

# Domestic/household skills



This technology will help you with cooking tasks.

## Electric can opener\*

This can make the task easier than trying to use a manual can opener. There are can openers that you can utilize with one hand with very little need for dexterity.



Example: Zylis EasiCan Electric Can Opener  
Available at Amazon.ca, Walmart, etc.

## Microwave ovens/Toaster ovens

Use of microwave ovens or toaster ovens decrease the risk of fire due to cooking accidents. Popular and easy to find at a variety of price points in any department store.

## Crock-Pot smart slow cooker\*



A crock pot you can control / monitor from your smart phone. Will also let you know when your meal is ready. This is great for those who forget they have a meal on or have limited concept of time.

## Wireless thermometer\*

Just place the thermometer probe into the meat you are going to cook, set the target temperature and place in the oven. You will be notified via your smart phone when your meat hits the desired temperature. Can be used with an oven, BBQ or smoker.



## Smart fridges\*

For most this will be outside of a realistic price point, but for those who need and can afford this technology it is pretty helpful. This fridge can alert you when a food item has been in there long enough to go bad. The built in touchscreen offers recipe suggestions and lets you automatically reorder food on a MasterCard.

\*To inquire about pricing, please contact your local retailers or visit online shopping sites. Also, please note that some devices may not be available in Canada.

## Induction stove top\*

The induction element transfers heat directly to magnetic cookware, making the experience safer and increases the tolerance for error. Because the surface of an induction stove or cooktop doesn't get hot, you can touch it with your fingers without getting burned. This also means that if you splatter sauce onto the cooking surface, it won't burn, making cleanup easier. Note: the burner does not glow red like atypical glass stove top, so it is difficult to know if it is on or not. Some manufacturers are now adding virtual flames or other lighting cues. Available in single burner or full stove top at a wide range of prices.



## Auto shut off for electric stove (iGuard)\*

This sensor notices motion in front of the stove. It begins reminding the user with simple auditory alarms when the stove is left unattended and shuts the heat off automatically after short period when no motion is detected. There are a couple of different models of this technology.

## Smart stove knob\*

Turn your existing stove into a smart one. Connects to wifi so you can monitor the status of a stove from anywhere. Voice activated cooking to set cook times and change burner settings. Automatic shut off if you have left your stove unattended. Currently on a Kickstarter Campaign through inirv. <https://inirv.com/>



## Hestan cue system\*

The cue system is an induction burner, fry pan and app that calibrates time and temperature taking the guess work out of cooking.

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## AI (Artificial Intelligence) personal assistant\*

A voice activated personal assistant that can verbally guide you step by step through recipes, set timers and make shopping lists.

Example: Google Home (or mini), Amazon Alexa, Apple HomeKit/Siri



## AI smart displays\*

Similar to the AI Personal Assistant but with a screen to show visuals. Great for seeing youtube videos for recipes or other directions.

Example: Google Home Hub, The Echo Show, Lenovo Smart Display.

## Look, Cook, and Eat Membership\*

A digital how-to cooking magazine designed for people with intellectual disabilities to help promote an independent life-style. Simple, popular and few ingredient recipes presented in an easy to follow video delivery (also printable). Internet Access and phone/tablet/computer required.



## Apps that can help you with cooking and cooking tasks\*

**Menu planning apps:** Can help you plan a nutritious menu and create your shopping list for the meals you planned.

**Recipe apps:** Many apps will not only provide you with a vast choice of recipes, but many will allow you to input the ingredients you want to cook with and will show you recipes that match your ingredients.

**Nutrition apps/food recording apps:** There are several diet and nutrition apps to help you plan and track what you have been eating. Some of them allow you to also track symptoms if you are trying to determine potential food allergies.

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This technology can help keep the house clean.

### Smart vacuum cleaning robot\*

Vacuums equipped with lasers, motherboards, sensors and even wi-fi will navigate around your home without the need for assistance. Most robot vacuums come with a charging dock and they are designed to return to the dock to charge themselves before they run out of power. Once it has it enough power it will return to the job of vacuuming your floors. User input is required for most to empty the dirt and dust from the vacuum.



Can be purchased from stores like: Amazon.ca, Walmart, Canadian Tire, etc.

### Smart mop robot\*



Smart technology that works very similar to the Smart Vacuum above but is designed to mop and shine your floor.

Can be purchased from stores like: Amazon.ca, Walmart, Canadian Tire, etc.

Note: it is also possible to purchase a floor cleaning robot that does it all: vacuuming, dry sweeping, wet mopping and shining.

### Smart Trash Can (Bruno Smart Can)\*

The powerful vortex vacuum feature will deliver dirt and debris directly into the trash bag. Just place the broom in front of the vacuum inlet to start the powerful vortex suction and Bruno will do the rest. Bruno will also remind you to take the trash out on trash day, and alert you when you are low on bruno bags (a fancy way of saying trash bags). Also has hands free opening (by just waving your hand above) to the main waste receptacle.

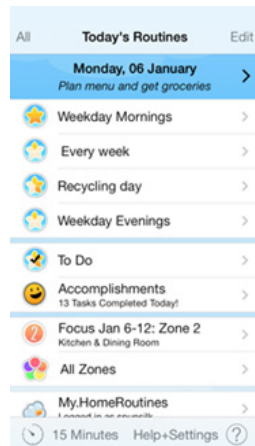


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## Apps that can help you keep the house clean.

There are many apps on the app store for your particular mobile smartphone. Once you determine what assistance you require, you can search for that term in the app store (Google Play store for Android and the Apple Store for iOS products like iPad and iPhone).

For example, running a search for the term 'schedule' or 'house cleaning' may show some results like below:



### Home routines\*

Home Routines is an app to keep you on track for those repetitive chores.

You create lists of jobs that need to be done around the same time, or on the same day.

These lists are called Routines.

These appear to remind you when you need them, and when you mark each task as complete you get a gold star.



### Visual Schedule Planner\*

Visual Schedule Planner is a completely customizable visual schedule iPad app that is designed to give an individual an audio/visual representation of the "events in their day". In addition, events that require more support can be linked to an "activity schedule" or "video clip" to help model the task even further.

Visual Routine – Create visual routines matched with photo, audio and text prompting for each step of a routine. Available for iOS only.

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