

# Smart Technology Suitability Checklist for Therapists

This checklist is designed for therapists to quickly assess the suitability of integrating smart technology for invisible monitoring and caregiving at home for elderly patients.

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## Patient Information

- Name:
  - Age:
  - Gender:
  - Primary Health Conditions:
  - Cognitive Status:
  - Living Situation: (e.g., alone, with family, in assisted living)
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## Current Health and Daily Living Assessment

### Mobility:

- Uses mobility aids (e.g., cane, walker, wheelchair)
- Experiences difficulty moving around home (Always, Often, Sometimes, Rarely, Never)

### Activities of Daily Living (ADLs):

- Can independently perform ADLs (bathing, dressing, eating)
- Requires assistance with ADLs (Always, Often, Sometimes, Rarely, Never)

### Instrumental Activities of Daily Living (IADLs):

- Manages medications, meals, finances independently
- Uses reminder systems or needs help with IADLs

### Safety Concerns:

- Experienced falls in the past year
  - Feels safe moving around home at night
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# Technology Usage and Comfort

## Current Technology Use:

- Uses technology (e.g., smartphone, computer, smart devices)
- Comfortable using technology (Rate from 1 to 5)

## Internet and Connectivity:

- Reliable internet connection at home
- Areas in home with poor internet connectivity

## Smart Technology Experience:

- Has used smart home technologies before
  - Describe experience and satisfaction level
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# Potential Benefits and Concerns

## Interest in Smart Technology:

- Interested in using smart technology for daily living and health management
- Specific benefits hoped to gain

## Privacy and Security:

- Concerns about privacy and data security with smart devices
- Importance of control over data access (Very Important, Important, Neutral, Not Important)

## Physical and Cognitive Limitations:

- Physical or cognitive limitations affecting use of smart technology
- Specific features needed to overcome limitations

## Support System:

- Family members or caregivers available to assist with technology
  - Frequency of support (Always, Often, Sometimes, Rarely, Never)
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# Environmental Assessment

## Home Layout:

- Number of floors, accessibility features
- Specific areas with movement challenges

## Smart Device Placement:

- Suitable locations for sensors and smart devices
  - Willingness to make home modifications for devices
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## Evaluation of Suitability

- Compatibility with existing devices and internet connectivity
  - Patient's comfort and familiarity with technology (Rate from 1 to 5)
  - Potential benefits for improving safety, independence, and health management (High, Medium, Low)
  - Privacy and security preferences (High, Medium, Low)
  - Support system availability for technology setup and maintenance (High, Medium, Low)
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# Recommended Technologies by Sphere:

## Monitoring Daily Activities:

- CarePredict
- Reminder Rosie
- WellSky
- Generation Connect
- LewyCompass

## Monitoring Abnormal Behaviors:

- EllieGrid
- Cognition Builder
- Generation Connect

## Monitoring Cognitive Impairment:

- Amazon Echo

- Reminder Rosie
- WellSky
- BrioCare

#### **Monitoring Falls:**

- Wyze Cam
- Walabot Home
- Lively Mobile Plus

#### **Indoor Person Positioning:**

- Tile
- SolePower
- Future Shape
- Wayfindr
- Scan Analytics

#### **Monitoring Sleep Quality:**

- Beddit
  - Eight Sleep
  - Oura Ring
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#### **Smart Home Devices:**

- TechLeft
  - CareLink 360
  - Smart Caregiver Solutions
  - Electronic Caregiver
  - Caregiver Smart Solutions
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#### **Implementation Plan:**

- Conduct initial training sessions for the patient and caregivers
  - Customize device settings according to patient needs and routines
  - Schedule regular monitoring and feedback sessions
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#### **Monitoring and Evaluation Plan:**

- Set up regular check-ins with healthcare providers to review data

- Adjust care plan based on smart device insights
  - Ensure ongoing support and troubleshooting for technical issues
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## Additional Resources:

- MapHabit
- Sami Alert
- Nobli
- Insight Timer
- Medisafe
- MyMeds App
- CareZone
- Home for Life
- Addio
- Redapple
- Trelawear
- WellSky