

# Smart Home Self-Assessment

Use this list as a guide to finding out what support you will need to live on your own or mostly on your own with some help from family or friends. Check off all the items where you think you will need or want support. Use the blank lines to add things that are not listed.

<b>Communication</b>	
<input type="checkbox"/> Make Calls (Voice/Video)	<input type="checkbox"/> Send messages (Voice/Text)
<input type="checkbox"/> Intercom between rooms	<input type="checkbox"/> Make announcements throughout the house
<input type="checkbox"/> Send and receive email	<input type="checkbox"/> _____



<b>Control of Environment</b>	
<input type="checkbox"/> Turn on and off lights	<input type="checkbox"/> Turn on and off fans
<input type="checkbox"/> Make Coffee	<input type="checkbox"/> Adjust thermostat
<input type="checkbox"/> Open and close exterior door	<input type="checkbox"/> Open and close interior doors
<input type="checkbox"/> Open and close blinds	<input type="checkbox"/> _____

<b>Entertainment</b>	
<input type="checkbox"/> Listen to podcasts, music, and/or audiobooks	<input type="checkbox"/> Get the news
<input type="checkbox"/> Hear jokes	<input type="checkbox"/> Watch cable television
<input type="checkbox"/> Play video games	<input type="checkbox"/> Stream TV, movies and/or content



<b>Personal Assistant/Organization/Productivity</b>	
<input type="checkbox"/> Find and follow recipes	<input type="checkbox"/> Order house supplies and/or groceries
<input type="checkbox"/> Make shopping lists	<input type="checkbox"/> Create reminders
<input type="checkbox"/> Manage "to-do" list	<input type="checkbox"/> Set Alarms
<input type="checkbox"/> Manage your calendar	<input type="checkbox"/> Search the internet
<input type="checkbox"/> Manage your bank account	<input type="checkbox"/> Check the date and time
<input type="checkbox"/> Check the weather	<input type="checkbox"/> Check public transportation schedule
<input type="checkbox"/> _____	<input type="checkbox"/> _____





### **Telehealth and Health Monitoring**

<input type="checkbox"/> Make video/phone calls with your doctor	<input type="checkbox"/> Monitor your vitals (weight, blood pressure, blood glucose levels, etc.)
<input type="checkbox"/> Organize your medication	<input type="checkbox"/> Set reminders to take medication
<input type="checkbox"/> _____	<input type="checkbox"/> _____

### **Safety and Security**

<input type="checkbox"/> Operate locks on the doors	<input type="checkbox"/> View outside or inside the property remotely
<input type="checkbox"/> See who is at the door	<input type="checkbox"/> Detect hazards (smoke, fire, carbon monoxide)
<input type="checkbox"/> Call police, fire, or other emergency services 9-1-1	<input type="checkbox"/> Call or message emergency contacts (family, friends, caregivers)
<input type="checkbox"/> Detect intruders	<input type="checkbox"/> Monitor appliances (stove left on, water leaks, etc.)
<input type="checkbox"/> _____	<input type="checkbox"/> _____

