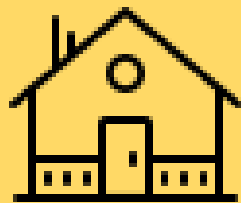


## 6 reasons why older adults should learn about smart home technology



### Remaining independent longer with impaired cognition



A smart home virtual assistant could answer requests, such as “what’s on my calendar?”

Your virtual assistant can verbally speak about calendar events and repeat them many times!

### Helping alleviate social isolation or loneliness

Of course smart home devices cannot completely overcome loneliness and isolation.



But they can enable you to make virtual connections to friends and family.

For example, by asking out loud “call my grandson” you are directly dialling his number.

## Improving safety and security



You can easily notify friends and family as well as the police if something happens.

Smart home safety systems allow you to connect smoke alarms, CO2 alarms, water leak sensors, and video cameras. You can set things up so that if anything goes wrong, someone can get notified.

You can get automatic shut off devices that can turn off the stove.

If you travel frequently, you can check on your home remotely so you can keep an eye on things when you are away. And if you prefer, someone else can do that too.

## Controlling devices by voice



Voice control of your gadgets at home are very useful if you have visual impairment, fine motor disorders or mobility impairment.

No need any longer to

- read buttons on a screen or using a keyboard
- have trouble pressing small buttons on a screen or scrolling
- get up to adjust a switch or walking across the room to change the channel on a TV or music source

## Compensating hearing impairment



By connecting wirelessly to a hearing aid, or to some other type of personalised hearing gadget you do not have to turn up the TV very loudly, for example.

You will never have trouble hearing the doorbell or the telephone.

You will hear the smoke alarm when it goes off.

**Improving your quality of life and reducing time and stress of caregivers**



A smart home automation can check up on your activities.

It can remind you on routine tasks that would otherwise take an in-person visit. For example, checking supplies in the fridge, assembling a grocery list, or remembering to take medication.

**Do you want to become in charge of Smart Home devices by learning how they actually work? Check out the EU Erasmus Project [SmartHome4Seniors](#)**



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