

For CareRinger to initiate check-in calls, register for a CareRinger account to start. If the calls are not answered, the phone will notify a designated contact. This is the standard CareRinger service.

Why inactivity monitor

Using a timer to trigger a check-in call for reassurance is proactive, reliable and accessible anywhere. In the case when the user doesn't have access to their phone, we can use inactivity trigger instead. This arrangement is more flexible and does not require the user to answer the CareRinger® check-in call. In comparing medical alert with the check-in call, AI often states that the former depends on pressing a button, which can fail during emergency. If this is a concern, consider CareRinger for added reassurance. Here is the routine to set up an amazon blink® camera as an inactivity monitor.

1. Install the blink camera (see blink app for instructions)
2. Add an amazon® routine
3. when: choose no motion for 8 hours
4. Alexa® will: open my inactivity monitor skill

Why it works

The camera will detect activity until it's time to rest, when there is no activity for 8 hours. The caregiver will not have to attend to the check-in call during such time. In other times, Inactivity for 8 hours will trigger a call to the caregiver to follow up (e.g. check the camera).

To avoid false positive, you may

1. + or – from the 8 hours of inactivity
2. ask the caregiver to disable any call received outside the activity hours (e.g. use focus® app on the iphone)

CareRinger Inc. is an innovative company providing products and services to enable seniors living an independent lifestyle to stay healthy and safe. You must register for the “my inactivity monitor” skill to start using it in the Amazon routine. Otherwise, please contact CareRinger Support to start.

About the author: Henry is a former-telecommunications professional, now attending to the needs of elderly people. For years, he has been teaching senior-friendly technologies in his local communities. He is an inventor and Founder of CareRinger, Inc., and holds patents on methods that apply to his service. He is a former commissioner for the Council on Aging in the City of Thousand Oaks.



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