



# Telehealth + Smart Home Checklist






*A Senior's First-Week Guide for Safe, Simple, and Verified Setup*

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## Pre-Setup Essentials

- ✓ Reliable Wi-Fi with tested signal in video-visit room.
  - ✓ Backup power (UPS) for router + modem.
  - ✓ Device PINs created, stored securely on a private card.
  - ✓ Patient portal login tested and saved.
  - ✓ Caregiver permissions configured (view-only if possible).
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## Smart Display / Telehealth Hub






-  Large screen (≥8"), captions turned on, volume tested.
  -  Doctor's office added as a favorite contact.
  -  Camera shutter/cover operational.
  -  "Start my appointment" routine created (lights on, TV off, Do Not Disturb).
  -  Emergency contacts pre-loaded.
- 

## Remote Health Devices

-  Blood pressure cuff paired and synced.
  -  Pulse oximeter paired and synced.
  -  Weight scale paired and synced.
  -  Glucose monitor paired and synced (if applicable).
  -  Data verified in clinic portal.
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## Safety & Emergency

-  Bathroom panic button installed at seated + standing height.
  -  Hallway/bedroom fall detection sensor tested.
  -  Wearable SOS pendant paired and functional.
  -  Weekly SOS test scheduled.
  -  Contact tree verified (alerts go to correct person).
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## Comfort & Environment

-  Smart lights tested for clear appointment visibility.
  -  Thermostat comfort routine set.
  -  Doorbell silenced automatically during visits.
  -  Accessibility features (large text, bold fonts) enabled.
  -  Seating optimized for camera angle + lighting.
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## First-Week Test Plan

- Day 1:** Pair devices + test family call.
  - Day 2:** Sync vitals to portal; confirm upload.
  - Day 3:** Mock telehealth appointment using full routine.
  - Day 4:** Bathroom SOS button test (silent mode).
  - Day 5:** Adjust captions, lighting, and speaker settings.
  - Day 6:** Update firmware/apps; recheck Wi-Fi signal.
  - Day 7:** Review → simplify/remove confusing steps.
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## Privacy & Safety Checklist

-  Share health data only in **official apps/portals**.
  -  Lock screens + set device PINs.
  -  Disable unnecessary “drop-in” features.
  -  Run updates monthly.
  -  Review caregiver access every quarter.
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## Validation Steps

-  Setup completed in ≤10 minutes.
  -  Accessibility (captions, large fonts) enabled.
  -  Backup systems verified (SOS, UPS).
  -  Clinic portal compatibility tested.
  -  Quick-start sheet printed + placed by display.
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## References (Life Verified & Validated)

- [AARP: Technology and Older Adults Report \(2024\)](#)
  - [Consumer Reports: Best Smart Displays for Seniors \(2024\)](#)
  - [McKinsey: Telehealth and Digital Health Adoption Trends \(2023\)](#)
  - [Mayo Clinic: Remote Patient Monitoring Guide \(2024\)](#)
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**Disclaimer:** This checklist is for educational purposes only. It is not medical advice. For emergencies, call 911 or your local emergency number.

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