Home Assistant Health Monitor (HAHM)

Computing for the Common Good App Proposal

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Inspiration

▷ Many of my friends seek therapy and/or check in regularly with a physician to monitor health and mental issues

▷ They often struggle to keep a daily log of their pain and progress, and have a hard time remembering specific details when talking to doctors

▷ This causes them to be lazy about scheduling meetings and appointments at pertinent times

App Idea

▷ HAHM (Home Assistant Health Monitor) – A home assistant app that checks in with the user daily to gauge mood, pain, and quality of the user's day

▷ User would be able to come home and talk to HAHM via Amazon Alexa or Google Home and tell the device about how the user is feeling

Example Interaction

User: Hey Alexa, I want to speak with HAHM

    HAHM: Hey Jagath, How was your day today?

User: HAHM I had a really tough day, nothing went right for me and I just want to cry.

      HAHM: Jagath I'm so sorry to hear that -

    let's listen to your favorite playlist on Spotify!

HAHM would then record the User's response, counting the instance of negative words like "tough", "nothing", "cry", and recognize this as a bad day for the user.

Example Usage

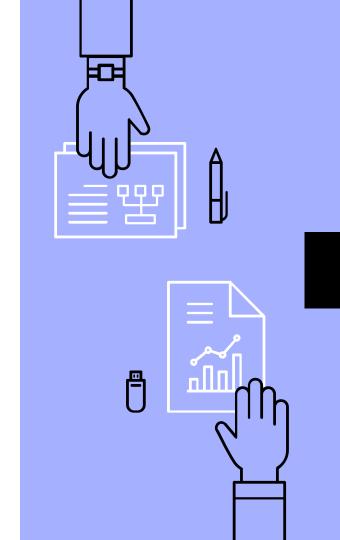▷ Over several weeks, HAHM will keep a log of the user's mood

▷ User's can check in with the HAHM mobile app to see how they have been feeling, or remember specific dates

▷ Therapists and doctors can have up-to-date records of their patients mood, and will be able to ask specific questions to patients

Technical Details

▷ Amazon Alexa Skills are free to develop and launch

▷ iOS Companion app in Swift would be a very basic app just showing the general mood of the user over time

▷ Therapist Web portal would allow mental health professionals to monitor several patients at once

Tentative Build Plan

▷ Build Amazon Alexa skill with number mood ranking (1-10 based on quality of day), save response to cloud DB

▷ Build iOS app to read from DB and display daily log to user

▷ Build Web companion App for health professionals to monitor multiple users

Tentative Build Plan

▷ Upgrade Alexa skill to include NLP for phrase responses

▷ Upgrade Alexa skill to include support for pain/trauma response (1-10 user pain during health recovery)

▷ Build Android companion app

New Ideas

▷ Thank you for listening!

▷ I would love to hear your ideas on this project and future directions I could take it in