

# Press Release

## **Amazon Alexa helps Alzheimer's patients with their daily routine.**

New Alexa skill "MyMemo" offers reminder functions with a focus on Alzheimer's patients.

Munich - Süddeutsche Zeitung - 01.02.2021 - A group of students, in collaboration with the Alzheimer's Association Munich, presented a new Alexa skill today to help Alzheimer's sufferers with their daily routines. Through the new application, sufferers are repeatedly reminded to do something until they confirm that they did it.

As the disease progresses, it becomes more difficult for people with Alzheimer's to remember certain daily routines and activities. This is not only problematic for the patient, but also often a cause of uncertainty for family members and friends. With a conventional notepad, the user has to check it often during the day, which is not always possible due to the disease. Therefore, certain routines, such as checking the notepad regularly, must be acquired early in the course of the disease.

In order to get patients who have to do various tasks used to a routine, these reminders are regularly requested as an additional function. The user thus has a to-do list to check and, if he forgets to do certain activities, is automatically reminded of them by the assistant.

But how exactly are the patients queried? Once "MyMemo" has received a task, a reminder is created. After a certain amount of time, the user is asked whether he or she has already completed the task. If this is not the case or if the request is ignored, the user will be reminded of the task after a certain time has elapsed again until he or she has marked it as completed. This is done via Alexa Reminder, so the user is automatically prompted by Alexa. After the notification has been sent, the user can mark the task as done or, at a later time, add details to a reminder and retrieve it or mark it as done at any time if needed.

Furthermore, if permission has been granted, carers or relatives can access entries made by the user.

"In the past, it was often a problem that patients set themselves a reminder and then still didn't complete the task that the reminder was for. Thanks to the new skill, they are reminded until they have completed it." - Manfred Huber, caregiver at AGM

If you can't complete a task because you are doing something else at the moment, it sometimes happens that you think you will do it "in 5 minutes". However, in Alzheimer's patients it is possible that at a later point in time the activity to be done is no longer remembered. With the new skill, you are automatically reminded of the activity until you complete it, so you have enough chances to complete it.

"When I was diagnosed, everything was so difficult for me. I suddenly forgotten my usual daily routines and my important appointments. "MyMemo" now helps me get through the day and makes me feel much more confident." - Anton Blume

Would you like to get through your day more easily in the future and no longer feel disoriented? "MyMemo" guides you through your day and reminds you of your appointments and duties. Install our new Alexa-skill for free at [www.Alexa-skill.com/mymemo/download](http://www.Alexa-skill.com/mymemo/download) and get all the benefits.

Initiative by: Munich University of Applied Sciences - Software Engineering (IF3B)  
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