

## Seniors Fall Prevention

### Devices:

- Amazon Echo Flex.
- Amazon Echo Plus
- Hue Lights.

### Prerequisites:

Hue lights are set up using the Hue skill. Devices are discovered and accounts are linked with Alexa and Hue.

### IFTTT Setup:

The routine would need to send an email notification to the caretaker of the Senior. We used a custom IFTTT applet.

1. Create an IFTTT account.
2. Click explore and search for Amazon Alexa service.
3. Connect to the service by Logging in your credentials linked with the Alexa account associated with the device.
4. Select “Alexa says” trigger and enter the trigger phrase as “open lights” or anything you want. This would be visible under the routine action section once initialized.
5. Set the subject and Body part of the email which is needed and click save.
6. IFTTT setup is done.

### Routine Setup:

#### Motion Triggered Routine:

1. Select the “More” from the options in the Home screen.
2. Click Routines and then click the “+” on the top right section of the app to add a new routine.
3. Enter the routine name.
4. Select “When this happens”.
5. Select Smart Home.
6. Select First Motion Sensor.
7. Select “Detected” and select next on the top right section of the app. This would take you back to the current routine screen of step 2.
8. You can now see “Set condition” below “when this happens”.
9. Select set conditions and decide the time and days in the week you want this routine to be active.
10. Select “Add actions” from screen in Step 2.
11. Select “smart Home” like in Step 5. You can see connected lights. Select the lights you wish to turn on. Select “Power” to “ON”. Select brightness to 25% and set colour to “Red”.

12. Add another action from Step 10. Select Alexa Says, and enter the phrase Alexa device would say to the Senior when the motion is triggered. Ex - "Hello Todd".
13. Add another action. Select "Wait" and set it to 5 seconds and hit next.
14. Add another action. Repeat Step 11 with minor change, i.e. setting brightness to 50%.
15. Add another action. Repeat Step 12, enter a new phrase which you want Alexa to say after 5 second delay. Ex - Before standing up please sit up on your bed and count to 10.
16. Add another action. Repeat step 13.
17. Add another action. Repeat Step 11 with minor change, i.e. setting brightness to 100%.
18. Add another action. Select IFTTT and select the applet you have created. This would send an email to the caretaker of the senior.
19. You can now rearrange the actions just created using "drag/drop". The ideal arrangement would be the actions created in following steps:  
11 ⇒ 18 ⇒ 12 ⇒ 13 ⇒ 14 ⇒ 15 ⇒ 16 ⇒ 17.
20. Select "from device" if there are multiple devices setup in the seniors apartment. This step is needed as the "Alexa Says" actions would be spoken out from the device selected in this section.
21. Select save and routine is set for Motion Triggered.

#### No Motion Triggered:

1. Follow the Steps 1 to 6 from the Motion Triggered Routine Steps.
2. Select "Not Detected" and set a timer for 1 minute.
3. Select Add actions from screen in step 2.
4. Select "smart Home" like in Step 5. You can see connected lights. Select the lights you wish to turn off. Select "Power" to "OFF".
5. Select save and routine is set for No Motion Triggered.

#### More Info:

Echo Flex \$24.99

Motion Sensor for Echo Flex \$14.99

All-new Echo (4th Gen) \$99.99

White and Color Ambiance A19 LED 60W Equivalent \$45.53

Total Per Room \$185.50

You will also have to ensure:

1. Internet connectivity for the room
2. a lamp that the lightbulb can be placed into. You could also do a BR30 bulb instead of an A9 and put it into a recessed can in the ceiling.