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# Family-to-Family Suggestions

## Links to Technology Families Have Found Helpful

“Technology that can help make life easier and safer at home and in the community.”

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### Organizational Tools

#### Worker Scheduling

- *Humanity* – online scheduling and team management  
<https://www.humanity.com/tour>



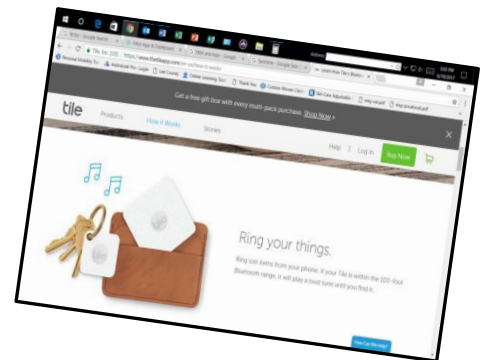
### Location Identification

#### Vehicle Tracking

- *GPSPolice*  
(site) <http://www.gpspolice.com/>  
(products) <http://www.gpspolice.com/products>

#### Persona/Item Location

- *Tiles / Angelsense* – various personal locators that use Wi-fi, Bluetooth, cell signals to help you locate someone or something – small square object tracker. Example below:  
<https://www.thetileapp.com/en-us/>



### Communication/Networking

#### Staying Connected, Checking in

- *Communicating with family and friends to keep up relationships; Connecting to see how your family member is doing, i.e. Facetime, Skype, Video Camera, etc.*
- *Facetime* – Face-to-face calling app for Apple products  
<https://support.apple.com/en-ca/HT204380>
- *Video camera, Uses Wifi, on-line or phone tablet app*  
Nest Camera: <https://nest.com/ca/cameras/>





## **Health Management**

### **Activity Tracking**

- *Fitbit and Aria scale – monitor sleep, heart rate with Fitbit watch; monitor weight, hydration with scale*  
(scale) <https://www.fitbit.com/en-ca/aria#features>  
(Fitbit) <https://www.fitbit.com/compare>  
(Fitbit app) <https://www.fitbit.com/en-ca/app>

### **Weight Management**

- *Weightgurus – Bluetooth scale, track changes with phone*  
(site) <https://weightgurus.com/>  
(buy the product) <https://greatergoods.com/weight-gurus/product>

### **Blood Pressure Management**

- *Mobile health wireless Bluetooth blood pressure monitor*  
<https://truetosource.co/products/mbh-wireless-bluetooth-arm-blood-pressure-monitor-for-ios-and-android>

### **Medication Management**

- *Epill – automatic pill dispensers that release pills at designated times*  
<http://www.epill.com/dispenser.html>

### **Epilepsy Monitoring**

- *Embrace by Empatica – epilepsy monitor watch*  
<https://www.empatica.com/product-embrace>



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## **Home Automation, Safety & Security**

### **Garage Door Opener Indoor/Outdoor Lights/ Lamps**

- MyQ - Control indoor/outdoor lights & house lamps remotely with a remote, Homelink®, or smartphone app via wi-fi to light areas of your home when necessary
- Compatible with several brands of garage doors to allows you to open/close your garage door remotely
  - (garage opener) <https://www.chamberlain.com/smartphone-control-products/myq-garage/model-myq-g0201>
  - (light switch) <https://www.chamberlain.com/smartphone-control-products/smartphone-connectivity/myq-interior-light-switch>
  - (about the app part 1) <https://www.chamberlain.com/smartphone-control-products/myq-smartphone-control>
  - (about the app part 2) <https://www.chamberlain.com/smartphone-control-products/smartphone-garage-door-openers>



### **Keyless Door Locks**

- *August – door lock, keypad*
  - August smart home – smart lock & smart key pad are August’s solutions that allow you to be in control of who is coming and leaving your home from your smartphone
  - (smart lock) <http://august.com/products/august-smart-lock/>
  - (keypad) <http://august.com/products/august-keypad/>
- *Weiser smart code – keyless door locks*
  - (all locks) <http://www.weiserlock.com/en/Products/ProductTypes/keyless-door-locks.aspx>
  - (Smart code 5) <http://www.weiserlock.com/en/Products/SmartSeries/SmartCode-HC.aspx>
  - (Smart code 10 – touchscreen) <http://www.weiserlock.com/en/Products/SmartSeries/SmartCode10Touch-HC.aspx>

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## **Home and Personal Safety**

### ***Technology families find ‘smart’ without a smart phone***

#### **Electric Strike**

- *Keeps people safe who may wander; hooked up directly to the smoke alarm. Door will unlock when fire alarm goes off. Information regarding electric strike can be found at: <https://dengarden.com/home-improvement/Electric-Strike-Basics>*

#### **Hot Water Tank Regulator**

- *Hot water tank regulator keeps water at safe temperature. For more information: <http://www.wattscanada.ca/pages/learnAbout/temperingValves.asp?catId=1159>*

#### **Induction Burner**

- *Shuts off automatically once pan is removed. Becomes cool to the touch within 30 seconds. Information regarding induction burners can be found at: <http://theinductionsite.com/proandcon.php>*

#### **Locks and Latches (Safety 1<sup>st</sup>)**

- *Dishwasher/microwave/cabinet safety strap  
<https://www.safety1st.com/ca-en/home-safety/locks-latches/appliance-doors/custom-fit-all-purpose-strap-2pk-ca-hs1710300.html>*
- *Press'n Pull safety latch  
<https://www.safety1st.com/ca-en/home-safety/locks-latches/appliance-doors/multi-purpose-latch-ca-120180300.html>*
- *Refrigerator door lock  
<https://www.safety1st.com/ca-en/refrigerator-door-lock-ca-hs1870300.html>*

