

HOME HUBS & SMART SPEAKERS

Also called Voice Assistants

Features like



Uses/Features	Description	Example
Date & Time	Display Clock	Displays the clock and "what time or day or date is it?"
News & Weather	News & weather on screen	Choose your preferred news services and have the news read or displayed
Calendar, Reminders & Alarms	Calendar, Alarms and Timers	Add an appt to my schedule, what's on today, set a timer, remind me to take <medication> at 8am every day.
Voice & Video Calling	Video & Voice Calling - 1:1 or Groups	Accept a call or say "Google/Alexa/Siri call Jane"
Routines	Collections of tasks	eg Good night, or going out, might adjust lights, locks doors, tell you to drink water and send a message to family you're off to bed.
Smart home control	Control connected devices	Ask to see, adjust or automate the operations of cameras, taps, locks, lamps, appliances. Who's at the door? Turn on lights, start the coffee machine, watch TV
Care & Dropping In	Drop into a room, send reminders	Authorised family can drop into a room, and you into theirs, say hi, or schedule a reminder they will see at their end
Detect Movement	Check movement	Check the app or device remotely to see if there's movement in the morning, or set an alert if there isn't.
Media, Games, Entertainment	Music, Books, Movies, Brain Games, Hobbies or Mediation	Access millions of games, songs, movies or clips to learn something new, keep your brain sharp or flick the content to the TV
Information & Services	Anything on the internet	Ask about opening hours, directions, time to travel, maps, order groceries, call an Uber or do your banking



VOICE ASSISTANTS - ASK



Things You Can Ask a Voice Assistant or Home Hub

Here are some popular and useful commands to say to a voice assistant:

General Information & Assistance:

"What's the weather today?"
"Set a timer for 10 minutes."
"Remind me to call Mom at 3 PM."
"What's on my calendar for today?"
"Set a reminder to get a check up"
Call [Name]

Entertainment & Media:

"Play [artist/song/album] on [streaming service]."
"What's the latest news?"
"Tell me a joke."
"What movies are playing nearby?"
"Recommend a podcast."

Smart Home Control:

"Turn off the living room lights."
"Set the thermostat to 72 degrees."
"Lock the front door."
"Show me the front door camera."
"Start the vacuum cleaner."

Navigation & Travel:

"What's the traffic like on my way to work?"
"How long will it take to get to [destination]?"
"Find the nearest coffee shop."
"What's my ETA to [location]?"
"Where's the nearest gas station?"

Fun & Learning:

"What's the capital of [country]?"
"How far is the moon?"
"Translate [phrase] to [language]."
"How tall is [celebrity/landmark]?"
"What are the top trending topics?"
"How do you spell [word]?"

Medication & Reminders:

"Remind me to take my medication at 8 AM."
"What time did I take my last dose?"
"When should I take my next dose of [medication]?"
"What's the dosage for [medication]?"
"Set a reminder to refill my prescription."
Health Information & Advice:

"What are the symptoms of [condition]?"

Mental Health & Relaxation:

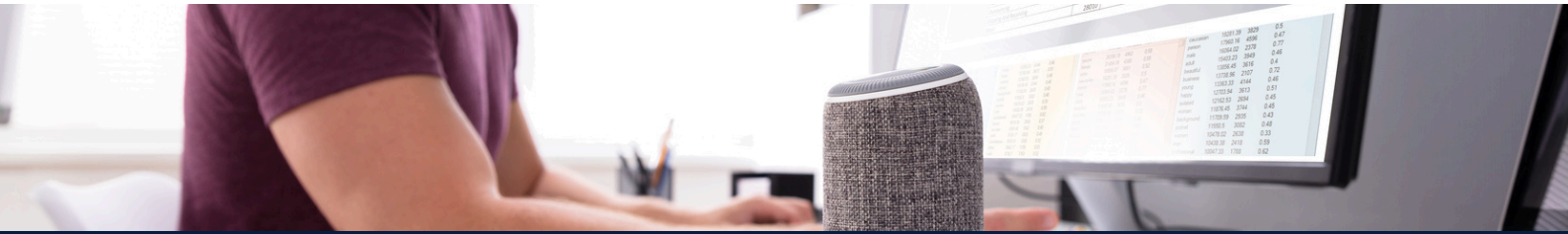
"Start a meditation session."
"Play calming music."
"Give me a breathing exercise."

Emergency Assistance:

"Where is the nearest hospital?"
"Call my doctor."
"What's the poison control number?"
"What should I do if someone is having a heart attack?"



VOICE ASSISTANTS - SAFETY



Health and Safety Features

Voice assistants like Amazon Echo (with Alexa) and Google Nest Hub offer a range of features that can be highly beneficial for health monitoring and supporting family.

1. Medication Reminders:

Scheduled Reminders: Set up reminders to take medications at specific times of the day.

Voice Acknowledgment: The assistant can ask for confirmation that the medication was taken, ensuring compliance.

2. Health Tracking:

Activity Monitoring: Track daily steps, exercise routines, and other physical activities.

Health Data Integration: Sync with health apps or devices (e.g., Fitbit, Apple Health) to monitor vital signs like heart rate and sleep patterns.

3. Emergency Assistance:

Voice-Activated Emergency Calls: Set up the device to call emergency contacts or services if the person asks for help.

Panic Button Integration: Some smart assistants can integrate with third-party emergency buttons or devices, allowing for quick assistance in emergencies.

4. Cognitive Assistance:

Memory Aids: Provide reminders for daily tasks like locking doors, turning off appliances, or attending appointments.

Orientation Assistance: Offer time, date, and weather information, helping those with memory issues stay oriented.

5. Smart Home Integration:

Automated Lighting: Control lights with voice commands, reducing the risk of falls by ensuring well-lit pathways at night.

Temperature Control: Adjust the thermostat to maintain a comfortable environment without needing to manually change settings.

Appliance Control: Turn off potentially dangerous appliances, like stoves or space heaters, using voice commands.

6. Communication:

Hands-Free Calls: Make and receive voice or video calls to family, friends, or caregivers.

Drop-In Feature (Alexa): Allow designated contacts to “drop in” for a video or voice chat, which is helpful for regular check-ins.

Messaging: Send voice messages to contacts, making it easy for those with mobility issues to stay connected.

7. Mental Stimulation & Entertainment:

Engagement Activities: Play games, quizzes, or puzzles to keep the mind active.

Music & Audiobooks: Stream favorite music, audiobooks, or podcasts to provide entertainment and relaxation.

Daily News Briefings: Stay informed with customized news briefings and updates.

8. Fall Detection and Monitoring:

Fall Detection Devices Integration: Integrate with fall detection wearables that can notify the voice assistant to alert a caregiver or emergency contact if a fall is detected.

Activity Monitoring: Use motion sensors to track movement patterns and detect unusual inactivity, which might indicate a problem.



VOICE ASSISTANTS - SAFETY



Health and Safety Features

9. Appointment and Task Management:

Calendar Reminders: Set up reminders for medical appointments, therapy sessions, or social engagements.

Daily Schedule: Review the day's schedule, helping maintain a routine.

10. Health Information Access:

Symptom Checker: Ask the assistant about symptoms and receive basic health information or advice on whether to seek medical attention.

Health Tips: Get daily health tips, such as reminders to stay hydrated or advice on nutrition.

11. Nutrition and Meal Planning:

Recipe Suggestions: Provide healthy recipe ideas and step-by-step cooking instructions.

Grocery Lists: Add items to a grocery list via voice command, ensuring essentials are not forgotten.

Meal Reminders: Remind to eat at regular intervals, helpful for those who may forget meals.

12. Monitoring for Caregivers:

Remote Monitoring: Caregivers can check in remotely to ensure the person is following their routines, taking medication, or simply to confirm their well-being.

Notifications: Receive alerts if the elderly person does not respond to prompts or if unusual behavior is detected.

13. Companionship:

Conversation: Voice assistants can engage in simple conversations, which can help alleviate feelings of loneliness.

Daily Check-Ins: Set up regular check-ins where the assistant asks how the person is doing and provides a summary to a caregiver.

14. Emergency Contacts & Assistance:

Direct Line to Caregivers: Quickly connect to family members or caregivers in case of an urgent situation.

Local Emergency Numbers: Customize the assistant to call local emergency services if needed.

These features make voice assistants a valuable tool for enhancing the quality of life for the elderly, offering both independence and security while providing peace of mind for caregivers and family members.



VOICE ASSISTANTS - ROUTINES



Setting Up Routines on Voice Assistants & Home Hubs

Setting up specific routines on devices like Amazon Echo or Google Nest Hub can greatly enhance their safety, comfort, and independence. Here are some top routines that can be set:

1. Morning Routine:

Wake-Up Announcement: Gently wake up with soft lighting, a morning greeting, and a brief weather report.

Medication Reminder: A reminder to take morning medications, followed by a confirmation prompt.

Daily Schedule: Review the day's schedule, including any appointments, activities, or visits.

News Briefing: Play a brief news update or a favorite radio station.

Morning Exercise: Encourage light stretching or a short walk with a reminder or guided routine.

2. Medication Management Routine:

Medication Alerts: Set reminders throughout the day for different medications. The assistant can ask if the medication was taken, ensuring compliance.

Refill Reminders: Set a monthly reminder to check on prescription refills or order more medications.

3. Meal Time Routine:

Meal Preparation Reminder: Remind when it's time to prepare or eat a meal, with suggestions for easy-to-make recipes.

Hydration Reminder: Set reminders to drink water at regular intervals, especially important for elderly individuals.

Grocery List Management: Automatically add items to a grocery list if certain meals are chosen, or provide reminders to check pantry staples.

4. Evening Wind-Down Routine:

Lighting Adjustment: Gradually dim the lights to prepare for sleep, creating a calming environment.

Evening Medication Reminder: Remind to take any nighttime medications, followed by a voice acknowledgment request.

Relaxing Sounds: Play soft music, white noise, or sleep sounds to aid in falling asleep.

Daily Summary: Provide a recap of the day's activities and appointments, with a preview of tomorrow's schedule.

5. Safety Check Routine:

Nightly Lock-Up: Confirm that doors are locked, lights are off, and appliances are turned off.

Security System: Arm any connected security systems or sensors before bedtime.

Motion Sensor Alerts: If unusual movement is detected at night, a soft alert or check-in can be initiated.

6. Daily Check-In Routine:

Wellness Check: Set up a daily routine where the assistant checks in with a simple question like, "How are you feeling today?" and sends a summary to a caregiver or family member.

Family Notifications: Automatically notify a family member if there's no response to the daily check-in or if there's a significant deviation from the routine.

7. Activity & Exercise Routine:

Exercise Reminder: Prompt daily light exercise, such as a guided walk, chair exercises, or a stretching routine.

Step Count: Provide a daily or weekly summary of steps or activity level, encouraging consistent movement.

Entertainment & Engagement: Suggest activities like listening to music, audiobooks, or playing simple cognitive games to stay mentally active.



VOICE ASSISTANTS- ROUTINES



Setting Up Routines on Voice Assistants & Home Hubs

8. Emergency Routine:

A routine may be set up such that a person asks for help and a contact, group of contacts or emergency services is called or a message sent.

A message can be sent if there is movement past the voice assistant or if there is no movement detected by a certain time.

Do not rely on this as a lifesaving device.

9. Companionship Routine:

Daily Conversation Starter: Set up a routine where the assistant starts a conversation or offers a fun fact, joke, or piece of trivia to brighten the day.

Memory Stimulation: Encourage memory exercises, such as asking about past events or favorite memories.

10. Outing Preparation Routine:

Weather & Outfit Suggestion: Provide a weather update and suggest appropriate clothing for the day.

Calendar Reminder: Remind about any appointments or social engagements, with travel time estimates.

Safety Reminders: Prompt to check for essentials like keys, phone, and medication before leaving the house.

11. Visitor Notification Routine:

Doorbell Alert: When the doorbell rings, announce that someone is at the door and, if integrated with a smart camera, show the live feed on a smart display.

Family Visit Preparation: Provide reminders for upcoming family visits or events, ensuring that the individual is prepared and looking forward to the occasion.

12. Remote Monitoring for Caregivers Routine:

Routine Check-ins: Caregivers can set up periodic check-ins where the assistant sends updates or summaries of activity throughout the day.

Alert Notifications: If the elderly person misses a routine or doesn't respond to prompts, an alert can be sent to a caregiver.

