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This enhanced checklist includes essential and optional smart home upgrades for seniors, along with privacy, caregiver support, and backup tips. Each item is rated by difficulty and aligned with accessibility and safety best practices for aging in place.





### *Essentials*

-  **Use Smart Plugs** –  Easy: Control lamps, appliances, or coffee makers remotely or with voice commands.
-  **Install Motion Sensors** –  Medium: Automatically light hallways, bathrooms, and entryways to prevent falls.
-  **Set Up Smart Timers** –  Easy: Automate routines like lighting, watering plants, or powering down electronics.
-  **Connect to Voice Assistants** –  Easy: Control devices using Alexa or Google Assistant.
-  **Label Devices Clearly** –  Easy: Use printed or color-coded labels to track devices.
-  **Document Setup Instructions** –  Easy: Print or write down setup steps and voice commands.
-  **Start with a Bundle** –  Easy: Begin with a 3-item kit: smart plug, motion sensor, and timer.
-  **Ask for Help** –  Easy: Seek help from family or tech support if needed.





### *Optional Upgrades*

-  **Add Smart Door Locks** –  Medium: Enable secure, keyless entry and remote access control.
-  **Install Smart Thermostats** –  Expert: Save on energy by automating heating and cooling.
-  **Set Up Video Doorbells** –  Medium: View who's at the door without needing to get up.

### *Caregiver Support & Remote Monitoring*

-  **Enable Shared Access** –  Medium: Give trusted family members access to monitor or control devices.
-  **Use Manufacturer Apps** –  Easy: Centralize device control and simplify remote support.

### *Backup & Privacy*

-  **Prepare a Tech Backup Plan** –  Easy: Keep flashlights, manual switches, and written instructions nearby.
-  **Review Privacy Settings** –  Medium: Limit voice recordings and adjust data sharing options.



-  **Secure Your Wi-Fi Network** –  Expert: Use strong passwords and enable WPA3 if available.