



## Information sheet no. 44

# Technology in daily life

## Ambient Assisted Living - AAL

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In the context of Ambient Assisted Living - AAL, which is sometimes also referred to as "age-appropriate or daily life assistance systems", we are talking about products and concepts that are designed to improve life at home for people who have disabilities.

The basic requirement for using digital assistance systems is a DSL connection and a wifi router. Any electronics retailer can provide advice and support if required. They can also help with the purchase and installation of a smart home control centre, which is usually set up by the providers themselves.

All of the compatible functions of a networked household can be set and controlled from a smart home centre on a technical device such as a tablet. This means that any function, such as closing a window, is possible without any additional apps by simply pressing a button. We recommend getting specialist advice on whether the various products are compatible with each another.

More detailed information can be found on the website Living - Care - Digital <https://www.lebenpflagedigital.de/>, a one-stop shop for any matter relating to digitisation in the care and living environment.

### Financing

Help with financing can be applied for through your own care insurance company or the KfW Bank - Kredit für Wiederaufbau. The care insurance company must check whether the product is listed in the directory of equipment.

### Data protection

Make sure that your wifi connection at home uses encryption and firewalls as security is very important. Privacy settings can also be changed in the personal settings of devices so that less data can flow out. Care should be taken here to ensure that these are programmes that comply with EU data protection guidelines.

Model flat with  
examples for people in  
need of care



Model flat with  
examples before  
starting  
the need for care



## **Burglary protection**

An alarm system can simulate that a house is occupied through the automatic use of shutters, lighting or even the sound of everyday noises to give the impression that someone is at home. Additional camera surveillance, motion sensors or alarm systems provide further deterrence against break-ins.

## **Home emergency call centre - inactivity detector - fall detection**

A home emergency call centre is able to receive different signals from a fall, inactivity, fire or water detectors. This centre informs connected contacts, such as the emergency services or selected persons, by sending a call or notification to their smartphone or tablet. With the inactivity detector, the sensor registers deviations from normal patterns of movement. Fall detectors register when a person has fallen.

## **Cooker safety + water detector**

Dangerous situations are repeated occurrences in a household. Sensors can be a big help with this. If a cooker has been left on, they register the heat as it increased, and a warning signal is emitted or the cooker is switched off immediately. Water sensors work in a similar way. As an example, they can be installed on the floor to inform you if water is leaking from your washing machine. The warnings can also be sent to a smart home centre using visual and acoustic alerts.

## **Smart door lock + Visible doorbell**

When entering the house, the door can be opened using an app on your smartphone or a transponder chip. Other people can be authorised to open the door. Otherwise, a person ringing the doorbell can be signalled by installed lights.

## **Voice assistant**

This is a system that is connected to a loudspeaker. This system works on demand and can receive commands. It can switch a light on and off by voice, and can even change the TV programme or make or answer a phone call.

## **Light control + Welcome light**

Light sensors can illuminate a path to minimise the risk of falling. Your home lighting can be activated directly when you walk through the front door.

You can find a summary of products in the home environment at:

<https://www.lebenpflagedigital.de/produktubersicht/>

**Staff at the care support centre will be happy to provide you with advice**

**Free service number: 0800 5950059**

[www.pflegestuetzpunkteberlin.de](http://www.pflegestuetzpunkteberlin.de)

The care support centres are operated by the state of Berlin and the care and health insurance companies based in Berlin