

Technology for Living Alone

Ezra Reynolds and Lana Little
Ezra_Reynolds@signalcenters.org
Lana_Little@signalcenters.org
423-698-8528

Types of Disability

- Vision
- Hearing
- Dexterity / Daily Living
- Mobility
- Communication
- Cognitive / Executive Functioning

Vision

- Handheld Magnifiers
- High Contrast / Large Print
- Talking Devices
- Digital (Handheld and Desktop)



Hearing

- Hearing Aids
- Amplifier/FM System
- Noise Reduction Headset
- Sign Language Interpreter
- Video Telephones



Dexterity / ADL

- Ergonomic grips
- Larger handles
- Adapted Silverware / Dining
- One-handed modifications
- Easier to hold, easier to use
- Fall prevention / management
- Grab bars / handles

Communication

- Smartphone/Tablet with Apps
- Dedicated Communication Device
- Picture Communication System



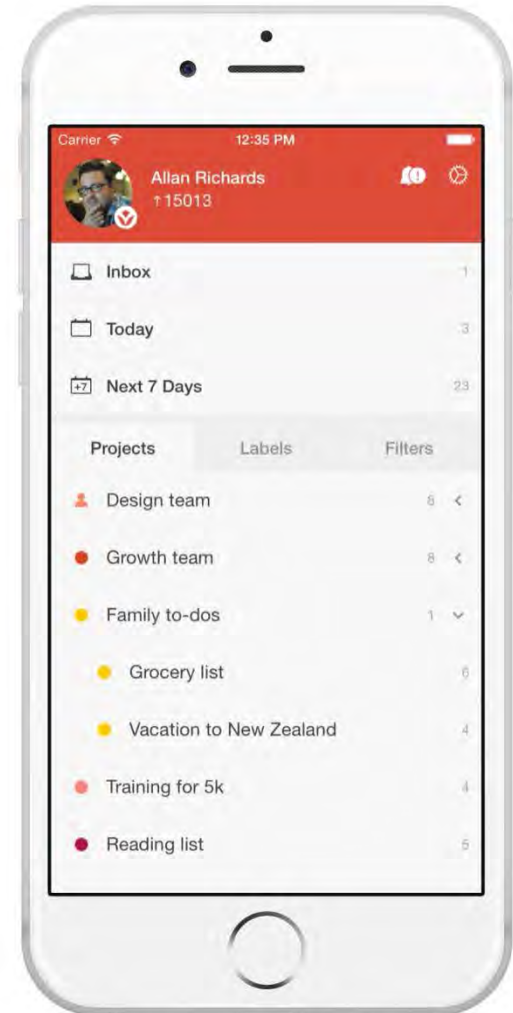
Cognitive / Executive F(n)

- Picture Schedules
- Preferred Seating
- Reduce Distractions
- Simplified Instructions
- Digital Recorder



Cognitive / Executive F(n)

- Clutter / Organization
- Bullet Journal
- Smartphone To-Do lists
- Smartphone Reminders
- Digital Notetakers
- Mindmap / Scheduling apps



Elopement

- Find My Friends (Apple)
- GeoFencing
 - Life360 (\$3 /mo) (Apple and Android)
 - Geozilla (\$2 /mo) (Apple and Android)
- [AngelSense](#)

TeleHealth / TeleMonitoring

LifeAlert / Fall Alert is just the beginning.

Monitored services, pill taking

Sensors throughout house

Can be a first line of care

Some have active monitoring / nursing care

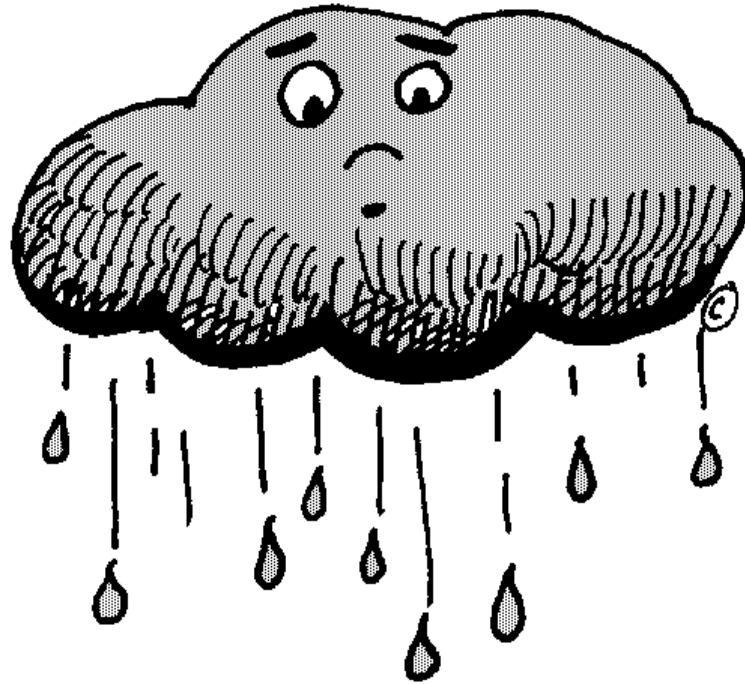
Digital Assistants / SmartHome



Pessimism First!

Digital Assistants can be extremely helpful.

However...



Grouchy Definitions



“The Cloud”

=

“Other People’s Computers”



Grouchy Definitions



“Smart”

=

“Useless without Internet”



Grouchy Definitions

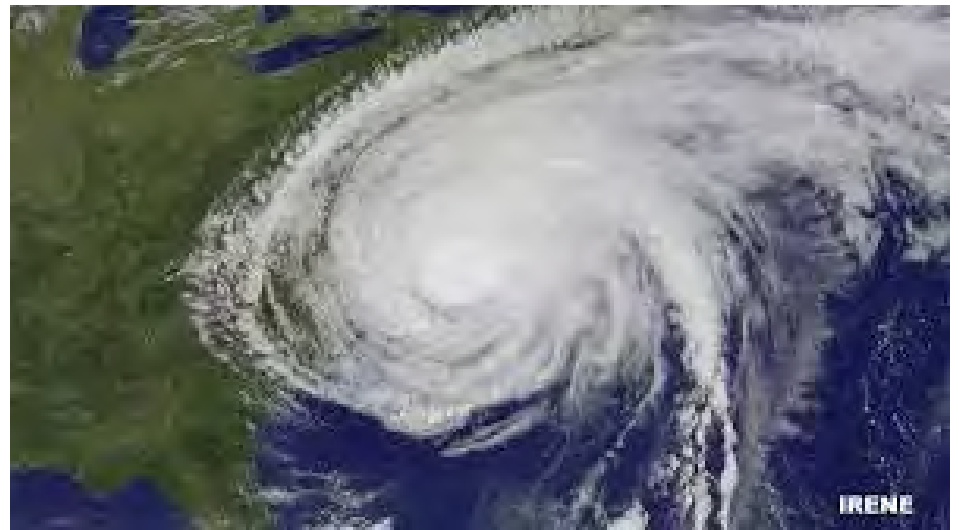


“Internet of Things (IOT)”

=

“Hackable, finicky, and quickly obsolete gadgets that live in my home and pretend to be helpful.”

Natural Predators of Internet



Keep a long view of history

iPad was released in 2010 (9).

iPhone was released in 2007 (12).

Facebook was released in 2006 (13).

Google Maps was released in 2005 (14).

These have been world-changing things.

These are actually not long spans of time.

Mission Critical @ Whims of Others

Features can be disabled at any point by any link

Ex: iOS 11 disabled Facebook integration

Google, Microsoft, etc. have cancelled much.

Function **depends** on all the pieces working exactly right. Be cautious depending on this 100%.

Privacy ... nah

- Each physical device tends to need its own controller, online account with a username and password, updates, etc.
- To get them working together, need to share the username and password with each other
- Plenty of ways the devices can invade privacy

Fragmented Crock of \$@#!

Hundreds of products. Dozens of companies.

Multiple competing standards.

Most of this tech doesn't play well together.

Apple Homekit can use Honeywell but not Nest.

Google doesn't talk to Vera but Echo does.

Echo can't show YouTube because of Google.

Echo+Dish can either control volume or power...

On to the positives....



Timers

- **Kitchen Timers**
- **Alarm Clock**
- **Remind me to do.....**
- **Daily Task Reminder**
- **What time is it?**



.... Setting a clock by voice is EASY

Short Message / Calendar

The ability to fire off a short text message or email is absolutely life changing.

The ability to check calendar and email.

Changes the way we access technology.

General Knowledge

What is 35×3 ?

What is 3 cups in tablespoons?

Who won the last Atlanta Braves game?

Tell me about President Truman

Tell me a joke.

Daily News

What is the temperature outside?

Home Control

**Lights, Thermostat, Outlets, Doors,
Locks, TV, Sensors, ...**

Routines – At 8:00AM, turn on the room lights and say “Wakeup”. At 8:10 play the news. At 8:15 tell me the daily schedule.

Uber/Lyft/DoorDash/Grubhub

Bring a ride (or food) to your location.

Get me an Uber to <blank>

Closest one is x miles away, cost is \$y

OK?

The ride/food is dispatched to your location.

The future is here. Sorta.

Everyone is betting on voice control and AI.

LOTS of work is going into this field.

LOTS of work is needed.

Use it with care. 😊

?