



**THE OHIO STATE  
UNIVERSITY**

WEXNER MEDICAL CENTER

**UNDERSTANDING THE DISEASE SYMPOSIUM**  
Saturday, April 30, 2022

# **Environmental Controls & Smart Home Technology**

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**OSU Assistive Technology Center**



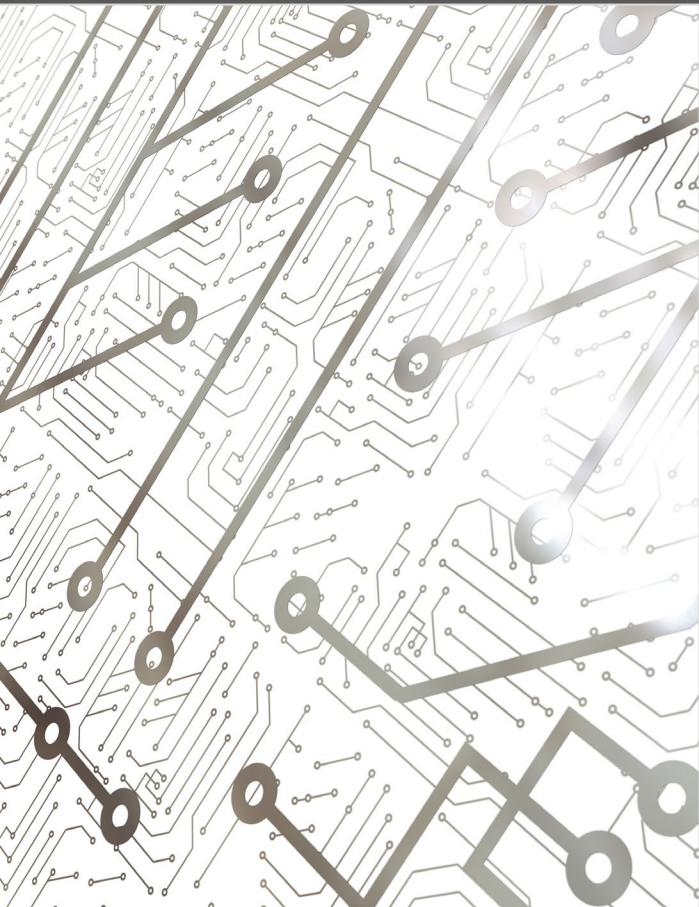
## What are *Environmental Controls*?

Environmental Controls, or Smart Home Technology, is a way of controlling electronic devices around your home, such as lights, TV, thermostat or door locks

Smart Home devices can be controlled using a phone, tablet, smart speaker, or switches and buttons

Smart Home devices are becoming popular, and many are relatively inexpensive

# How could a Smart Home be useful?



Smart Home technology can help you remain more independent in your home and control your environment

Smart Devices can help if it is difficult to get up and reach a device, or if it is difficult to operate a remote or light switch



## For Example:

If it is difficult to get up to turn off a bedroom light switch, you could use a ***smart light*** to turn off the light for you

- Tell your smart speaker “Turn off the bedroom light”
- Use your phone to control your light
- Place a smart button closer to your bed to turn off the light



# Poll Question 1

# Poll Question 2

# Ways to Control Smart Home Devices

## Option 1: Smart Speakers



- Smart speakers let you control devices using your voice
- Built in features include listening to music, setting alarms and reminders, making lists and more
- Can connect Smart Devices to your smart speakers to control them with your voice

Smart Speakers respond to clear and loud speaking voice, including one coming from a ***Speech Generating Device***

# Ways to Control Smart Home Devices

## Option 2: Phone/Tablet



- Smart Home devices can be controlled through an app on your phone or tablet
- Use your phone or tablet like a remote control to control your device from far away – even if you're out of the house
- Some devices can also be set to run automatically
  - ex: Turn on the lights every day at 8am
  - ex: Run my smart vacuum every Monday at noon



# Ways to Control Smart Home Devices

## Option 3: Buttons & Switches



- If using Voice Control and using a phone are difficult, some devices can be operated with a battery-operated button or switch
- These can be placed in a convenient location, such as a bedside table or lap tray
- ***This option is not available for all devices***



“I know how to control devices,  
now what can I control?”

# Common Smart Home Devices

## Smart Lights



- Smart Light Bulbs, Smart Plugs or Smart Switches
- Available in many different styles, colors, wattages, etc.
- Control your lights without using the light switch

# Common Smart Home Devices

## Video Doorbell & Smart Door Lock



- Control who's coming in and out of your house, even if it's difficult to get to the door
- Video doorbell to see and speak with who's at your door
- Smart Door Lock to control who's coming in your house
- Can be helpful if aides or nurses are coming into your home



# Common Smart Home Devices

## Smart TVs

- Smart TVs can often be controlled with an app on your phone or tablet
- Some Smart TVs can pair with a smart speaker for voice control
- Older “Not-Smart” TVs can sometimes be controlled with an ‘infrared blaster’
  - Infrared blasters are built-in to some power wheelchair controls and speech-generating devices
  - They can also be purchased online

# Now what do I do?

## What devices do you want to control around your house?

- What tasks do you usually have to ask for help with?

## Who is on your “team”

- Smart Devices take some initial physical and tech set-up that you may need some help with
- Family, spouse, kids, neighbors & friends are often willing to help!

## Start Small!

- If this is your first Smart Device – start small by purchasing 1 or 2 devices. See if they work well in your home and if you like using them, before investing in a more complex system

# Assistive Technology Center

## OSU Assistive Technology Assessment

- Appointment with an Occupational Therapist and Rehabilitation Engineer to assess for access to electronic devices
- More in-depth and personalized education about Smart Home devices
- Try before you buy

# Thank you!

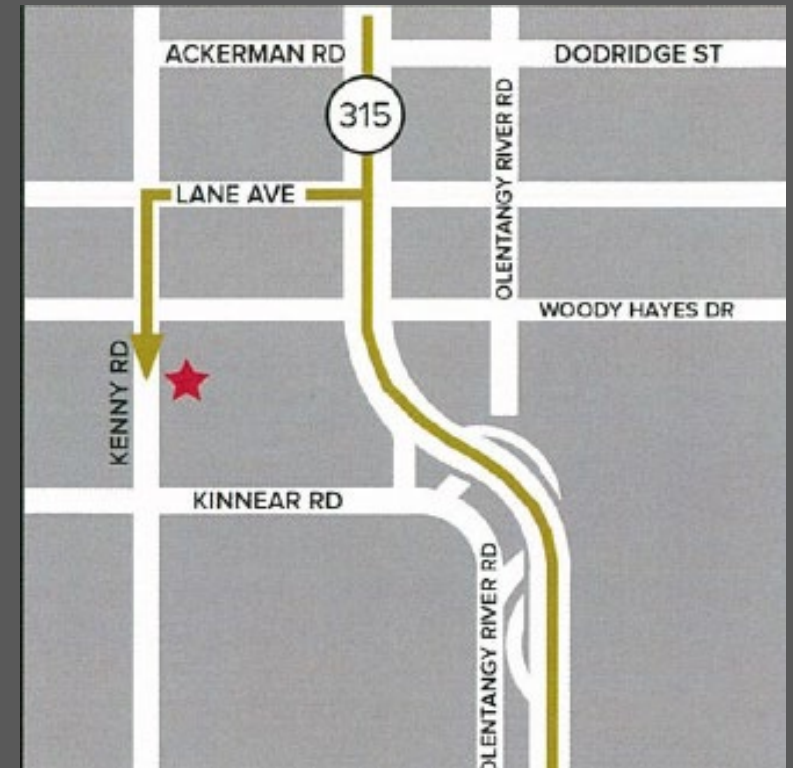
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Ask your doctor, PT, OT, or SLP for a referral to the OSUWMC Smart Clinic!

### Getting Started Is Simple

- Ask your physician for a referral to Occupational Therapy/ATP for “EADL Assessment” through the Ohio State Wexner Medical Center’s Assistive Technology Center Smart Clinic. This referral should be completed and faxed to **614-293-9002** by your physician. Referral must include all diagnoses, demographics, insurance card and most recent office notes.



We are located in the Assistive Technology Center on the 3<sup>rd</sup> floor of Martha Morehouse.



