

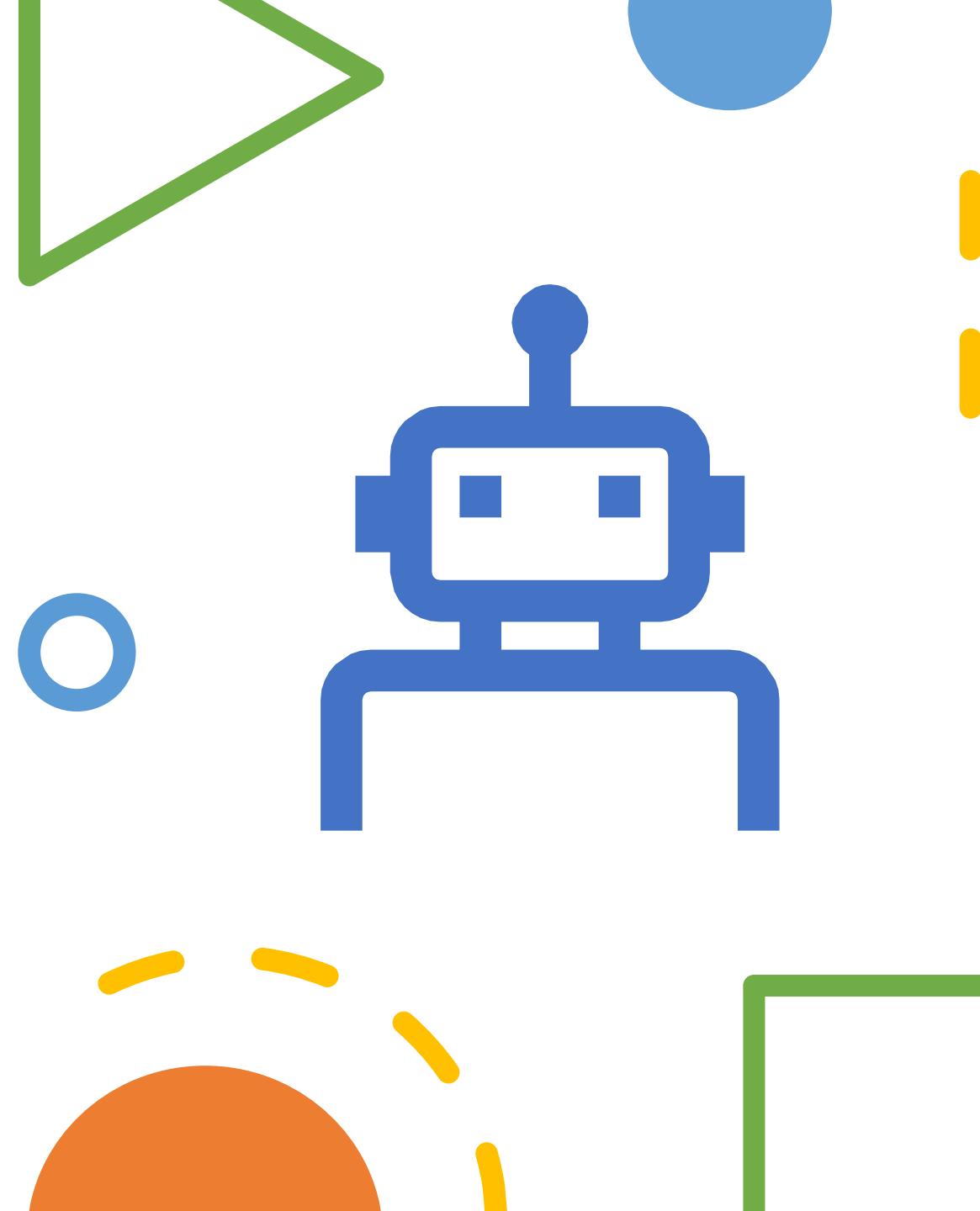


Incorporating Smart Devices To Your Everyday Leisure and Self-care Routine: For Caregivers and Care Recipients

Presented by
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Arlington Adult Day Program

Learning Objectives

- Define frequently used words when discussing technology
- Overview widely used smart devices available on the market
- Discuss 5 types of “smart self care”
- Discuss 4 types of “smart leisure”
- Learn benefits of engaging in various self care and leisure activities
- Overview modifications for self care and leisure without technology



Key Words

- **Smart:** began as an abbreviation, but has evolved to mean any type of 'clever' technology.
- **Hack:** a slang term used to express ways of making tasks easier
- **Smart Hack:** Using technology to make tasks easier
- **Enable:** To make a feature of a device operational; to activate
- **Skill:** Similar to a smartphone application; a catalogue of various actions a device can be programmed to do.

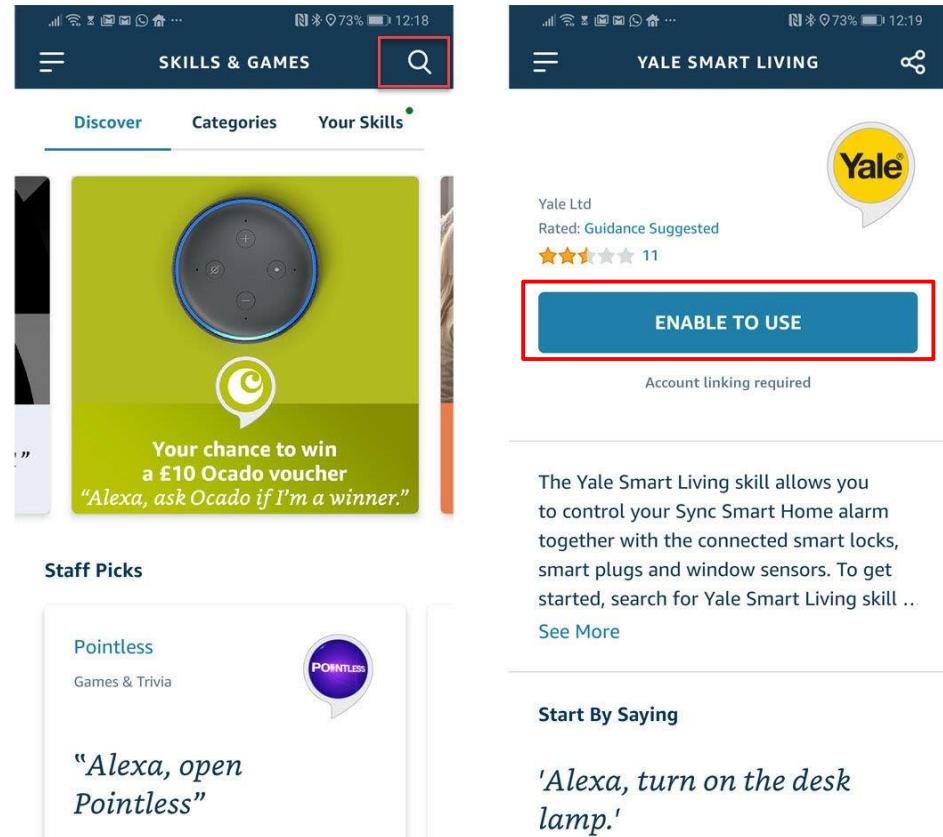
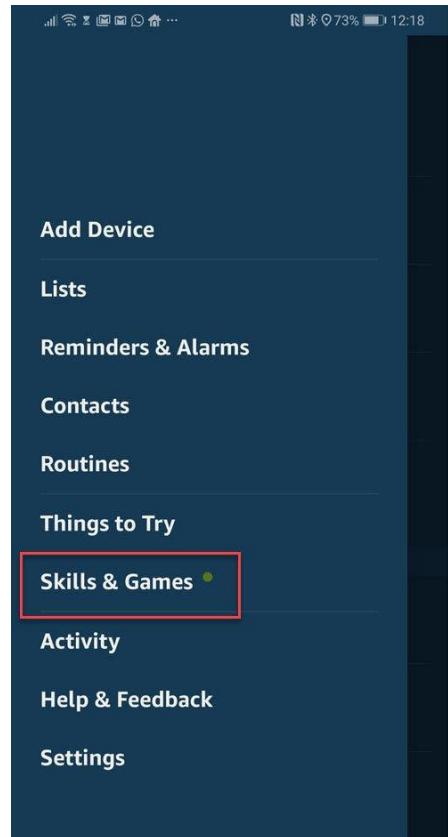


More Key Words

- Bluetooth
- Program
- Add
- Play
- Stop
- Pause
- **Alexa:** the name of the amazon echo device or virtual assistant developed by Amazon
- **Google:** Widely known as a technology company and search engine; also known as the name of the virtual assistant developed by Google Inc.



How To Enable Alexa Skills



1. In the Alexa app, swipe right so you can see the Menu, or click More
2. Tap on Skills & Games
3. Browse or search for what you're interested in by clicking the magnifying glass
4. Tap Enable To Use on Skills you like
5. Enter your username and password (if required).
6. The skill will be ready to use

About Amazon Echo



	Echo Dot	Echo	Echo Plus	Echo Spot	Echo Show
Price	\$49.99	From: \$99.99	\$149.99	\$129.99	\$229.99
Overview	Add Alexa to any room	Room filling sound with six fabrics or finishes	Includes a built-in smart home hub	Stylish and compact Echo with a screen	Optimized for visuals and room filling sound
Speaker size	0.6" speaker	2.5" woofer and 0.6" tweeter	2.5" woofer and 0.8" tweeter	1.4" speaker	Dual 2.0" speakers
Screen size				2.5" screen	7.0" screen
Dual speakers with room-filling sound, powered by Dolby		✓	✓		✓
Play video from Amazon Video and more				✓	✓
Built-in hub for simple setup of compatible smart home devices			✓		
Streaming Wi-fi music (including Amazon Music, Spotify, Pandora, and more)	✓	✓	✓	✓	✓
Line-out with 3.5 mm cable or Bluetooth	✓	✓	✓	✓	Bluetooth only
Free audio calls to US, Mexico, and Canada	✓	✓	✓	✓	✓
Control smart home devices	✓	✓	✓	✓	✓
Device size (actual size and weight may vary)	1.3" x 3.3" x 3.3", 5.7 oz. (32 mm x 84 mm x 84 mm, 163 grams)	5.9" x 3.5" x 3.5", 29.0 oz. (148 mm x 88 mm x 88 mm, 821 grams)	9.3" x 3.3" x 3.3", 33.6 oz. (235 mm x 84 mm x 84 mm, 954 grams)	4.1" x 3.8" x 3.6", 14.8 oz. (104 mm x 97 mm x 91 mm, 419 grams)	7.4" x 7.4" x 3.5", 41.0 oz. (187 mm x 187 mm x 90 mm, 1170 grams)

BATTLE OF THE SMART SPEAKERS

AMAZON VS GOOGLE

mediakix

ECHO
(& ECHO DOT)

VS

HOME

DESIGN



Thickness: 3.3 inches
(84 mm)



Thickness: 3.3 inches
(84 mm)



Thickness: 3.79 inches
(96.4 mm)

amazon echo

Smart Speaker

1*

Google Home

Smart Speaker

1

SPECS

amazon echo

Echo: 9.3 in x 3.3 in x 3.3 in
(235 mm x 84 mm x 84 mm)
Dot: 1.3 in x 3.3 in x 3.3 in
(32 mm x 84 mm x 84 mm)

Echo: 37.5 oz
Dot: 5.7 oz



Black or White

Wi-Fi network,
Wi-Fi enabled supported device

Google Home

5.62 in x 3.79 in x 3.79 in
(142.8 mm x 96.4 mm x 96.4 mm)

16.8 oz



White Top with
Exchangable Color Base

Wi-Fi network,
Wi-Fi enabled supported device

Let's Compare

SYSTEM
REQUIREMENTS



SOUND AND MUSIC

	amazon echo	Google Home
QUALITY	Immersive, 360° omni-directional audio	Immersive, 360° omni-directional audio
COMPATIBLE PARTNERS	     	    
FEATURES	2.5 inch woofer (bass response), 2.0 inch tweeter (high notes)	High excursion speaker with 2" driver + dual 2" passive radiators
EXTENDABLES	Yes, with Echo Dot	Yes, with Googlecast
STEREO SYSTEM OUTPUT	No, unless with Dot	Yes, with Chromecast

VOICE CONTROL

	amazon echo	Google Home
VOICE CONTROL	Yes	Yes
TOUCH ACTIVATED	Yes	Yes
VOICE ACTIVATED	Yes	Yes
FAR-FIELD VOICE RECOGNITION	Yes	Yes
MICROPHONE	7 microphones (with beam-forming technology to hear across rooms)	2 microphones
ACTIVATION WORD	"Alexa"	"Ok Google"
ORIENTATION	Uses Echo Spatial Perception (ESP) to respond from the Echo user is closest to	N/A
CONVERSATIONAL /CONTEXTUAL SEARCH	No	Yes, can answer questions/commands based on context (uses Google Assistant)

Comparison Continued

WIFI CONNECTIVITY

	amazon echo	Google Home
CAPABILITIES	Dual-band, dual-antenna Wi-Fi (MIMO)	802.11ac (2.4GHz/5Ghz) Wi-Fi
WI-FI MUSIC STREAMING	Yes	Yes
MOBILE HOTSPOT COMPATIBLE	Yes	Yes

WARRANTY

	amazon echo	Google Home
INCLUDED	1 Year limited warranty (90 days for Echo Dot)	1 Year limited warranty

MOBILE APP

	amazon echo	Google Home
NAME	amazon alexa	Google Home
COMPATIBILITY	fire  iOS	 iOS
NUMBER OF 3RD PARTY PARTNERS	Over 1,000 (e.g. Uber, Just Eat)	Limited (e.g. Uber)
SMART HOME PARTNERS	Amazon Devices (Tap, Fire TV, Samsung SmartThings, Philips Hue, WeMo, Insteon, Wink, Honeywell, TP-Link, Nest, ecobee, others)	Google Chromecast, Nest, Philips Hue, Samsung SmartThings, IFTTT
CONTENT PARTNERS	400+ News Publishers (Digiday, Daily Mail, The Washington Post, Bloomberg, NPR, BBC, TechCrunch, HBR, Slate, CNN, The Economist, others)	Integrates with Chromecast to provide News, TV Shows, Movies, Music, Games, & Apps from installed apps

Comparison Continued



Smart Phones, Computers, Tablets...



Android versus Apple iPhone:

According to Digitaltrends*, here is the winner in the following categories:

- **Affordability:** Android
- **Apps and the App Store:** iPhone
- **Maps:** Android
- **Battery Life and Charging:** Android
- **Accessibility:** iPhone
- **Calls and Messaging:** iPhone
- **Voice Assistants:** Android
- **Security:** iPhone

“For 2020, the number of smartphone users in the United States is estimated to reach 275.66 million”

A black silhouette of a person in a meditative lotus pose is centered against a background of overlapping, semi-transparent colored circles. The circles are in shades of purple, green, and blue, creating a sunburst effect.

“Smart” Self-Care

Part 1



Reminders/Alarms are one of the basic functions of most technological devices and can help us complete important tasks and prevent the stress of forgetting!

“By delegating a task to a list or a device, we can reduce our cognitive load and free up brain capacity for other things.”

Meditation

Benefits of meditation

- Lowers blood pressure/slow down the cardiovascular system
- Restores balanced function to the digestive system, aiding absorption of nutrients
- Relaxes the nervous system
- Relieves muscle tension
- Diminishes intensity of headaches/migraines
- Relieves insomnia
- Frees the mind from self-doubt and internal chatter
- Releases fears
- Reduces anxiety
- Improves depression
- Generates optimism, self-esteem, confidence and motivation.



“Alexa, Siri, Google...
Remind me to...”

- Great for caregivers and care recipients alike
- Enable ‘Whisper mode’ for a calmer experience
- **Program reminders to take 5 deep breaths every day at a certain time**
- Enable free *skills* such as ‘Guided Meditation’ and ‘Stop, Breathe, and Think’
 - Plays over 60 meditations and breathing exercises that are all 3 – 8 minutes long
 - New meditations daily
- Play calming music/enable calming music features
 - White noise, sounds of nature, birds chirping, ocean, rain





**CHAIR
YOGA**

Exercise

- **Moderate to High Intensity**
- ‘EngAGE Exercise’ is a fitness *skill* tailored to adults 65 and older to promote strength, balance, and flexibility.
- ‘7 Minute Workout’ – is a fitness *skill* that offers more variety, more control, and over 45 new exercises to help you achieve your fitness goals.

- **Lower Intensity**
- ‘Chair Yoga’ is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support
 1. Ask: “Alexa – speak slower” to desired speed
 2. Adjust your seat for optimal chair yoga posture
 3. Ask: “Alexa – open Chair Yoga” then follow (2) prompts

Start
each day
WITH A
grateful
heart

Gratitude

- Enable the ‘Gratitude Journal’ *skill*
 - Ask: “Alexa, Open my gratitude journal”
 - Ask: “Alexa, Add something to my gratitude journal”
- Enable the ‘Gratitude Affirmations’ *skill*
 - Ask: “Alexa, Open/Launch/Start gratitude affirmations”

Follow prompts and participate!



Research has found that gratitude is good for our bodies, our minds, and our relationships.



Why Deliberately Practice Gratitude?

Emergency Care

- *Enable* the free 'Ask My Buddy' skill
- Call phone contacts or 911



**IF YOU ARE LOSING
YOUR LEISURE, LOOK
OUT, YOU MAY BE
LOSING YOUR SOUL.**

QUOTEHD.COM

Logan Pearsall Smith
American Writer

**“THOSE WHO DECIDE TO USE LEISURE AS A
MEANS OF MENTAL DEVELOPMENT, WHO LOVE
GOOD MUSIC, GOOD BOOKS, GOOD PICTURES,
GOOD PLAYS, GOOD COMPANY, GOOD
CONVERSATION - WHAT ARE THEY? THEY ARE
THE HAPPIEST PEOPLE IN THE WORLD.”**

WILLIAM LYON PHELPS

© Lifehack Quotes

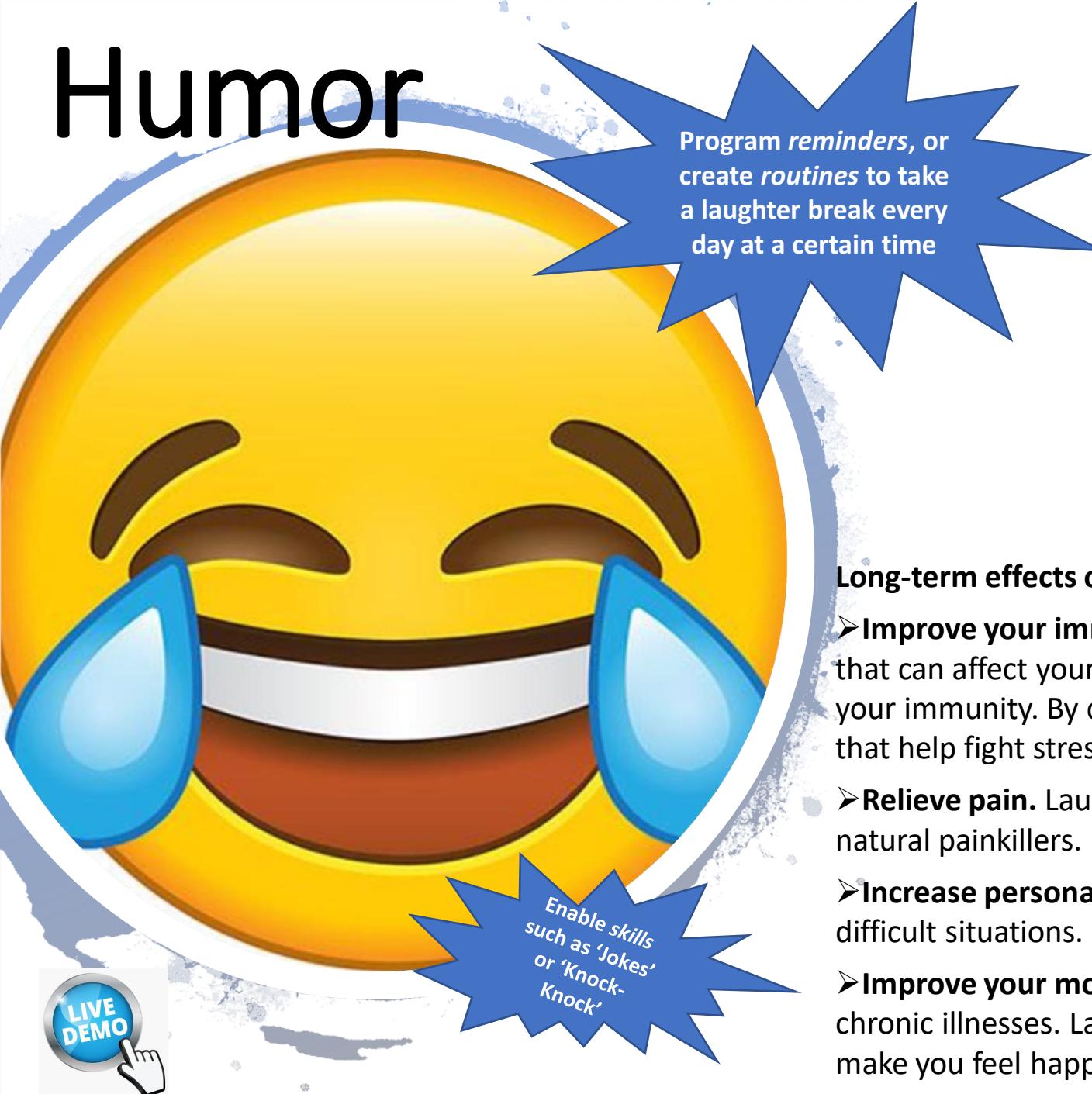
**“For every
minute you are
angry you lose
sixty seconds of
happiness.”**

- RALPH WALDO EMERSON

“Smart” Leisure

Part 2

Humor



Short-term benefits of laughter

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects of laughter

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.



Music

FREE music is available to all Echo device owners.

PAID (ad-free listening) music options include:

- *Amazon Prime Music* (free with prime membership at \$12.99/month or \$10.99 for nonmembers)
 - Has 2 million songs
- *Amazon Music Unlimited* (\$7.99/month additional)
 - Has over 50 million songs

Ask: “**Alexa play music**” for a random selection based on your interests

Ask: “**Alexa play (a specific song/genre/artist)**”

- 50's, 60's, Motown, Classical etc.

Let's March to the Music →

Ask: “**Alexa, play marching band**” OR
Ask: “**Alexa, play When The Saints Go Marching In**
by Louis Armstrong”



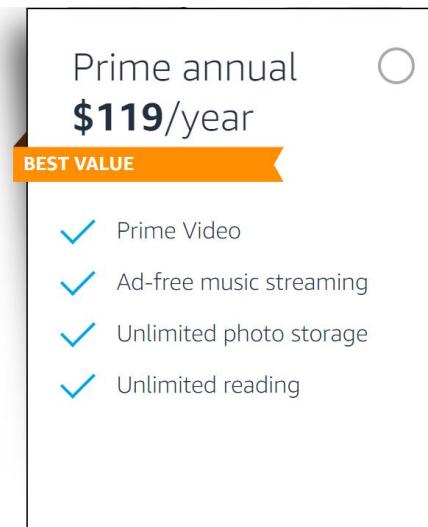
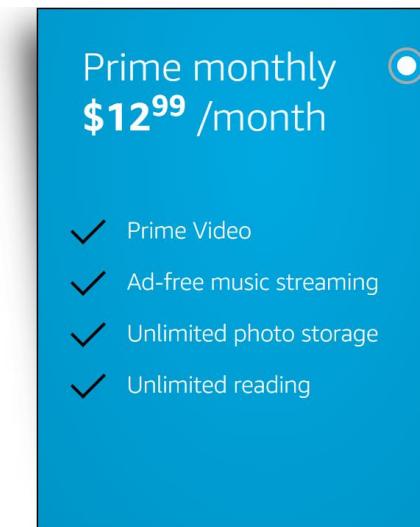
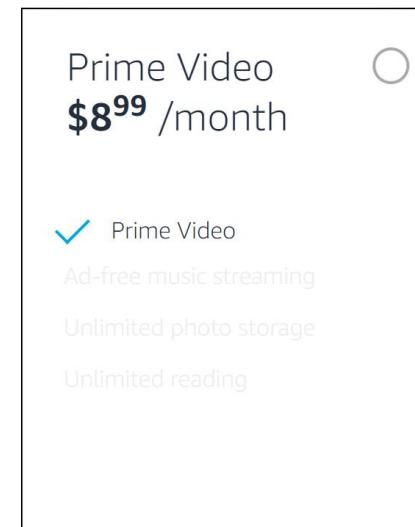
- Some studies have found that listening to music you enjoy may increase the release of pleasure-causing substances in the brain like **norepinephrine** and **melatonin**. It may also decrease stress-causing hormone production in the body. As a result, music listening/therapy has the power to:

- Reduce stress/ease anxiety
- Improve sleep
- Lessen depressed mood
- Create positive mood
- Boost self-confidence
- Increase energy

Socialization

- Care recipients can vocalize and interact with smart devices
 - Slow down or speed up responses
 - Enable 'Brief Mode' to shorten responses
 - With an amazon prime account, you can call others with devices/accounts
- Other ways to talk with technology
 - Phone calls, texting, and video chatting
 - Whatsapp, Facebook messenger, Skype, Zoom

"Social interaction is healthy, like exercise for the brain, and can slow symptoms including deteriorating memory."



Routines

- Alexa routines let you program multiple skills, games, and features to happen automatically
- Routines help you reduce the number of spoken prompts or commands
- Consider adding routines to occur at a specific time each day
- Choose from preset/popular routines or create your own

Popular Routine Times:

- Morning
- Afternoon
- Evening
- Home From Work
- Bed Time

Routines

Let's hear examples of routines made for a caregiver and a care recipient!



Routine 1:
"Alexa, I'm awake!"

Routine 2:
"Alexa, I'm home!"

1. Open the Alexa app .
2. Open **More**  and select **Routines**.
3. Select **Plus** .
4. Select **When this happens**, and follow the steps in the app to choose what starts your routine.
5. Select **Add action**, and follow the steps in the app to choose the action of your routine. You can select multiple actions for the same routine.
6. Select **Save**.

Tip: You can have up to 99 routines on your account.

One More Leisure Activity: Using The Internet



- Websites and Apps Galore!
 - Music/Exercise Videos: Try "Youtube"
 - Research videos and soundtracks for anything!
 - <https://www.youtube.com/>
 - Reminiscence: Try "Google Earth"
 - Type in any address and instantly go there on the web!
 - <https://www.google.com/earth/>



Thank You For Attending!



Resources

- <https://seniorsafetyadvice.com/how-can-alex-a-help-seniors/>
- <https://www.bustle.com/wellness/188786-5-scientifically-proven-benefits-to-unplugging-from-technology>
- <https://www.cnet.com/health/the-best-alex-a-commands-for-exercise-better-sleep-and-stress-relief/>
- <https://www.makeuseof.com/tag/ways-play-music-using-amazon-echo>
- <https://thegadgetflow.com/blog/best-alex-a-fitness-apps>
- https://www.amazon.com/Caney-Bay-Chair-Yoga/dp/B07CKKZDL1/ref=lp_14284870011_1_12?s=digital-skills&ie=UTF8&qid=1600792447&sr=1-12
- <https://www.smarthome.com/>
- UMPC Health Beat-music
- <https://www.mayoclinic.org/>
- <https://behavioralscientist.org/>
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*2nd generation model for Echo Dot

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