



# Grandma's Technology Home

## Smart Technology

**Living in your home is your right. Everyone wins when you stay at home, where you are happiest and most comfortable.** However, in order to keep you safe and healthy at home, there is some technology I'd like to implement.

This article discusses how smart homes can help seniors living independently with the help of smart home technology [of-the-nursing-home.html](#)

Not only will hooking you up with technology help keep you healthy and safe, it will increase your quality of life. <http://aarptek.aarp.org/health-happiness-tech>

## Phase 1

New phone

### Apple iPhone 7 (32 gb)

Why i think you should get this:

- Apple products are very simple and easy to learn how to use. They are designed with usability in mind and have built-in accessibility features (making text bigger, etc)
- Apple has a top notch security and antivirus system
- We can connect using FaceTime so we can see each other when we talk to each other on the phone if we want.
- You can load a ton of apps on here, including apps to help you manage your health (remember to take your medicine), play games, read books, make purchases, control your thermostat, answer the door, protect you from spam and predatory calls, and do a million other things.

Device purchase requires a SIM Starter Kit which will be added to your order automatically.

**\$649<sup>99</sup>** full retail price + \$20.00 SIM Starter Kit



# Smart Home Technology

## Nest

Why i think you should get this:

- A lot of times you have fallen it was because you were messing with the thermostat. You can control the thermostat from your bed or your chair.
- We have a lot of phone calls and arguments about the temperature/whether or not the AC or furnace is working. I can see it from wherever i'm at.
- Being able to see you would make me feel a lot better while I am away. You might not think you need it now, but as you get older, we will need it. In addition, being able to see you would help me track changes in your gait/behavior.
- Eventually you could set up additional software to control your lights, turn things on and off, and answer the door.
  - The video doorbell is available through Nest (Skybell \$199) or through Ring Video Doorbell (\$169 and this will get you a discount of 5% on your American Family Insurance Policy <https://myapps.amfam.com/amfamring/#/landing>)
- You don't use your ADT system, which expires soon, and I think this is a good alternative).

	Price	Quantity	Total
 <a href="#">Nest Learning Thermostat - 3rd generation, White</a>	\$249.00	1	\$249.00
 <a href="#">Nest Cam Indoor</a>	\$199.00	1	\$199.00
 Nest Aware annual subscription(10-day video history)	\$100.00	1	\$100.00
 <a href="#">Nest Cam Outdoor: 2 Pack</a>	\$348.00	1	\$348.00

Hardware

Hardware subtotal	\$796.00
Nest Thermostat discount	- \$50.00
Nest Cam Indoor discount	- \$50.00
Shipping	-
Hardware total	\$696.00
Subscription	
Annual Subscription (allows you to view 10 days of history)	\$100.00

## Phase 2

### Tablet

A tablet is a device in between a phone and a computer. It is more portable (you can take it places with you if you want) but it doesn't have a full keyboard and mouse (unless you buy a case that has one), but allows you to do many of the same things as a computer.

<http://aarptek.aarp.org/tablet-enhance-years>

Why I think you should get this:

- It will help keep you busy and challenge your mind with games and books.
  - It will make reading easier because you can enlarge pages and the screen is lit.
- You can use it to stay in touch with your friends.
- You can use it while you are in bed.
- You can connect it with your iPhone so everything works the same and it remembers all of your information



## 9.7-inch iPad Pro 32GB

Finish

Space Gray

[Change\(Finish\)](#)

Storage and Connectivity

**\$599.00**

**Get up to two years of tech support and accidental damage coverage.**

**\$99.00**

# Home Computer/Office

1. Get a desk!

## LG - 24MP58VQ 24" IPS LED HD Monitor - Black

<http://www.bestbuy.com/site/lg-24mp58vq-24-ips-led-hd-monitor-black/4922100.p?skuld=4922100>

- **Model:** 24MP58VQ
- **SKU:** 4922100
- **4.6** (209)



Place this LG 24-inch full HD television in your bedroom, and enjoy crisp images and high-quality sound. The slender profile of this television includes a solid stand for easy setup. Safe and Reader modes on this LG 24-inch full HD television are easy on your eyes so you can binge watch for hours.

**\$129.99 ON SALE SAVE \$70** (Reg. \$199.99) **FREE SHIPPING**

Protection Plan (4 years) \$19.99

## Targus - USB and HDMI Docking Station - Black

<http://www.bestbuy.com/site/Targus+-+USB+and+HDMI+Docking+Station+-+Black/4583902.p?skuld=4583902&productCategoryId=pcmcat251600050011&id=1219773213480>

- **Model:** ACP78US
- **SKU:** 4583902
- **4.1** (60)



Connect your laptop, speakers and HDTV together using this Targus ACP78US USB and HDMI docking station, which supports resolutions up to 2048 x 1152 for a crisp, clear picture. Three USB 3.0 ports and a Gigabit Ethernet port allow flexible connectivity.

**\$109.99 ON SALE SAVE \$20** (Reg. \$129.99) **FREE SHIPPING**

## Logitech - MK570 Comfort Wave Wireless Keyboard and Optical Mouse

<http://www.bestbuy.com/site/Logitech+-+MK530+Advanced+Wireless+Keyboard+and+Optical+Mouse/5106401.p?skuld=5106401&productCategoryId=abcat0513005&id=bb5106401>

- **Model:** 920-008001
- **SKU:** 5106406
- **4.6** (238)



Stay comfortable all day long with this Logitech wireless keyboard and mouse set. The keyboard is ergonomically designed so that you can rest your wrists and reduce the effects of RSI, and both the keyboard and mouse connect using the same USB port. Effortless functionality is at your fingertips with this Logitech wireless keyboard and mouse set.

**\$34.99 ON SALE SAVE \$35** (Reg. \$69.99) **FREE SHIPPING**

<http://www.bestbuy.com/site/epson-expression-premium-xp-630-all-in-one-printer-black/4212806.p?skuld=4212806>

- **Model:** C11CE79201
- **SKU:** 4212806
- **4.3** (434)



## Epson - Expression Premium XP-630 All-In-One Printer - Black

Epson Expression Premium XP-630 All-In-One Printer: Quickly print photos, scan documents and make copies with this versatile printer, which features Wi-Fi Direct for wireless connectivity. The Epson iPrint app and Apple® AirPrint enable mobile printing.

**\$79.99 CLEARANCE SAVE \$70** (Reg. \$149.99) **FREE SHIPPING**

Protection plan (2 years) \$9.99

Estimated total (before taxes, extras) \$379.93

### Extras needed:

Power Strip (2 pack for \$9.99 on amazon.com [https://www.amazon.com/AmazonBasics-6-Outlet-Surge-Protector-2-Pack/dp/B014EKQ5AA/ref=sr\\_1\\_2?ie=UTF8&qid=1480289511&sr=8-2&keywords=power+strip](https://www.amazon.com/AmazonBasics-6-Outlet-Surge-Protector-2-Pack/dp/B014EKQ5AA/ref=sr_1_2?ie=UTF8&qid=1480289511&sr=8-2&keywords=power+strip))

HDMI Cord (\$6.99 on amazon.com [https://www.amazon.com/AmazonBasics-High-Speed-HDMI-Cable-Standard/dp/B014I8SSD0/ref=sr\\_1\\_3?ie=UTF8&qid=1480289541&sr=8-3&keywords=hDMI+cord](https://www.amazon.com/AmazonBasics-High-Speed-HDMI-Cable-Standard/dp/B014I8SSD0/ref=sr_1_3?ie=UTF8&qid=1480289541&sr=8-3&keywords=hDMI+cord))

Mousepad

### Optional:

Speakers (\$12.22 on amazon.com [https://www.amazon.com/AmazonBasics-Powered-Computer-Speakers-A100/dp/B00GHY5F3K/ref=sr\\_1\\_4?s=pc&ie=UTF8&qid=1480289572&sr=1-4&keywords=computer+speakers](https://www.amazon.com/AmazonBasics-Powered-Computer-Speakers-A100/dp/B00GHY5F3K/ref=sr_1_4?s=pc&ie=UTF8&qid=1480289572&sr=1-4&keywords=computer+speakers))