
Care Giving - A
Sacred Journey



**Agenda for today are to introduce and discuss:**

Falls Prevention - Reducing everyday fall risks

- What to do if a fall occurs

Monitoring

- Passive, Active, Other

Vision

Hearing

Alexa - ways to enhance day to day activities

# Goals for Today:

1) Give you a feeling of what is available

2) The “**WHAT IF’S**”

- Alexa in the living room but fell in the bedroom
- You rely on family members calling but missed a day
- Or they spoke at 8:00 am and they fell at 8:30 am
- Are married, one has dementia and the other serious medical event

# Unsafe Behavior or Reducing everyday fall risks

**Walking in dark hallways**

Motion-activated nightlights along the route from bed to bathroom

**Unnecessary reaching for light switches**

voice-controlled lights instead of crossing a dark room

**Walking over cords, rugs, clutter**

Remove loose rugs, clutter, and trailing cords; clean up spills

**Moving without support**

Properly installed bathroom grab bars and stair railings

**Safer bathing**

Nonslip surfaces, a suitable shower chair, and a handheld shower

# Getting help after a fall (4 different ways)

Phone

- Reachable or Voice Activated (Siri / Google)

Smart watch with SOS and fall detection  ($400 - $550)

- Must be set up, must be worn and charged (cellular version not needed)
- It's something you want to wear, not something you feel you have to wear.
- good for everyone!

A medical alert device with a 24-hour response center, e.g. Life Alert

- Cost. (Around $250 initial , $25 - $100)
- Stigma
- Need to be able to push a button

Voice activated devices

- Need Internet, Ability to use, No ongoing cost

# Calling for help by voice

| Device | Example request | Who it can reach / key limits |
|---|---|---|
| Amazon Echo / Echo Show | “Alexa, call for help.” | Calls/texts a configured emergency contact. Ordinary Alexa calling cannot call 911. |
| Apple HomePod / HomePod mini | “Siri, call my daughter.” | Calls through an iPhone. Emergency calling also depends on iPhone setup. |
| Google Nest speaker / display | “Hey Google, call Sam.” | Calls contacts after setup. Speaker/display calling does not support 911. |

# Passive Monitoring

| Service | How it monitors | USD pricing |
|---|---|---|
| StackCare | Home motion sensors flag inactivity and changes in routine. | $95/mo Wi-Fi<br>$119/mo LTE<br>Hardware included |
| envoyatHome | Motion and contact sensors flag missed routines and changes. | $99/mo<br>+$399 equipment |
| Custom-built system | Home motion sensors flag inactivity | $297 equipment from Amazon |

**Sensors provide clues, not diagnoses. USD listings as of 10/12/2026**

# envoyatHome: Passive Home Monitoring

No cameras, microphones, wearables, or buttons to press

| Feature | What caregivers can learn |
| --- | --- |
| **Daily routines** | Changes in movement or expected morning activity |
| **Nighttime activity** | Wandering or unexpected departures |
| **Bathroom patterns** | More frequent trips or unusually long visits |
| **Caregiver alerts** | Notifications for selected concerns, including immobility |
| **Trend reports** | Changes over time to discuss with the care team |

Motion and door sensors send information to a hub and caregiver app.

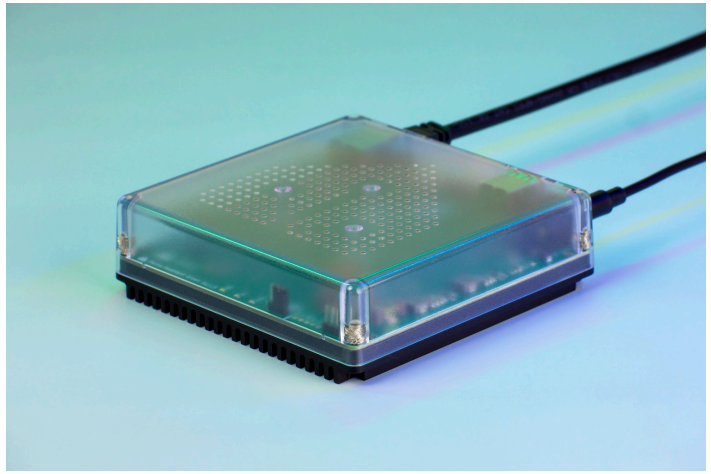
**Alerts prompt a check-in. They do not diagnose illness or confirm a fall.**

# Nancy’s Morning Activity Alert System

The three devices we purchased and what each does





## THIRDREALITY
### Motion Sensor

Detects movement and sends a wireless signal

## SONOFF ZBDongle-E
### Zigbee USB Adapter

Connects the sensor to Home Assistant Green

## Home Assistant
### Green

Checks morning activity and triggers family texts

No motion recorded from 6–8 a.m.? The system sends a family text at 8 a.m.

# Nancy’s Morning Activity Alert System

The three devices we purchased and what each does

| Device | Its job |
|---|---|
| **THIRDREALITY Motion Sensor** | Detects movement in the monitored area and sends a wireless signal |
| **SONOFF ZBDongle-E Zigbee USB Adapter** | Receives the sensor’s wireless signal and passes it to Home Assistant |
| **Home Assistant Green** | Runs the morning activity check and requests an alert when needed |

6–8 a.m.: records motion. At 8 a.m.: checks for morning activity.

**No activity recorded? The system sends a text so family can check in.**
**(Logic was built in the Home Assistant free phone App)**

# Active Monitoring: free and paid

| Service | Action and follow-up | USD pricing |
|---|---|---|
| Snug Free | Tap daily. A missed check-in texts your contacts. | $0 |
| Snug Dispatch | Tap daily. A dispatcher follows up if you miss it. | $19.99/mo or $149.99/year |
| Iamfine | Answer and press 1. Missed calls alert your contacts. (Will try back 5 times over an hour) | $14.99/mo or $120/year |

**The person must check in. Response depends on the plan.**
**USD listings checked October 12, 2026.**



Simply
tap the button

to check-in.

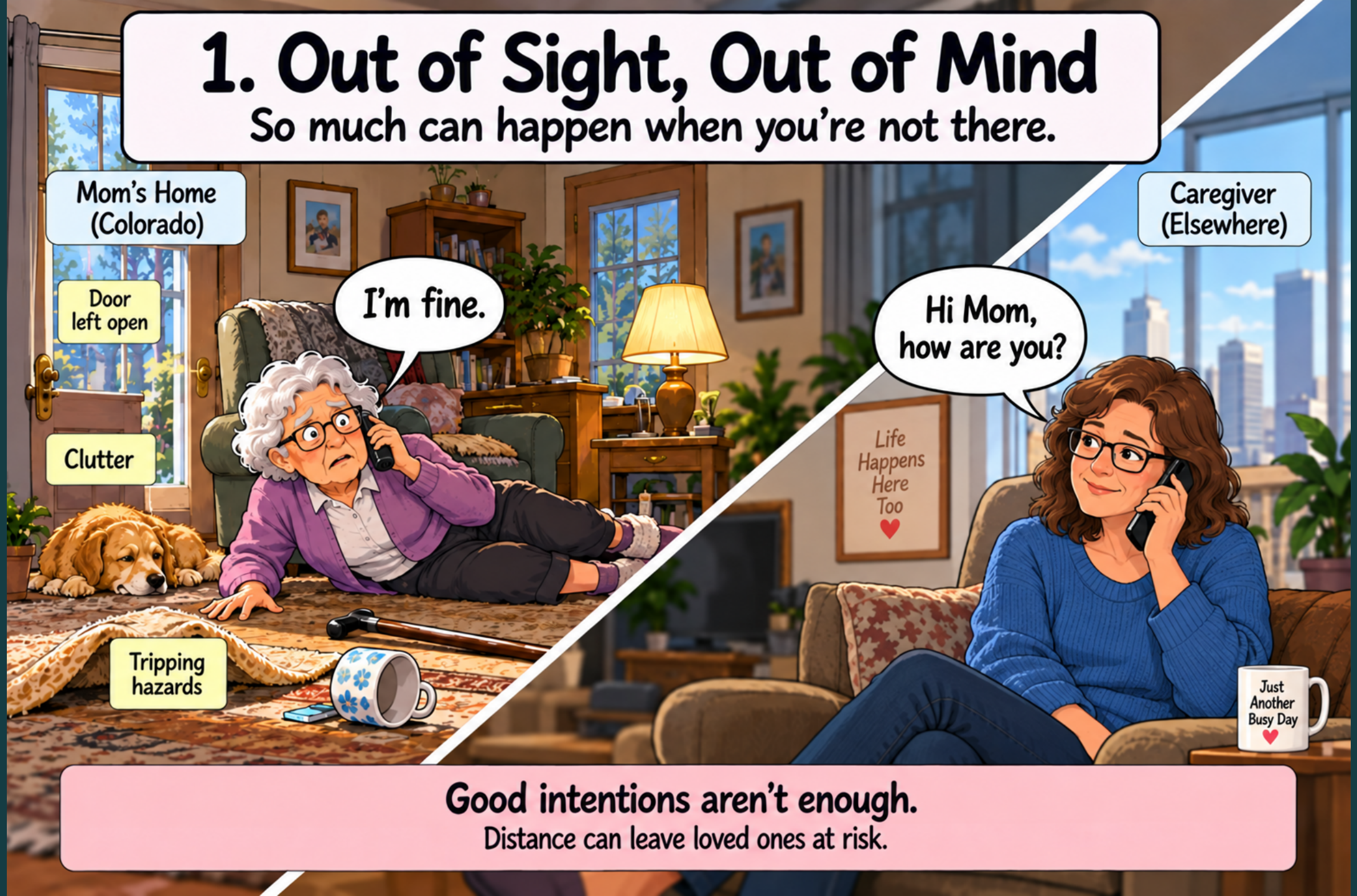
# Monitoring from afar: the home

| What can be monitored | How |
| --- | --- |
| Doors and Ring door bell | Contact sensors report opening or an open door. Grant caregiver access using Ring’s shared-user permissions. |
| Temperature | Smart thermostats or sensors share room readings. |
| Water leaks | Leak sensors alert family. Some systems add a shutoff. |
| Smoke / CO alarms | Connected alarms or HomePod sound alerts notify family. |

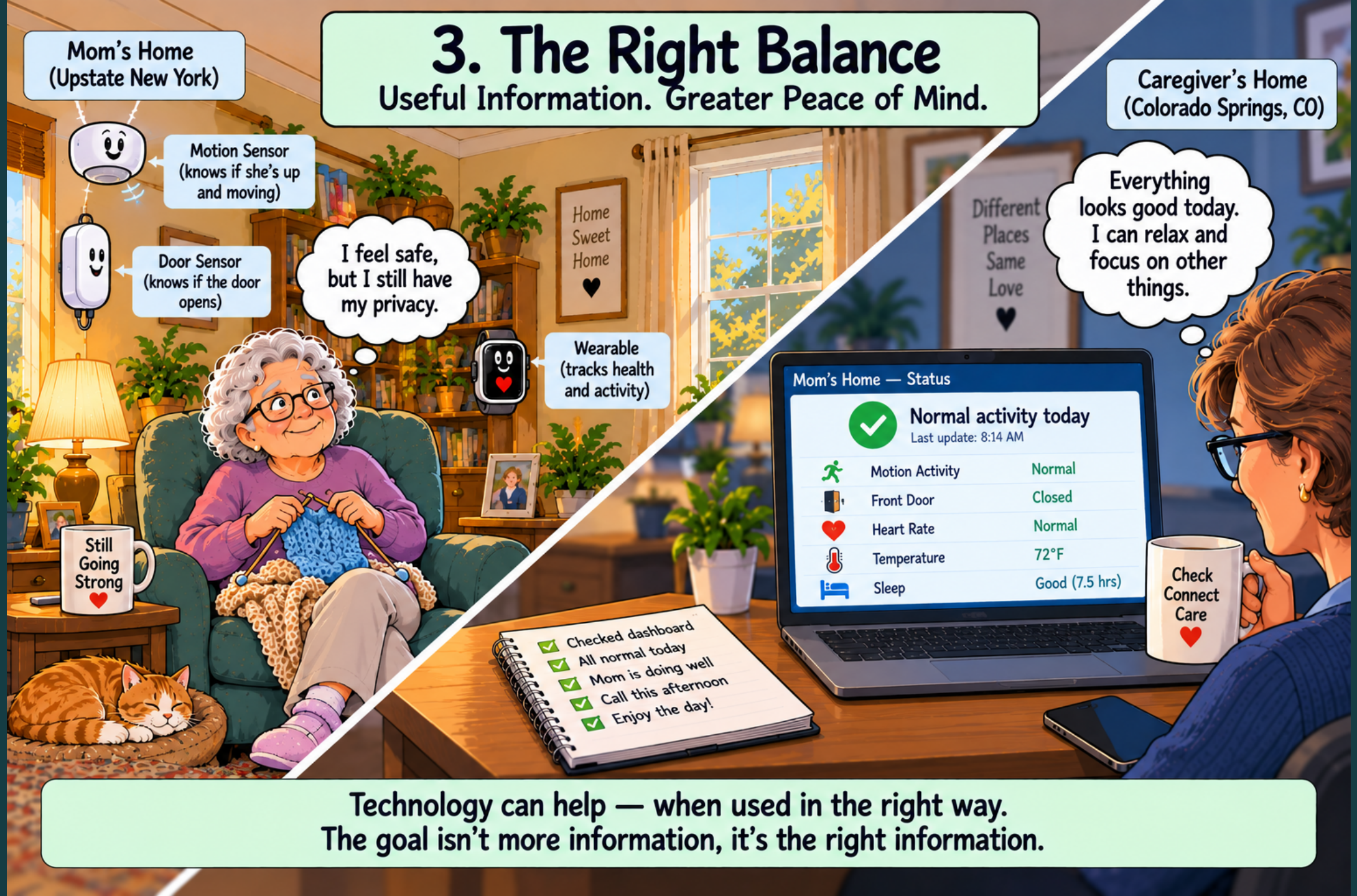
**Make sure alarms and alerts continue working reliably. Remote alerts can fail or arrive late.**

# Monitoring from afar: health and help

| What can be monitored | How |
| --- | --- |
| Selected health readings | Connected blood-pressure monitors, scales, or wearable share data (apple watch). |
| Falls / requests for help | Supported watches or medical alert systems send alerts. |
| Visible conditions | An agreed camera view or video call adds context. (Simple phones, granny pads) |
| Tracking devices | AirTags, Wallet cards |


1. Out of Sight, Out of Mind
So much can happen when you're not there.
Mom's Home (Colorado)
Door left open
Clutter
Tripping hazards
I'm fine.
Caregiver (Elsewhere)
Hi Mom, how are you?
Life Happens Here Too
Just Another Busy Day
Good intentions aren't enough.
Distance can leave loved ones at risk.


2. Too Much Surveillance?
When good intentions go too far.
Mom's Home
(Upstate New York)
Caregiver's Home
(Colorado Springs, CO)
Cameras
(everywhere)
Environmental Sensors
(temperature, air quality, humidity, etc.)
Motion Sensors
(every movement)
It feels like someone is always watching me.
Microphones
(listening)
Wearables
(tracking health, location, activity)
Smart Speaker
(always on)
Home Sweet Home
Am I checking too often? Is this too much? Is this helping or hurting?
Mom's Home – Live Monitoring
Live
Living Room
Kitchen
Front Door
Bedroom
Motion Detected 8:14 AM
Audio Detected 8:12 AM
Temperature 72°F
Heart Rate 78 bpm
Front Door Opened 7:48 AM
12 more alerts today...
Check cameras
Review alerts
Look at activity log
Did she sleep well?
Maybe check again?
Care
Support
Stay Connected
Technology can help — but too much surveillance can feel invasive, impersonal, and overwhelming for everyone.


3. The Right Balance
Useful Information. Greater Peace of Mind.
Mom's Home
(Upstate New York)
Motion Sensor
(knows if she's up and moving)
Door Sensor
(knows if the door opens)
I feel safe, but I still have my privacy.
Wearable
(tracks health and activity)
Still Going Strong
Home Sweet Home
Caregiver's Home
(Colorado Springs, CO)
Different Places Same Love
Everything looks good today. I can relax and focus on other things.
Mom's Home — Status
Normal activity today
Last update: 8:14 AM
Motion Activity Normal
Front Door Closed
Heart Rate Normal
Temperature 72°F
Sleep Good (7.5 hrs)
Checked dashboard
All normal today
Mom is doing well
Call this afternoon
Enjoy the day!
Check Connect Care
Technology can help — when used in the right way.
The goal isn't more information, it's the right information.

# Technology for Vision

| Everyday difficulty | Technology examples |
|---|---|
| Small print | Larger text, Zoom, and phone Magnifier. |
| Reading the screen | VoiceOver (Apple) and TalkBack (Android) read aloud. |
| Reading labels / objects | Seeing AI reads text, pages, bar codes and describes objects. |
| Getting visual help | Be My Eyes connects to a sighted volunteer. |

**AI can misread. Verify important information with a person.**

# Technology for hearing (This world has changed!)

| Everyday difficulty | Technology examples |
|---|---|
| Conversation | Hearing aids and remote microphones support speech. |
| Following spoken words | Apple Live Captions / Android Live Transcribe show text. |
| Television | Closed captions and compatible hearing-aid TV streamers. |
| Hearing an alarm | Purpose-built flashing lights and bed-shaker alerts. |

**Captions can mishear. Use alert devices designed for safety.**

# Technology for Medication Management

| Support | What it helps with | Examples |
|---|---|---|
| **Medication reminders** | Prompts when a dose is due | Apple Health, Alexa |
| **Smart pill organizers** | Lights or sounds guide you to the scheduled compartment | MedMinder |
| **Automatic dispensers** | Releases scheduled pills and limits access to stored pills | Hero, MedaCube |
| **Caregiver alerts** | Flags a possible missed dose so someone can check in | MedMinder, Hero, MedaCube |

**Opening a compartment or dispensing pills does not prove they were swallowed.**

# Amazon Alexa: everyday caregiving help

| Caregiving need | Concrete Alexa example | What it requires |
|---|---|---|
| Reaching fewer switches | “Alexa, turn on the bedroom lamp.” (Or all lights) | Compatible light or smart plug |
| Keeping a routine | Medication reminders and kitchen timers | Setup and someone able to act |
| Talking with family | Alexa calling, Echo Show video, optional Drop In | Supported devices and permissions |
| Comfort and daily life | Time/Weather, Music, audiobooks, Bible, games, thermostat control; Ring integration | Compatible services, devices and routines |

# GrandPad as a simpler communication option

### WHAT IT CAN OFFER

A tablet designed for simpler use

Video calls and photo sharing

A private contact circle

Family help with customization

### WHAT TO CHECK

Can the person see, hear, and use it?

Which plan includes cellular data or voice calls?

Who will keep the contact list useful?

**The subscription and family participation are part of the solution.**