

A simple guide for using CogniCare via Alexa



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1. Why Alexa?

Alexa is a smart home voice-based assistant. A feature called Skills in the Alexa app enables you to customise your Echo device with things that suit your preferences ie. Food & drink, travel & transportation, music & more.

We have created a skill called **CogniCare** that you can enable in your Alexa app for support with dementia. You can ask questions about dementia or dementia care and receive answers we have put together from trustworthy sources.

2. How to enable CogniCare in Alexa

1. Download the 'Amazon Alexa' app to your phone or tablet from the Playstore (on Android devices) or the App store (on iOS devices)
2. Open the 'Amazon Alexa' app
3. Log into your Amazon account in the app if you already have one or create an Amazon account
4. From your home feed, open the menu (top left) and select 'Skills & Games'
5. Search for 'CogniCare'
6. Select 'CogniCare' and click 'enable to use'

Helpful videos:

- [Installing the Amazon Alexa app on Android devices](https://www.youtube.com/watch?v=O-4eINyg6pM) --
<https://www.youtube.com/watch?v=O-4eINyg6pM>
- [How to enable the CogniCare skill in Alexa](https://youtu.be/pt_PKkDdM8) --
https://youtu.be/pt_PKkDdM8
- [How to ask Alexa questions via the CogniCare skill](https://youtu.be/zBLdej0fb-c) --
<https://youtu.be/zBLdej0fb-c>

3. Launching CogniCare

You can start using CogniCare by saying:

'Alexa, launch CogniCare'

'Alexa, ask CogniCare for a tip'

'Alexa, ask CogniCare what is dementia'

4. What questions can I ask?

You can ask questions about the **different types of dementia** and what causes them.

Example questions you can ask:

What is dementia?

What is Alzheimer's disease?

Tell me about Parkinson's dementia.

Please tell me about Vascular dementia.

What causes mixed dementia?

Tell me about the causes of Posterior Cortical Atrophy.

I would like to know what causes Dementia with Lewy Bodies.

You can also ask questions about the **different symptoms of dementia**. You can ask:

- What they are
- What causes them
- What you can do to help
- What treatments are available
- How to prevent them
- How they impact daily life
- How dementia may affect a certain aspect of life

Symptoms you can ask about:

- Aggression
- Delusions
- Depression
- Hallucinations
- Inappropriate sexual behaviour
- Memory Loss
- Oral Health
- Refusal or Resistive behaviour
- Sleep

With more coming soon!

Example questions you can ask:

What are delusions?

What causes aggression in dementia?

What are the treatments for depression?

How does dementia affect sleep?

What do I do when someone with dementia is sexually inappropriate?

What do I do when someone with dementia hallucinates?

How can I prevent oral health problems?

Why do people with dementia refuse to eat?

How does depression affect day-to-day life?

5. Tips for using Alexa

- Make sure you launch the CogniCare skill before asking a dementia-specific question
- Speak slowly and clearly
- Sometimes Alexa may take a little time to respond – don't worry if that happens
- Ask questions in the simplest way possible to make it easier for Alexa to understand