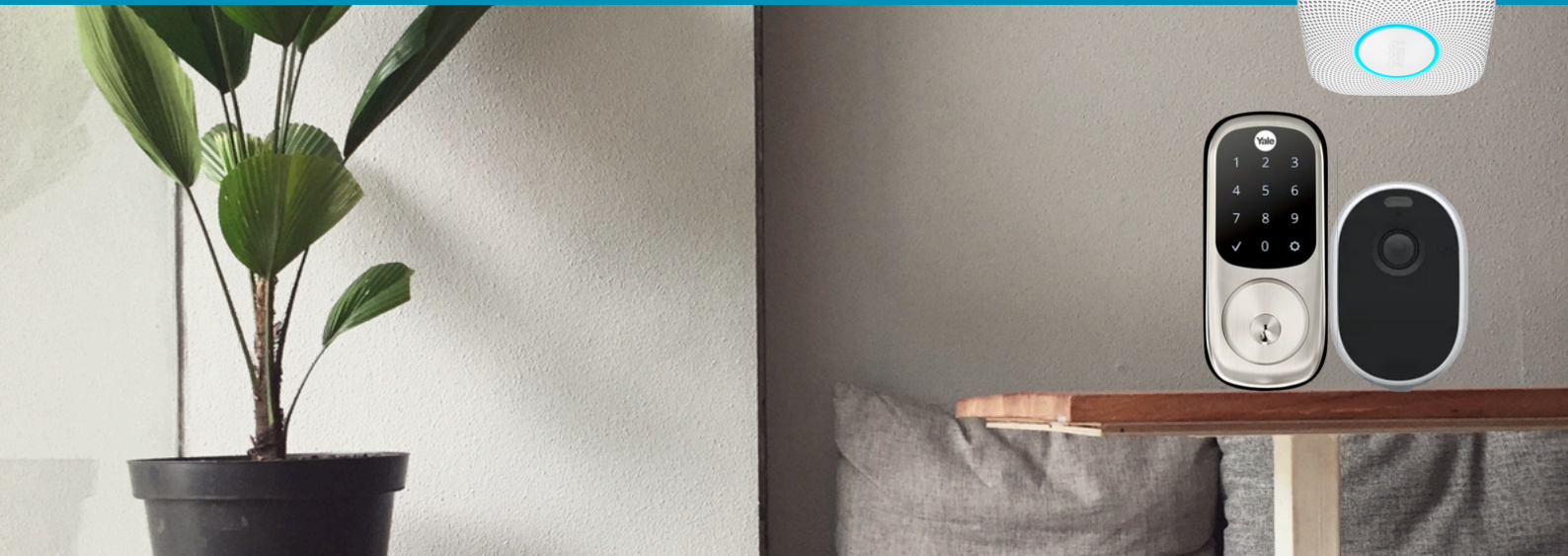
### Note

Should not be considered lifesaving devices  
 Devices may be left unworn, uncharged, or poorly used or fitted. Follow instructions.  
 Check approvals.





## 6. SMART HOME



### Basically

Smart home devices have some intelligence embedded, like software, or the ability to connect to the internet/wifi, or a sensor (like water, smoke or a window open). You can put them all around your home for different reasons, and then access each one via it's own app, or connect them to the one master app eg Google Home. You can usually set rules for the devices in the app, like when it comes on, who it calls if there's a problem, and which other devices it can control.

### How They Help

Keep you safe (see who's at the door), prevent mishaps (leaks, smoke); automate appliances (turning on lights), remote controlling with your voice for ease or enabling family to help out (check the delivery at the gate).

### Considerations

Battery life or solar  
Wifi connected or mobile network

Check which 'ecosystem' devices are compatible with, eg Apple HomeKit, Google Home, Alexa. They don't have to be the same, but since hundreds of products work together, you might as well make it easy.\*

- There's a new standard "Thread" from a collaboration across providers called "Matter". Things are getting easier all the time.

### Types

The functions might be:  
Smart door lock; Door and window sensors;  
Cameras; Air quality and Smoke; Smart plugs to control appliances; Water leaks etc

### Notes

View the privacy settings.  
Opt out of sharing data and marketing.  
Check who's accessed devices in the app, to make sure it's what you want.



## 7. MOBILITY



### Basically

These products are a little less tech enabled, but help you to get out and about, especially if you're recovering, losing balance or don't have a drivers' license and and to be independent or adventurous.

### How They Help

Wellbeing comes from being engaged, connected, empowered and belonging - all good reasons to go out. These aids can help build strength, due to physical or mental dexterity required along the way.

### Considerations

Always consult your doctor or family  
Ability to be safe and control and comply with speed, rules and ability to navigate safely  
Size and weight (eg portable or ruggedised)  
Battery life  
Cost  
Personal conditions such as balance

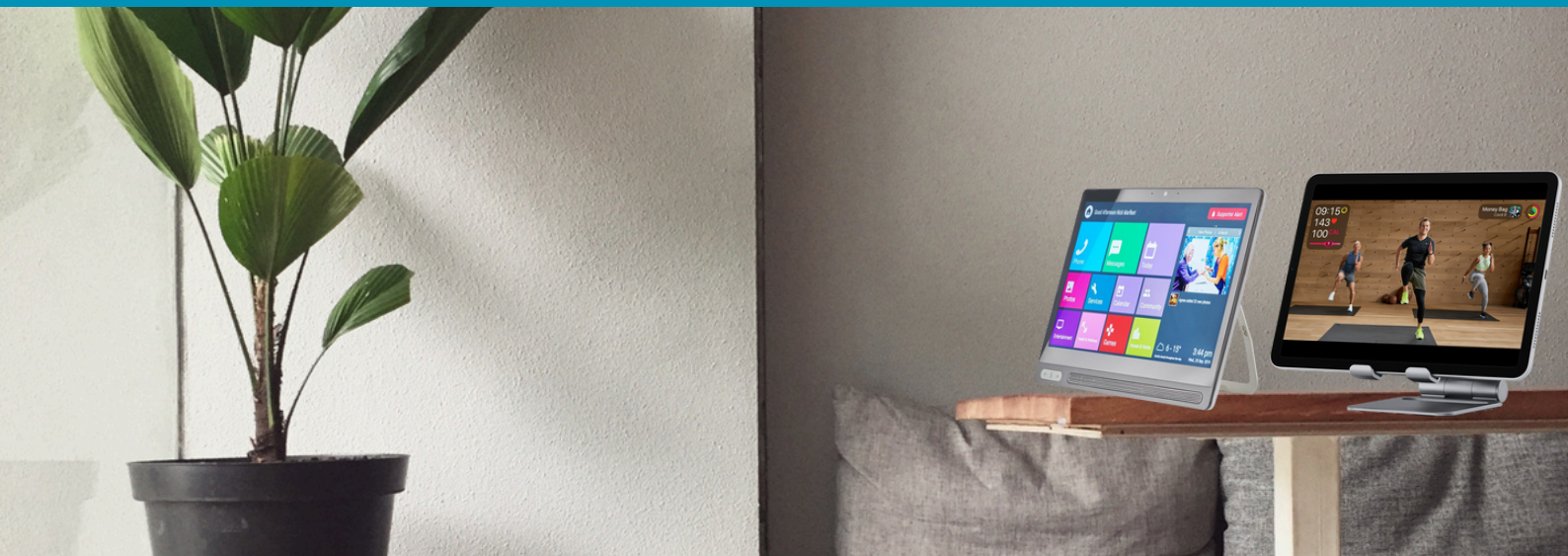
### Types

Scooters  
Frames  
Bikes, Trikes and eTrikes  
Wheelchairs  
Gig Economy services like Uber

### Accessories

Carry cases  
Baskets/Storage  
Battery size/chargers  
Fat tires  
Seat covers  
Phone holders  
Umbrella holders/covers

## 8. TABLETS, LAPTOPS & STANDS



### Basically

Tablets are computers that are generally flat and with a touch screen, whilst Laptops fold open with a keyboard permanently attached. Most of these have the ability to install unlimited 3rd party applications, and include a camera and speakers eg. for music and video calling. Some tablets are simplified, such as dedicated devices for seniors, with tightly managed apps and support.

### How They Help

Empower you to work, create, communicate, learn or be entertained. Productivity might be paying bills, tending to services or booking appointments or studying a course..

### Types

Tablets  
Laptops  
Simplified Laptops  
IBM, Android, Microsoft or Apple are examples

### Considerations

Size and cost  
Main purpose eg creative, video or productivity  
Careful if payment information is stored on the device in case of increased confusion or phishing\*

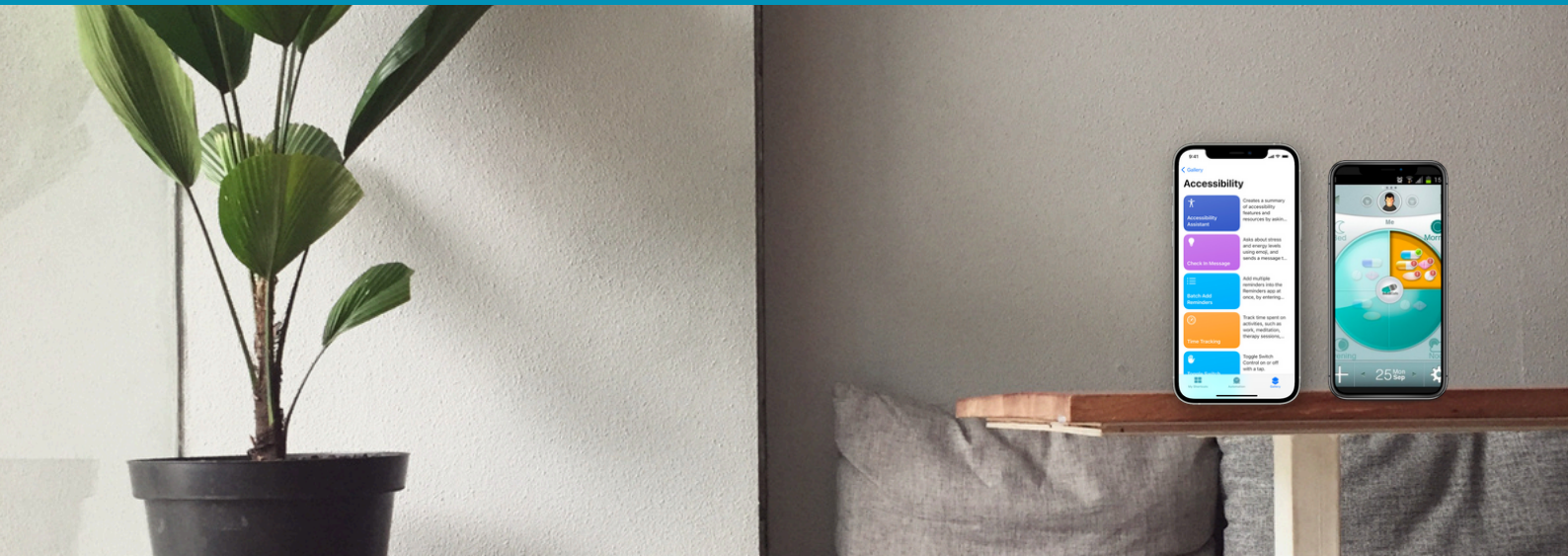
### Accessories

Standards  
Cases (carry or protect)  
Applications  
Eye tracking  
Set Accessibility setting to hear, see etc.

\*Phishing is where someone pretends to be another person or company with the intent to have you believe them, for their personal gain or identity theft. Never give out your password or click a link if the email address or sender can't be confirmed.



## 9. APPS & ACCESSIBILITY



### Basically

Apps, or Applications, is software that enables different needs. Sometimes these are already installed (like maps, voice assistant, calc), but the majority can be downloaded from an "App Store" such as Apple's Appstore, Google Play, or Amazon Skills. Accessibility is a built in service on all major devices, where you can go to "settings" and adjust things like hearing aids, font size, captions, touch controls, voice over to read out what's on a screen, and many more.

### How They Help

Enables millions of services and functions that make life easier, productive and enjoyable.  
Adjusts to a range of physical, cognitive and psychological preferences.

### Types

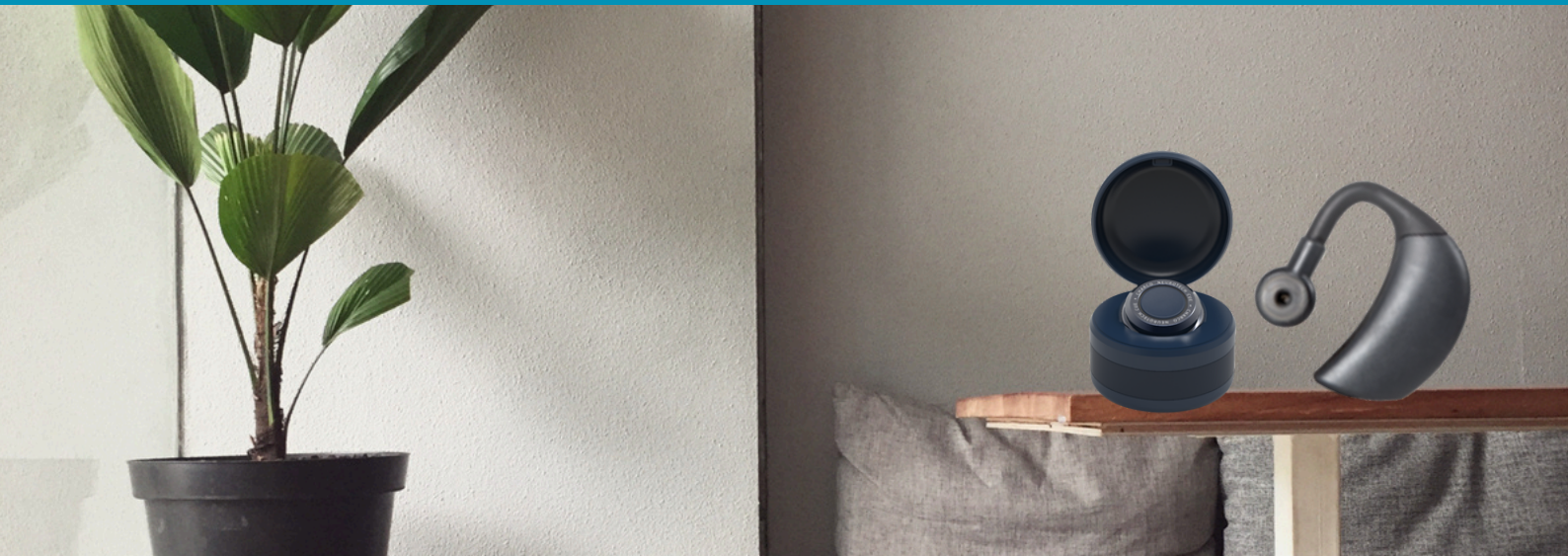
Free  
Freemium - free and paid features  
Premium - paid eg yearly

### Considerations

Quality of app (reviews)  
Privacy/Use of data given to the provider  
Monitor credit card bills and subscriptions



## 10. MISC SPECIALIST



### Basically

A range of specialist health, home and assistive technology exists, which may address needs you have that are not age related. These include:

### How They Help

Browse [collections](#) or visit [www.helloedlife.com](http://www.helloedlife.com) 'Collections & Products' to search using keywords

Additional Factors	Example speciality help
Parkinson's	eg. unfreezing of gait <span data-bbox="1385 1312 1433 1357">i</span>
Stroke Rehab	eg. strength exercises & pain mgt <span data-bbox="1385 1422 1433 1467">i</span>
Speech	eg. assistive & augmented speaking or voice amplification
Vision/Hearing	eg. voice or video, sound, font, captions or apps eg signing
Paraplegic/ Quadriplegia	eg. eye tracking, voice control

### Considerations

- Short or longer term/permanent need
- Features that are a match for individual capability
- Rebates from insurance providers or eligible programs

