Alexa Resource Guide 2021

Front Porch
Center for Innovation and Wellbeing

Front Porch Center for Innovation and Wellbeing Introduces Voice And Smart Home Technologies That Address Older Adult Challenges

Based on a successful pilot that deployed personal voice first devices to 90 homes at Carlsbad By The Sea in 2017, FPCIW refined a model of adoption and sustainability to 6 additional Front Porch communities. To date, our Voice initiative has reached more than 400 homes across our communities and will extend to our affordable housing communities in the summer of 2021.

New features and functions of Amazon Alexa devices constantly emerge, so FPCIW created this guide to share some of the changes we felt were helpful to share. For more information on CIW, visit www.fpciw.org. Please email Megan Park (MHSPARK@frontporch.net) for comments, suggests, and feedback on this guide.

Echo (1st Gen.) · Echo Plus (1st Gen.) · Echo Plus (2nd Gen.) · Echo (2nd Gen.) · Echo Studio

Echo Dot (1st Gen.) · Echo Dot (2nd Gen.) · Echo Dot (3rd Gen.) · Echo Input · Echo Flex

Echo Spot · Echo Show 5 · Echo Show (1st Gen.) · Echo Show (2nd Gen.) · Echo Show 8

Alexa Devices

Front Porch residents have a variety of these devices shown. The Amazon Alexa integrates with a growing variety of "smart home" products such as lights, thermometers, and any appliance that can connect to an outlet plug. Front Porch is technology agnostic, and will continue to explore alternative Voice First solutions in the market along with other Amazon Alexa products and devices.

Amazon Alexa App

Amazon Alexa devices come with a free application called the Amazon Alexa App. In tandem with the voice device, the app allows you to interact with and explore all that the Amazon Alexa has to offer. If you're interested in down-loading the application onto your smartphone or tablet, please visit the **Google Play Store** or **Apple App Store** and search for the Amazon Alexa App.
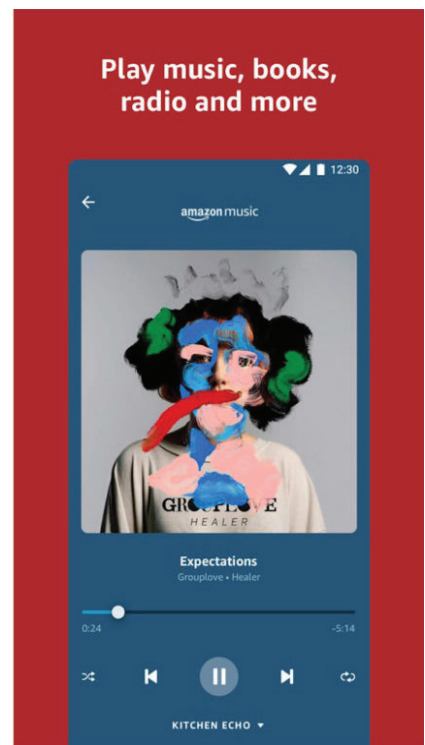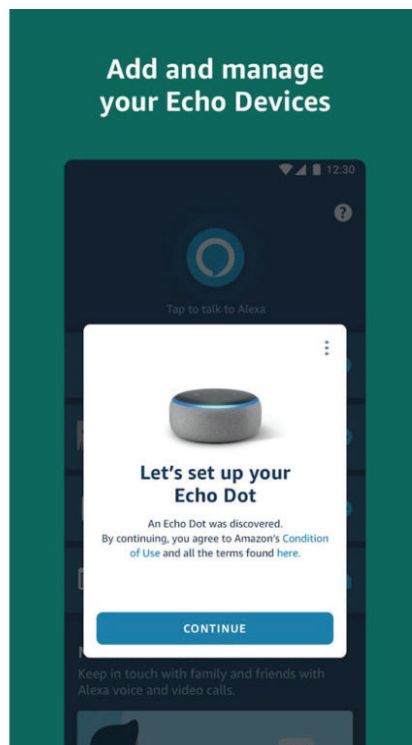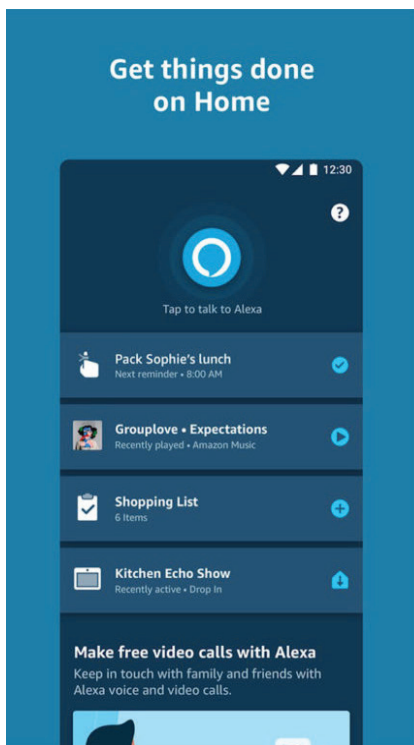
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Section 1: New Features

Built-in settings

Adjust speech speed of Alexa

Applies to all Alexa devices

You can ask Alexa to speak faster or slower.
Invocation: "Alexa, speak faster" or "Alexa, speak slower"

Alexa Follow-up mode

Applies to all Alexa devices

Allows users to make multiple requests continuously without repeating the wake word.

1.   Go to the Alexa App.

2.   Tap "Devices" at the bottom of the screen.

3.   Tap "Echo & Alexa".

4.   Select the device you want to enable this feature.

5.   Scroll down to turn on "follow-up mode".

Why did Alexa respond like this?

Applies to all Alexa devices.

Wonder why your Alexa responded in a certain way? Ask Alexa why she re-sponded like that.

Invocation: **"Alexa, tell me what you heard"** and Alexa will read back your most recent voice request. OR **"Alexa, why did you do that?"** and Alexa will provide a short explanation about the response to your last voice request

Show and Tell with Echo Show

Applies to all Echo devices

Be able to identify the object you are holding in front of Echo Show's camera

1. Hold the item about one foot away from your Echo Show's camera

2. Say " Alexa, what am I holding?" or "Alexa, what is in my hand?"

3. Once the feature is prompted, move the item you are holding slowly in front of the camera. Be sure to show all parts of the item, sides included

Make sure there is good lightning and nothing is blocking the Echo Show's camera.

Live Translation

Applies to all Alexa devices; with Echo Show screen, the translated phrases can be played back and displayed on the Echo Show screen

Translate the conversation between two people who speak two different languages. Alexa is able to translate between English and French, Spanish, Hindi, Portuguese (Brazilian), German, or Italian.

Invocation: **"Alexa, translate [the language you want to be translated] to [the language you want]"**

Example: "Alexa, translate 'water' to Spanish"

Drop in calls

Applies to all Alexa devices

Set up this permission to instantly connect with other Echo devices within the household or other Alexa-enabled devices to check in on your loved ones.

1. Go to the Alexa App

2. Tap "Communicate" at the bottom of the screen

3. Make sure you add contacts from your smartphone

4. Click on "Drop In" and select the name of the device

5. Say **"Alexa, drop in on** [device home or contact name]**"**

Privacy and Security

Improved privacy setting

Applies to all Alexa devices.

Take control of your Alexa experience

• To view, hear, or delete your voice recordings and of Detected Sounds history.

• To manage your skills permissions, Smart Home Devices history and you Alexa data

1. Go to the Alexa App

2. Tap "More" at the bottom of the screen

3. Scroll down to "Settings"

4. Scroll down to and tap "Alexa Privacy" to see all options

OR if you want to manage this privacy setting through voice

1. Go to the Alexa App

2. Tap "More" at the bottom

3. Scroll down to "Settings"

4. Scroll down and tap "Alexa Privacy"

5. Tap "Manage Your Alexa Data"

6. Turn on "Enable deletion by voice"

Care Hub

Applies to all Echo or Alexa-enabled devices

Remotely check on your loved ones via connected Alexa devices. Send an invite to a loved one to connect your Alexa devices to receive alerts and activity summaries.

1. Go to the Alexa App

2. Tap "More" at the bottom of the screen

3. Scroll down to "Care Hub" (tap "See More" if not visible)

4. Tap "Get Started" and click "Next"

5. Tap "Continue"

- Care Hub feature for family members: click "Provide Support" and send the link to invite your family member.

- Care Hub feature for yourself: click "Receive Support" and send the link to invite the family member you want to be connected with.

- The family member who sent the link needs to wait until the other person accepts this invitation. That person then accepts the invitation via email with setup instructions, which include creating a PIN to complete this setup.

Noise Detection

Applies to all Echo devices

You can configure supported devices to detect specific sounds you select, such as the sound of smoke and carbon monoxide alarms and glass breaking. If you subscribe to Guard Plus, you can also configure supported Echo devices to detect the sound of possible human activity, such as footsteps, coughing, or a door closing.

1. Go to the Alexa App

2. Tap "More" at the bottom of the screen

3. Scroll down to "Routines"

4. Under "Your Routines" click the + sign

5. Tap "When this happens"

6. Tap "Guard" and "Setup Sound detection"

Requires Alexa guard Plus plan: $4.99/mo or $49/yr

Entertainment

Netflix on Echo Show

Applies to all Echo Show 1st & 2nd generation, and Echo Show 5 & Echo Show 8

The Netflix App is installed on you Echo Show device automatically

Home Screen setup

1. Swipe from the Home Screen and tap "Video"

2. In the "Video" tab, select "Netflix"

3. Click "Member sign in" or create an account at https://www.netflix.com/

4. Enter your Netflix email address and password

5. Click "Continue", then your Echo Show device is connected to Netflix

Setup via Alexa

Invocation: "Alexa, open Netflix"

1. Click "Member sign in" or create an account at https://www.netflix.com/

2. Enter Netflix email and password

3. Click "Continue"

Section 2: New Skills

Currently, there are over 100,000 Alexa skills available to you! Here is a list that we think will be helpful and fun to add to the growing library of skills already on your Alexa device. Please note that some skills need to be enabled upon first use - follow the prompts to get started.

Health and Wellness Skills

Sleep Sounds: White Noise
Whether you need a little extra help sleeping or would like to block out un-wanted sounds, white noise is known to help you with this!
Say, **"Alexa, open White Noise."**

Sleep Meditation
Meditation guru, Jason Stephenson, leads you into 40-60 minute guided meditations to help you relax into a deep sleep.
Say, **"Alexa, open Sleep Meditation."**

Deep Breath
Have a second? Or, need one? Use Alexa to help you relax with some of these breathing exercises.
Say, **"Alexa, open Deep Breath."**

Ambient Visions- Relaxing Videos
Hundreds of hours of cozy fireplaces, ocean, beach and thunderstorm videos for your Echo show, Echo Spot, FireTV or Tablet.
Say, **"Alexa, open Ambient Visions."**

Good Vibes
This skill poweprovides you with three quotes daily from your favorite books and authors.
Say, **"Alexa, ask Good Vibes for a quote."**

Big Sky

Your ultimate weather source providing hyper-local forecasts for your current address and for locations around the world.
 Say, **"Alexa, big sky."**

Mayo Clinic First Aid

Need quick first aid advice? The Mayo Clinic First Aid skill provides self-care instructions for everyday mishaps and other situations and provides hands-free answers from a trusted source.
 Say: **"Alexa, open Mayo First Aid"** and follow prompts. You can ask things like **"How to treat a cut."**

6-Minute Full Body Stretch

Incorporate this easy-to-follow 6-minute stretch to prepare you for the day or to help you relax in the evening.
Say, **"Alexa, open Full Body Stretch."**

Food Tracker

Log your food with Alexa by saying "add food", then you can ask about your nutrition for the day by saying "how many calories you ate", "how many grams of protein, carbs, or fat you ate?" etc.
Say, **"Alexa, food tracker."**

Fun & Education Skills

Question of the Day

Exercise your mind and use this skill to learn something new about different topics such as arts and entertainment, American history, dinosaurs, and more.
Say, **"Alexa, ask Question of the Day."**

Quick Quotes

Interested in quotes by various personalities throughout history? Or need some inspiration?

Enable Quick Quotes and say: **"Alexa, ask Quick Quotes to give me a quote."**

Radio Mystery Theater

Ever listened to the old-time radio show CBS Radio Mystery Theater? Listen in now on your Alexa!

Say, **"Alexa, open Radio Mystery Theater."**

Animal Sounds

You can learn what animals really sound like from your Alexa

Say, **"Alexa, animal sounds."**

Mental Samurai

Keep your mind sharp with this simple questions game. Try to answer 12 questions in under 5 minutes to secure your spot at the top!

Say, **"Alexa, open Mental Samurai."**

Music Man: Guess the Song

Play with friends and family. This trivia is for every music enthusiast. Just launch it by saying Song It and voila. Keep scores by guessing right answer to this lyrics trivia.

Say, **"Alexa, open Music Man"**

TED Talks

Explore TED's vast library of inspiring talks and ideas worth spreading by world-renowned speakers and thought leaders from around the globe. You can play the latest TED talk, play random TED talks, or search for talks by topic or by speaker name. You can also play talks that are funny, inspiring, persuasive, courageous, or jaw-dropping. New TED talks are available every weekday and are always free to the world!

Say, **"Alexa, open TED Talks"**

Section 3: Alexa Accessibilites

Amazon Alexa devices are for everyone. Your Alexa device has built-in accessibility features to help you use the device better. These features help our residents feel more connected, engaged, and independent in our communities. Please note that some of these features are only available on certain devices.

Wake Word
Applies to all Alexa devices

- Changes the wake word to "Alexa", "Echo", "Computer", or "Amazon"

Alexa App > "More" > Device Settings > Select your device > Select the new wake word : "Alexa", "Echo", "Computer", or "Amazon"
Voice: "Alexa, change the wake word."

Request Sounds
Applies to all Alexa devices

- Enables a sound to go off when Alexa hears a request. When it is done listening to the request, an additional audible tone helps to confirm that the wake word has been detected.

- Allows individuals to know Alexa is listening, which some individuals have struggled identifying.

Alexa App > "More" > Device Settings > Select device > "Sounds" > "Start of request" and "End of request" > slide toggle
Voice: **"Alexa,** [**Play/Don't play**] [**start/end**] of request sound"

Tap to Alexa
Applies to all Echo Show devices

Location: Accessibility Settings > general settings

- Allows users to tap on the screen to access customizable shortcuts to common Alexa functions and routines.
- Users can also use the keyboard icon to type out specific Alexa commands with no need for speech.

- This feature cannot be activated by voice.

Alexa Captioning
Applies to all Echo Show devices

Location: Accessibility Settings > general settings

- Provides real-time text captions of supported responses from Alexa.

- The captions are highly customizable for different users, with various text sizes, text colors, fonts, edge style, text background color and opacity, and window background color.

- Does not work when using skills not innate to the device (third-party skills).

Closed Captioning
Applies to all Echo Show devices

Location: Accessibility Settings > general setting
Invocation: **"Alexa, turn** [**on/off**] **captioning"**

- Provides text captions for supported video content.

- Customizable with various text sizes, text color, fonts, edge styles, text background color and opacity, and background color.

- The feature is only useful when captioning is made available.

VoiceView Screen Reader
Applies to all Echo Show devices
Location: Accessibility Settings > general settings
Invocation: **"Alexa, Turn** [**on/off**] **VoiceView"**

- Reads aloud items the user touches on the screen. Gestures can be used to navigate the device while VoiceView describes the actions the user makes on the screen.

- Many customizable settings for VoiceView including reading speed, speech volume, key echo, and punctuation level.

Screen Magnifier
Applies to all Echo Show devices

Location: Accessibility Settings > general settings
Invocation: **"Alexa, turn** [**on/off**] **Screen Magnifier"**

- Enlargement of items on the screen.

- Users can still tap on functions even when the screen is magnified. An orange rectangle on the screen indicates the feature is on.

Color Inversion
Applies to all Echo Show devices

Location: Accessibility Settings > general settings
Invocation: **"Alexa, turn** [**on/off**] **color inversion"**

- Inverts the colors shown on the screen - similar to "dark mode"

Color Correction
Applies to all Echo Show devices

Location: Accessibility Settings > general setting

- Modifies the screen color. The feature can be activated under accessibility in the general settings.

- The feature is not supported by voice command.

Communication without speech
Applies to all Echo Show devices

Location: Accessibility Settings > General settings.

- Enables Alexa calling, messaging, drop in (mentioned on page 8), and announcements via touch and turns on transcripts for received messages on the Echo Show screen.

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