



Smart Homes Made Simple **Self-Assessment Tool**

This is all about you! Answering the following questions is a good first step as you consider what kind of smart home technology you would like. Use your answers as a guide when consulting with support team members and professionals to help steer the planning of your smart home.

1. Daily or Routine Activities at Home

Select the activities below where you need or want support. Use the blank spaces to add activities that aren't already listed. This is meant to be a starting point for discussion with your team and to direct your research on what smart home technology might work for you. Keep in mind, there are a variety of ways to accomplish many of the items listed below, including using your voice, a motion sensor, using an app on a phone (locally and also remotely), or setting up automations where the action is triggered by another event.

Communication

- Make calls (voice and/or video)
- Send messages (voice and/or text)
- Intercom between rooms
- Make announcements throughout home
- Send and receive email
- _____

Control of the Environment

- Turn on/off lights
- Turn on/off fan
- Make coffee
- Adjust thermostat
- Open/close exterior/interior doors
- Open/close blinds
- _____

Leisure

- Listen to podcasts, music, and/or audiobooks
- Get the news
- Hear jokes
- Watch cable TV
- Stream TV/movies/video content
- Play video games
- _____

Telehealth and Health Monitoring

- Make video/phone calls with your doctor
- Organize your medication
- Set reminders to take medication
- Monitor your vitals (weight, blood pressure, blood glucose level, etc.)
- _____

Personal Assistant / Organization / Productivity

- Find and follow recipes
- Make shopping lists
- Make to-do lists
- Order house supplies and/or groceries
- Create reminders
- Set alarms
- Manage your calendar
- Search the internet
- Manage your bank account
- Check the date/time
- Check the weather
- Check public transportation schedule
- _____

Remote Supports from a Caregiver

- Remote check-ins from family, friends, or caregivers
- Remote view of inside and outside the property
- Remote control of thermostat
- Remote control of door lock and creation of virtual "keys"
- Remote communication with visitors outside the door
- Remote monitoring of health vitals
- Remote alerts of intruders or hazards in the home (such as smoke, fire, carbon monoxide, water leaks, or stove left on)
- Remote alerts when medication is taken
- Remote alerts when you leave the property
- _____

Safety and Security

- Operate locks on doors
- See who's at the door
- View outside or inside the property remotely
- Detect hazards (smoke, fire, carbon monoxide)
- Detect intruders
- Call or message emergency contacts (family, friends, caregivers)
- Call police, fire, or other emergency service by 911
- Monitor appliances (leaving the stove on, water leaks, etc.)

Remote Supports from a Caregiver

Remote supports can make it possible for caregivers, family, or friends to check in on you and support you when they aren't nearby—and for you to check in with them. Remember, it is your choice what technology you use and how it is configured to meet your goals. Remote support technology should be initiated by you, and should not violate your privacy. If you are not comfortable with a solution, tell your team! There are many different ways to achieve the same goal.

2. Your Disability and Technology

Now that you've figured out your goals, think about how you might want to accomplish them and what features you need with your smart home technology (such as voice activation, visual or tactile alerts, etc.). Consider your strengths as well as how your disability might impact how you use a device. Also keep in mind any accessibility needs you have. Describe these things below:

3. Your Housing Status

Select the option below that best describes where you live:

- House
- Apartment
- Temporary Living Facility
- Long-Term Living Facility
- Other: _____

Does your home have reliable internet service? Yes No

Do you have access to the router, its ID, and its password? Yes No

(ID and password are typically located on the back or bottom of the router.)

4. Areas of Your Home

Select the areas in your home below where you would like support as well as any areas where you already spend a lot of time. Indicate whether you have access to Wi-Fi in each of the areas you select. A strong Wi-Fi signal is crucial for success with smart home devices. For areas that are outside, be sure to test the Wi-Fi with windows and doors closed.

	Access to full Wi-Fi signal?		
	Yes	No	Don't know
<input type="checkbox"/> Entryway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Kitchen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Living room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Family room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dining room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bathroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Office	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Basement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Garage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Team for Support

Who is already on your team for support? List below any family members, friends, caregivers, assistive technology (AT) or information technology (IT) professionals, therapists, or other people in your life who can help you with your smart home technology:

6. Technology Brand Preference

Do you prefer Apple products? Do you already own Amazon devices? Do you only use Android phones and tablets? List any of your technology brand preferences below:

7. Technology Currently in Use

List below any devices you are already using and fill in the information you have for each device. Use the blank lines at the bottom to list any additional appliances or devices you currently use that you would like to connect to smart home technology.

	Make	Model (Company/Brand)	Date of Purchase	Store or Website Where Purchased
Computer				
Smartphone				
Tablet				
Smart speaker or display				
Smart TV				
Streaming device				
Smart hub				
Smart door lock				
Smart light bulb				
Smart plug				
Smart switch				
Smart doorbell				
Smart appliances				
Smart thermostat				
Smart window treatment				
Smart camera				
Smart smoke/CO2 detector				
Other specialized or adaptive equipment:				



Use your answers to this self-assessment with your team to help you determine your goals and identify specific smart devices and systems that can help you achieve those goals.



SMART HOMES

MADE SIMPLE


Smart Homes Made Simple is a project of Pennsylvania Assistive Technology Foundation to raise awareness about how people with disabilities and older adults can gain control over their environment and live safely and more independently in their own homes using generic smart home technology.



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