



Tutorials – How to use Top AT Devices with Older Adults

As a result of this presentation, learners will be able to:

1. Describe detailed functions of select AT devices
2. Briefly explain the differences between Wi-Fi, Zigbee, and Z-Wave technology

Reminder Rosie – Setting up Audible Reminders

Basic Functions

- Basic clock
- Record up to 25 different reminders
 - E.g. medications, appointments, bills
 - Recorded in a familiar voice
- Large display
- Wake phrase – “Hello Reminder Rosie”
 - Additional commands
 - Reminder off
 - Record reminder
 - Help
 - What can I say?
 - What time is it?
 - What day is it?
 - Cancel

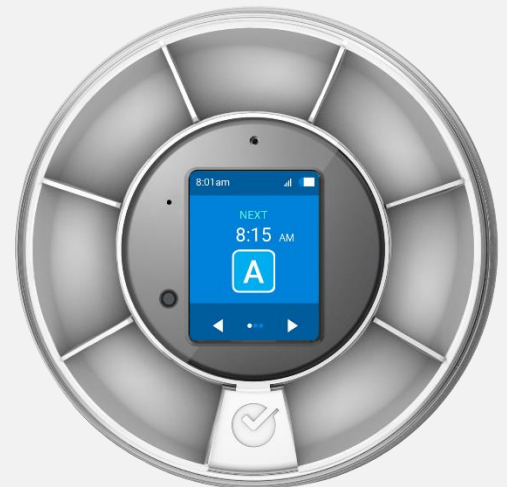


<https://smpotec.com/rosie-2-2/>

Dose Flip – Scheduled Medication Dispenser

Basic Functions

- 4G device does not require Wi-Fi
- Designed for weekly refill
 - 2 devices recommended if 3 or 4 administration times
- Plugged in, but has 3-day battery life in addition
- Lockable case with automatic compartment opening
- Programmed blinking light and audio alarm
- Refill reminder with optional caregiver notifications
- Caregiver notifications available for when meds taken/missed or attempt to open device
- Removable trays that can be prefilled
- Live support via phone
- Several adaptive options (available at no additional cost)



<https://www.dosehealth.com/>

Echo Dot – One Form of Smart Hub

Basic Functions

- Acts as a smart hub
- Available clock face
- Physical buttons for volume up, volume down, activating Alexa, and turning microphone off
- Blue light shows when device is listening
 - Can also be programmed to be audio alert
- Can answer general questions, set reminders, play music, control smart home devices, make phone calls, and call other Alexa devices in the same home
- Motion detection features – 4th generation
- App used to set up and manage devices
- Can call out to up to 10 people (cannot call 9-1-1)
- Can receive calls from anyone



<https://www.amazon.com/Echo-Dot/dp/B07XJ8C8F5>

Echo Show – Another Form of Smart Hub

Basic Functions

- All the features of the Echo Dot plus...
- Video calling
- Auto framing to ensure you are on screen during video calls
- Available remote drop in
 - Permission given through use of app
- Alerts if echo detects smoke/CO alarms, breaking glass, or motion when you are away
- Can act as a security system for a monthly fee (alarm included)



<https://www.amazon.com/echo-show-10/dp/B07VHZ41L8>

Ring – A Video Doorbell for Increased Security

- Streams audio and video to a smart device
- Audio output allows you to answer the door without physically being there
- Can be programmed with an automatic Alexa greeting
- Records times when a person approaches your door
- Wired or battery operated
 - Differs with model chosen
- Great for pairing with a motorized door opener
- Requires Wi-Fi



<https://ring.com/products/video-doorbell-4>

Motion Activated Light Plugs

- Many options available that plug into a wall outlet
- Example shown: GE Enbrighten LED Motion Sensor Night Light
- Automatically turn on/off when motion is detected
 - Great for people with physical or memory limitations
 - Enhances safety, especially at night



<https://enbrightenme.com/ge-motion-select-led-night-light-brushed-nickel>

Adaptive Alarms

- Alarms can be modified to alert in different ways (e.g. strobe light or vibration)
- Can be done to a variety of alarms
 - Personal alarms (e.g. alarm clock, reminders)
 - Safety alarms (e.g. smoke detector, CO detector)
 - Many available with strobe
 - Smart alarms can send an alert to a smart device

Wi-Fi vs Zigbee vs Z-Wave ⁽¹⁾

- Smart devices need to connect with each other
- There are three common options:
 - **Wi-Fi**
 - Not mesh – smart devices do not repeat signal, based of internet signal
 - Power hungry
 - 2.4 GHz band
 - **Zigbee**
 - Low power mesh network
 - 2.4 GHz band
 - **Z-Wave**
 - Low power mesh network
 - 800-900 MHz band
- Other emerging connection types are available
- Consider Zigbee or Z-Wave for a more stable connection when it is an option

Reference

1. HomeSeer. (n.d.). Z-Wave vs Zigbee vs Wi-Fi: Which is best for your home. Retrieved from <https://homeseer.com/zwave-vs-zigbee-vs-wifi/>