

Technology to assist with independent living

You may already have some technology in your life, but didn't know that it could help with keeping you independent and well.

Digital Assistants

Internet-connected devices can help you with everyday tasks and to manage your home environment. You can interact with them by asking questions or giving instructions verbally.

For example, you can use them to:

- > Set routines or reminders to take medication at a certain time of day
- > Use calendar for appointments
- > Browse for step-by-step recipes
- > Keep in touch with friends and family
- > Play music or a radio station
- > Control things in your home such as lighting or heating

Digital assistants at home are often used in the form of 'smart speakers' such as [Google Home](#) or [Amazon Echo](#) and are available to purchase.

Mobile Apps

There are thousands of apps you can use on your smartphone or tablet to:

- > Monitor your health, fitness and wellbeing
- > Make video calls to your friends, family or carer
- > Keep safe
- > Stay connected by using social media

These apps often don't cost much, and can sometimes be free. Here's a list of [NHS-approved apps](#).

You and your family may be able to pay for the technology you need privately. Arranging it yourself will give you more choice and control.

You may be able to find what you need from large retailers, specialist technology and health shops online or app stores using a smartphone or other mobile device.