

Technology worth considering in my housing plan



Cell phone/Smart phone/Tablet

Possible use	Things to consider
Emergency calls	
Location tracking	
Navigate the community	
Communication assistance	
Step by step task guidance	
Reminders via calendar	
Other	

Smart phone/Tablet apps

Possible use	Things to consider
Banking and/or budgeting	
Chores/task reminders and tracking	
Cooking related	
Online shopping	
Routine/scheduling	
Step-by-step instructions for common tasks	
Other	
Other	

Smart clocks

Possible use	Things to consider
Be reminded of appointments	
Medication time cueing	
Reminders to leave for work/day activities	
Reminders to complete hygiene tasks	
Reminders of supports/family/friends visits	
Other	
Other	

Smart speakers

Possible use	Things to consider
Reminders for medication	
Guidance through recipes	
Cooking timers	
Make shopping lists	
Turn on and off lights, heating, smart appliances	
Other	
Other	

Smart appliances

Possible use	Things to consider
Air fryer, microwave, toaster ovens, crock pot	
Auto shut off on stove	
Programmable thermostat/climate control	
Smart plugs	
Smart/programmable lights	
Smart Wi-Fi crock pot or pressure cooker	
Other	
Other	

Cleaning automation and safety

Possible use	Things to consider
Dishwasher	
Green products (non-toxic)	
Robot/smart mop	
Robot/smart trash can	
Robot/smart vacuum	
Smart/AI laundry machines (clothes washer/dryer)	
Water only cleaning cloth	
Other	
Other	

Medical technology

Possible use	Things to consider
Medication dispensers	
Bluetooth blood pressure monitors	
Bluetooth glucose monitors	
Activity trackers	
Location trackers	
Wearables GPS	
Other	

Home security systems

Possible use	Things to consider
Smart door lock	
Smart door bell	
Smart smoke/CO detector	
Motion detectors	
Door sensors	
Other	

Telecare systems/virtual assistant

Possible use	Things to consider
Monitor movement	
Monitor doors	
Video calling	
Camera monitoring	
Panic button	
Virtual chat	
Other	
Other	

Other considerations

--