

North Dakota

ASSISTIVE

ASSISTIVE **T**ECHNOLOGY

There Is No Impossible

Smart Home Routines

Presented by:

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North Dakota Assistive · www.ndassistive.org · 800-895-4728

Routines Allow You to Harness the Power of Smart Homes

- ▶ LIGHTS, CAMERA, ACTION!
- ▶ Allow you to group actions together
- ▶ Can be automated/scheduled
- ▶ Can be triggered by events within the home



What can you do with Routines?

Creativity is KEY

**The only
limitation is
your
imagination!**



What is a routine?

An action or series of actions that take place when a trigger occurs.

Think of a routine as an If, Then statement. If a trigger occurs then an action happens.

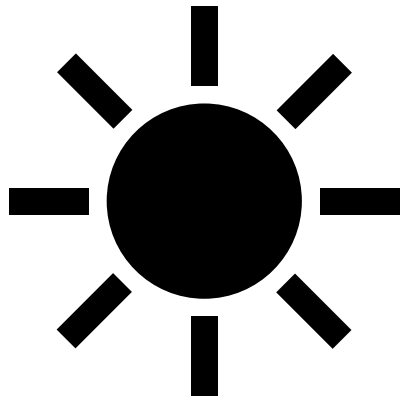
What is a trigger AKA a starter?

A condition or set of conditions that must be met in order for a routine to run.

- Alexa – trigger
- Google Home – starter

Types of Triggers - Basic

- ▶ Voice command - i.e. "Alexa, I'm home" "Hey Siri, let's dance"
- ▶ Scheduled time, sunrise or sunset - i.e. every weekday morning at 7 am, every evening when the sun sets
- ▶ When an alarm is dismissed
- ▶ Icon in smart home app is pressed



Types of Triggers - Advanced

- ▶ Smart button is pressed
- ▶ Location/geofence - upon arrival or departure from a specific location
- ▶ Smart home device meets a certain condition, i.e.
 - ▶ When an open/close sensor detects that a door has opened;
 - ▶ When a temperature sensor detects that the indoor temperature is outside of the specified range;
 - ▶ When a smart stove is turned on
 - ▶ When a motion detector hasn't detected motion for a pre-determined period of time
- ▶ Weather conditions, i.e. rain, temperature
- ▶ When a specific sound is detected



Game Time Routine



[YouTube video of the Game Time Routine](#) playing in ND Assistive's Fargo Demonstration Center

Game Time Routine - The Why

- ▶ Client loves to game. It is one of her primary social outlets.
- ▶ Client is a wheelchair and AAC user who lives with her parents with staff throughout the day
- ▶ Client has a specific environment she likes for gaming (lights on, shades down)
- ▶ With one tap on her AAC device, she can perform four separate actions INDEPENDENTLY




Image: Erin Hawley, The Geeky Gimp, a digital gaming consultant, YouTuber, blogger, and Twitch streamer


Note: Erin is not a client of ND Assistive and this Routine is not associated with her.

Game Time Routine - The How


8:48 PM Tue Oct 4

X

Game Time 


Enable Routine 


Starters


 When I say to my Assistant
"It's game time."

+ Add starter

Actions

 Adjust lights, plugs, and more

 Close blinds

 Turn on Xbox

+ Add action

Device for audio

Device that started this routine

Save

- ▶ Google Assistant Routine
- ▶ Starter: Verbal command
- ▶ LIFX light strip turns on
- ▶ Lutron Serena smart shades close
- ▶ Xbox turns on
- ▶ TV turns on

I Need to Calm Down Routine



[YouTube video of the Relax Routine](#) playing in ND Assistive's Fargo Demonstration Center

Relax Routine - The How

8:48 PM Tue Oct 4

59%

✕

Relax

Enable Routine

Starters

When I say to my Assistant
"Help me relax" or "I need to calm down" or...

+ Add starter

Actions

Adjust lights, plugs, and more

Close the shades

Play sleep sounds

+ Add action

Device for audio

Device that started this routine

Save

- ▶ [Google Assistant Routine](#)
- ▶ Starter: Verbal command
- ▶ [Lutron Serena smart shades](#) close
- ▶ White noise machine turns on
- ▶ Fan turns on
 - ▶ White noise machine and fan are made smart using [Kasa smart plugs](#)
- ▶ Google Nest Hub max starts [playing running water sounds](#)

Relax Routine - The Why

- ▶ Client has a panic disorder
- ▶ Client's bedroom is set up to provide a CALMING, sensory-friendly environment to help soothe them
- ▶ When the client or their partner notices that their nervous system is going into freeze mode because they are overwhelmed, they can go into their bedroom and activate this Routine in a way that they are able to at that moment:
 - ▶ Through the Google Home app
 - ▶ By pressing the icon on their Google Nest Hub Max screen
 - ▶ By saying one of these phrases:
 - ▶ "I need to calm down"
 - ▶ "I need to relax"
 - ▶ "I'm overwhelmed"



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What to Eat Routine




[YouTube video of the Cupboard Opening Routine](#) playing in ND
Assistive's Fargo Demonstration Center


Cupboard Opening Routine - The How

◀ Search 8:50 PM Tue Oct 4

EDIT ROUTINE


Enabled 

NAME


Kitchen Cupboard Sensor opens 

WHEN

Kitchen Cupboard Sensor opens
[View/Edit](#)

Anytime 

ALEXA WILL


[Add action](#) 

⊖ Say "What's cookin' good lookin'?" =

⊖ Trending Recipes =

FROM

Demo Center Echo Show

Home Communicate Play Devices 

- ▶ Alexa Routine
- ▶ Trigger: Ring open/close sensor senses that the cupboard has opened
- ▶ Alexa says "What's cookin' good lookin'?"
- ▶ Trending recipes appear on the Echo Show screen

Cupboard Opening Routine - The Why

- ▶ Client has difficulty with short-term memory and struggles with cooking
- ▶ Client will open their cupboards/ fridge and forget why
- ▶ Provides auditory and visual supports to assist with cooking



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Making Your Own Routines



My Recommendation

- ▶ Start with a basic Routine first. Then, as you become more comfortable with creating and initiating that Routine, you can create more complex Routines.

Ask yourself these questions

- ▶ What is a small thing that would make the biggest difference for this person?
Start there.
 - ▶ Turning the hallway light on automatically when the person gets out of bed at night.
 - ▶ Turning all the lights on at one time.
 - ▶ Relief from knowing that a water sensor is going to detect and alert them when the sump pump has failed
- ▶ How can I create REAL INDEPENDENCE with a smart home versus just a friendly greeting and music in the morning?

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Making a Routine - Platforms

- ▶ [Alexa Routines](#)
- ▶ [Google Home Routines](#)
- ▶ [Siri Shortcuts](#)
- ▶ [Samsung SmartThings](#)
- ▶ [IFTTT](#)
- ▶ Most smart home devices have their own apps. Many of these apps allow you to create routines, automations, or scenes within the app itself.
 - ▶ Automations happen automatically
 - ▶ Think of scenes like a play stage – how the lights are set, what the temperature of the auditorium is set to, etc.
- ▶ Depending on compatibility, automations or scenes from device apps can be imported into your general voice assistant app (Alexa, Google)

Check out the pre-built Routines or search the internet for ideas

- ▶ The widely used apps have many Routine templates built-in. Check them out. Start with one of those.
- ▶ Search YouTube for creative ideas for Routines

Additional Example Routines

Marietta's Morning without the Madness

- ▶ Marietta is a heavy sleeper who lives alone. She has had trouble holding onto a job in the past because she oversleeps.
- ▶ Trigger: Time - every weekday morning at 6:30 am
- ▶ Sleep sounds that were playing on her Echo Dot turn off
- ▶ Fan on her bedside table turns on; it is set up to blow on her face at high speed.
- ▶ Bedside lamp and overhead light turn on
- ▶ Alexa says a random good morning phrase such as "Top of the mornin' to you!"
- ▶ Energetic music plays

Out the Door without the Struggle

Family Bell routine for the household is set up and shows on all Nest Hub Max devices and everyone's Android smartphones

- 7:15 am Feed the Pets – Nemo and Sparky are hungry!
- 7:20 am Ding, ding it's breakfast time
- 7:30 am Time to put your dishes in the sink and grab your lunchbox from the fridge.
- 7:32 am Put your shoes and coat on.
- 7:33 am "It's the Final Countdown" starts playing. Family's objective is to be out the door before the song ends.
- 7:38 am Everyone is out the door!



Arriving Home after Work

- ▶ Routine is triggered by a geofence when you return home
- ▶ Text is automatically sent to Mom & Dad that you've arrived home
- ▶ Your apartment lights turn on and your heat turns up
- ▶ Google says Hello and reminds you that Wednesdays are laundry days
- ▶ Your laundry playlist plays
- ▶ Google gives you friendly reminders every 20 minutes to keep working on your laundry



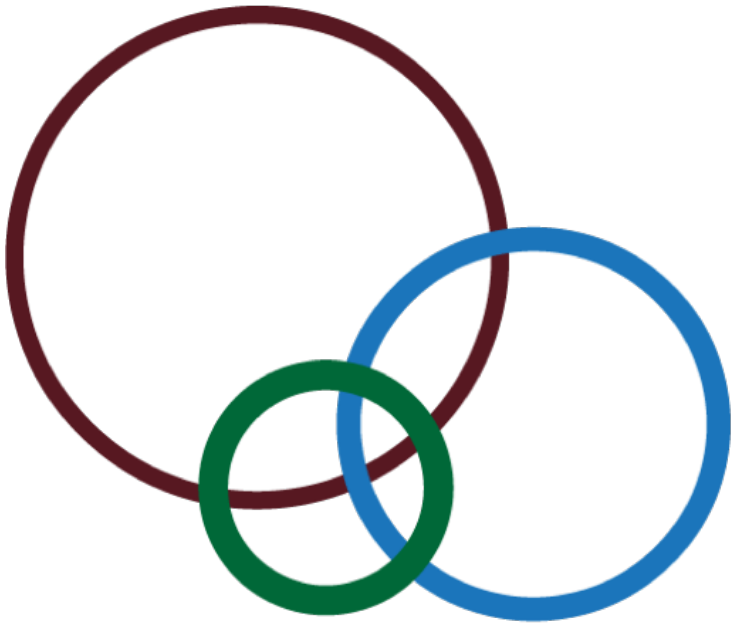
Bedtime is a Breeze

- At 9 pm Google says "It's time to get ready for bed."
- Reminder to brush teeth
- YouTube video of a toothbrushing song plays
- Reminder to put on pajamas
- Sunlight emulator slowly dims
- Sleep story podcast plays
- Calming ocean sounds play
- Lights turn off at a set time



Contact Us

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