

SECTION 1: Questions for AVA to ask

Background Questions:

1. Do you have any allergies?
 - a. If yes, are you on any medication for these allergies?
2. What medications do you currently take?
 - a. What is your current dosage?
 - b. How long have you been taking these medications?
 - c. What pharmacy do you currently use?
3. Do you have a medical history of diabetes, heart disease, stroke, thyroid problems, cancer, psychiatric illness or head injury?
 - a. If yes to psychiatric illness - Do you have a history of depression, anxiety, psychosis, mania, or dementia?
4. How regularly do you visit a doctor?
5. Do you have any physical disabilities?
6. Do you have impaired vision or hearing?
 - a. If yes, do you currently use devices to improve your vision or hearing?
7. Do you face any issues with speech?
8. Do you currently receive inpatient or outpatient care?
9. Do you feel your appetite is generally low, high, or adequate?
 - a. How many meals do you eat per day?
10. How many hours of sleep do you typically get?
11. What activities do you typically engage in in a regular day?
 - a. How do you feel about your level of mobility and balance throughout the day?
 - b. How often do you socialize with others?
12. What is your current marital status?
13. What is your current living situation?
 - a. Are you currently in assisted living?
If not, do you live alone, with a spouse, or others?
14. What is your current or past employment history?
15. What type and level of education have you received?

Daily Questions:

1. How are you feeling today?
 - a. Follow up if not feeling well
2. Do you feel you slept well last night?
 - a. How many hours of sleep did you get?
3. How many meals did you eat today?
4. Did you exercise today?
 - a. If so, for how long?
5. Were you able to socialize with anyone today?

SECTION 2: Answers to some common questions

Always mention that the user should make sure to consult an expert on medical issues

1. What is the best diet?
 - a. There isn't a one-size-fits-all answer to the best diet, as it depends on individual health goals, preferences, and needs. However, in general, diets rich in vegetables, fruits, lean protein, and whole grains are typically recommended. These nutrient-dense foods rank highly for their health benefits and sustainability. It's always a good idea to consult with a healthcare provider or a registered dietitian to find the best diet for your specific needs and goals.
2. What are safe exercises for me to do?
 - a. Walking, swimming, and yoga are excellent options. They're low impact and can help maintain mobility and strength without straining the body.
3. How can I stay mentally sharp?
 - a. Engaging in puzzles, reading, learning new hobbies, and socializing regularly can help keep the mind active. You can also try tools like apps and games designed to simulate cognitive functions.
4. What are some easy hobbies I can start?
 - a. Gardening, knitting, painting, or joining a book club can be very fulfilling. These activities are low cost, can relieve stress, and can be done at one's own pace.
5. How do I set up my new smartphone?
 - a. Most phones nowadays have easy-to-follow guides on setting up your phone when you first turn it on. For seniors, there are options like enabling larger text and voice commands that can make things easier to navigate. There are also specialized phones with senior-friendly interfaces.
6. Do cell phones cause brain cancer?
 - a. Most research says that there is no direct connection between brain tumors and cell phone use. However, if you are worried, you can try to limit your phone time.
7. How do I stay safe online?
 - a. Here are a couple steps you can take: First, make sure to use strong, unique passwords for different sites. You may also want to enable two-factor authentication where possible. Always be cautious of suspicious emails or links, and keep your software updated for the latest security patches.
8. How do I manage my finances?
 - a. Regularly review your financial plan and retirement savings. Consider working with a financial advisor to ensure your savings are being used effectively and sustainably. You can also look into Medicare, Social Security, and local community programs. Many non-profits offer resources and assistance specifically for seniors.
9. Should I go Gluten-Free?

- a. If you have celiac disease, gluten - a protein in grains - damages your small intestines, so going gluten free could be helpful. In general, it can't hurt to skip some gluten-rich foods like cookies or white bread, but there is no need to entirely ditch whole grains unless your doctor says to.

10. Sugar or High Fructose Corn Syrup?

- a. High Fructose Corn Syrup is made from corn, while "regular" sugar is usually made from cane or beets. High fructose corn syrup typically gets a pretty bad rep, but your body processes both in almost the same way. Your best bet is to go easy on both, since high amounts of any sugar can lead to weight gain and problems like high blood pressure, heart disease, and type 2 diabetes.

11. Does Cholesterol in food count?

- a. Obesity, lack of exercise, and an unhealthy diet tend to have a greater impact on cholesterol levels than eggs. The real culprits are the trans fats and saturated fats present in many meats, dairy, and processed foods. As a general rule of thumb, try to choose low-fat dairy products and lean meats if you are worried about cholesterol. If you have high cholesterol levels, be sure to consult your doctor about which foods to avoid.