Audio file  
08-01-2024 M.A. User needs assessment + Breakout room training.m4a  
Speaker 1: Clinician  
Speaker 2: Patient M.A.  
Speaker 3: Patient M.A.’s Caregiver  
Speaker 4: Patient M.A.’s Alexa  
Speaker 5: Clinician  
Speaker 6: Patient F.W.  
Speaker 7: Clinician  
Speaker 8: Clinician  
Speaker 9: Clinician  
Speaker 10: Patient L.V.G.  
  
Transcript  
-------------------------------------------------- 1:1 Interview ----------------------------------------------  
00:00:00 Speaker 1  
Recording. So we're gonna go over some questions related to self-care and medical needs today. So first of all, though, we're going to do a little review of the last week's comments. So you're going to show me how you can play music, play music, or a video of your choice with your Speaker 4 device. So you want to go ahead and do that? Speaker 2, do you want to give it a command?  
00:00:37 Speaker 2  
Hey, Speaker 4. Can you play? A video from. January 3rd. OK.  
00:00:56 Speaker 1  
Does it? Is it playing anything?  
00:00:58 Speaker 3  
Yes it is.  
00:01:00 Speaker 1  
Wow.  
00:01:00 Speaker 3  
I hooked up Speaker 2's apple music. To the elect. Don't ask me how I did it, but. I figured it out. OK. We did hook it up and he's been able. He's been using that feature a lot, he'll say, play Bon Jovi or and it will just start playing a. Yeah. Bunch of Bon Jovi songs.  
00:01:25 Speaker 1  
Perfect. OK. So when?  
00:01:27 Speaker 3  
But I do have a question.  
00:01:29 Speaker 1  
Yeah, go ahead. Yeah.  
00:01:31 Speaker 3  
That just turn it off, Speaker 2.  
00:01:34 Speaker 2  
Hey, Speaker 4. Stop.  
00:01:38 Speaker 3  
Louder.  
00:01:39 Speaker 2  
Hey, Speaker 4.  
00:01:42 Speaker 3  
It's muted. That's fine.  
00:01:43 Speaker 2  
Hey, Speaker 4. Stop.  
00:01:48 Speaker 3  
In in relation to the music, Speaker 2 listens to a radio station in the mornings. It's a KC 790.  
00:01:50 Speaker 1  
Uh-huh.  
00:01:59 Speaker 3  
So is there a way to hook that up as well?  
00:02:04 Speaker 1  
There should be actually.  
00:02:08 Speaker 3  
And if not, I believe the show he listens to is on that iheart app. So I don't, I do, we don't have that either, but I those are that was part part one and we could hook it up then it would be the same way. Part 2 is Speaker 2 gets books from. Guard. Which is for from Berlin Institute their books. It's a reading library and you choose your books on Bard and then you can play. Listen to your books. Is it possible to hook that up to Speaker 4 or should it just be YouTube? On YouTube you can actually listen to all kinds of stories as well.  
00:02:51 Speaker 1  
Right, so I'm pretty. Sure that the audible, I I don't know if you know there's a there's a website called Audible which has audible books. I'm pretty sure that can be hooked up to Speaker 4. I am not very sure about about the board. OK. But I can check and let you know about that one. Yeah, I I can research a little bit and maybe maybe get back to you is it called Bard Bard.  
00:03:15 Speaker 3  
Ohh OK. Correct. OK. It's rail institute.  
00:03:25 Speaker 1  
All right. OK, alright, let me check I I almost wonder if if it could be. Synced into your phone. And because your phones Speaker 4 is synced in with the Speaker 4 on the Echo. So if it could be played on the phone, it could be played on here, but I will check and let.  
00:03:44 Speaker 4  
Uh-huh.  
00:03:51 Speaker 1  
You know for sure.  
00:03:52 Speaker 3  
OK. And just so you know, I put the Bard app is on his iPad and I put the Speaker 4 app on the iPad.  
00:03:58 Speaker 1  
OK, OK. So.  
00:04:00 Speaker 3  
And they're both and. The pad is linked to the.  
00:04:02 Speaker 1  
Phone, phone. Perfect. So, alright. OK. I can. I can look that up for sure. One was the Bard and then other one was the.  
00:04:10 Speaker 2  
Oh.  
00:04:11 Speaker 1  
Music. You said. No. What? What was that?  
00:04:13 Speaker 3  
At the radio station, it's OK.  
00:04:15 Speaker 1  
Radio station about yes.  
00:04:17 Speaker 3  
At K ABC 790 OK Yeah 790.  
00:04:19 Speaker 4  
ABC.  
00:04:23 Speaker 1  
All right. So all right, those are very specific questions, so.  
00:04:27 Speaker 3  
I didn't. Well, we're we're trying.  
00:04:30 Speaker 1  
Yeah, no, that's perfect. But so Speaker 2, I had a question. So when you said Speaker 4 play a video from January 3rd, what did it bring up? Did it, was it anything specific that what what did was that the command that he that you gave?  
00:04:48 Speaker 3  
Speaker 2, what command did you give?  
00:04:51 Speaker 2  
Just command.  
00:04:53 Speaker 3  
Can you repeat it? Yeah. What was it?  
00:04:57 Speaker 2  
You like to play. New memory from January 3rd.  
00:05:03 Speaker 3  
A memory from January.  
00:05:04 Speaker 1  
3rd memory OK, play a memory from OK. So did it. What did it bring up? I'm just curious.  
00:05:14 Speaker 3  
It did. It was a video and then the music started playing.  
00:05:16 Speaker 2  
For you.  
00:05:20 Speaker 1  
OK. All right. OK. All right, but. Very nice, Speaker 2. I mean, I'm, I'm so impressed. All right, so.  
00:05:31 Speaker 4  
That for you.  
00:05:32 Speaker 2  
Stop.  
00:05:34 Speaker 1  
All right, perfect. All right, Speaker 2. So let's move over to this week's topic. What type? So I have a few questions I want to ask you. First, initially to 1st ASK is is like what is your goal when it comes to self-care and medical needs? Using Speaker 4, what would you say your goal is?  
00:06:02 Speaker 3  
For health and medical needs, Speaker 2 to use Speaker 4.  
00:06:04 Speaker 2  
How's the mass on each? Here. Brushing my teeth.  
00:06:14 Speaker 1  
OK. Alright. What did you what? What else did you say?  
00:06:23 Speaker 3  
Trimming his nails.  
00:06:25 Speaker 1  
OK, trimming the nails. Perfect. Alright. Anything else you can think of?  
00:06:32 Speaker 2  
Yeah, eating breakfast.  
00:06:36 Speaker 1  
Correct. So eating meals on time?  
00:06:39 Speaker 2  
OK.  
00:06:41 Speaker 1  
OK. All right. So our goal is like for you to have, would you say that Speaker 4 should help you? Remember these things on a particular schedule? What? What would you say to do with these needs? What do you think?  
00:07:07 Speaker 3  
Are you thinking like a checklist, Speaker 2? As to what you have to do every day? In the morning.  
00:07:13 Speaker 2  
Yep.  
00:07:16 Speaker 1  
OK. All right. Sounds good. Alright. What kind of technology or tools do you currently use to manage this these needs? Is there anything that you particularly use to? Make reminders right now for these uh activities.  
00:07:40 Speaker 2  
My iPhone.  
00:07:42 Speaker 1  
OK. All right. So are you. How are you using the iPhone to uh. Make these reminders for yourself.  
00:07:56 Speaker 3  
Are you making reminders on the iPhone, or are you relying on your father or me?  
00:08:00 Speaker 2  
Making reminders on the iPhone.  
00:08:04 Speaker 4  
OK.  
00:08:06 Speaker 1  
So OK. And and your parents are reminding a. Little bit too right? OK, alright, makes sense. All right, so now we're going to think of 10 scenarios. To complete like how you would be using Speaker 4 for these kind of needs. OK so it can include medications reminder about medications or like you know reminders about self-care needs like you mentioned before. So let's come up with a few examples. So.  
00:08:50 Speaker 3  
If I could interrupt, Speaker 2 does have reminders for medication on his phone. He does have reminders, set reminder, because he takes medication two times a day. So there is a reminder that goes off in the morning and again in the afternoon.  
00:09:06 Speaker 1  
Got it. OK. That's right.OK, alright, that's perfect. So the same thing for uh, for the medications again that can be done also on the uh device on your Speaker 4 device, but let's come up with other other types of scenarios for for the same. For example, of what else would you like to do? I want to learn how to manage. Or take care of myself more about. Whatever you want to add to it, so let's make that kind of list. So I want to. Learn to manage. Or take care. Of myself. What would you say? To.  
00:10:06 Speaker 3  
Speaker 2, what would you like to manage or learn to take care of yourself? To what?  
00:10:11 Speaker 2  
So I can. Make goals.  
00:10:17 Speaker 3  
Make goals.  
00:10:18 Speaker 2  
And complete them.  
00:10:20 Speaker 3  
And complete them.  
00:10:21 Speaker 1  
OK, that's perfect. But how about more related to self-care and medical needs? So for example, let me give you an example here. If so, how, what are the specific information or features would you like Speaker 4 to provide regarding say for example your meals? Or, you know, like for, you know, different other activities of daily living, like trimming your nails or brushing your teeth. What kind of things would you like for Speaker 4 to tell you?  
00:11:00 Speaker 3  
Would you like her to remind you?  
00:11:04 Speaker 3  
To eat breakfast at a certain time of day or. Is that something reasonable?  
00:11:12 Speaker 2  
MHM.  
00:11:15 Speaker 3  
OK, Speaker 2. Speaker 2, you understand where this going like, thank you. Think about yourself. Care, your health, your routine that you do every day you wake up, you take a shower. You eat breakfast, you get dressed, you shave. That type of stuff. What do you think? You need help remembering to do?  
00:11:37 Speaker 2  
Brushing my teeth.  
00:11:37 Speaker 3  
Brushing your teeth. OK, that's fair enough.  
00:11:40 Speaker 1  
All right, so. Brushing. Yeah. How about? The dosage of the medication or something. I know that your mom or your dad or is you guys are probably giving him the medicine at this time. But is that something that in future you would want him to sort of know that? Ohh, this box is empty and you need to like put more medicines in that you know how the medication boxes or something like that and if you.  
00:12:13 Speaker 3  
Speaker 2 has a medication. And he does. And we fill it, but he opens up the correct day and then takes. It's a combination of vitamins and prescription medications for the morning.  
00:12:27 Speaker 1  
Yours. OK. So maybe like it could remind it, it would remind him that, you know, if the medication box is empty so that he can remind you guys that ohh it needs to be filled. You know something like that so that it's more less burden on you and his father and that way like you know he. Can remind you.  
00:12:48 Speaker 3  
The same right? And that makes like more.  
00:12:49 Speaker 1  
You think of that, Speaker 2?  
00:12:52 Speaker 2  
That's a good idea.  
00:12:53 Speaker 1  
Yeah, yeah. OK. So to. The medication box. And you know, you can make that reminder yourself on there. Like when you think that ohh, this box seems like it's gonna be empty. Like you know, you can feel that and uh make that as a reminder. Good. All right. What else? Is there anything else that you would like? Maybe you would like to know the dosage of something or for example, when it comes to? You know, looking for a medication, say, I know that all of that is done by your parents, but say you were running out of something and you need need a particular self-care item, right? Like shampoo, conditioner like, you know, anything of that sort to paste. And, you know, you wanted to know, like, OK, where can I find Tylenol, for example, or something like that? And you know, if you would like. Just an example to get those things. You think that would?  
00:13:59 Speaker 3  
Fair I'm trying to. Uh. What about time it in Speaker 2 to when we have to reorder, reorder all of Speaker 2's medications through a map? Yeah.  
00:14:13 Speaker 4  
MHM. So what about refilling your medications? A reminder to refill your medications.  
00:14:20 Speaker 2  
That'd be good. OK.  
00:14:21 Speaker 3  
Because I can tell you the dates from the app when it when we can reorder and you could set that up reminder. M.  
00:14:31 Speaker 1  
Yeah.  
00:14:31 Speaker 3  
Would be a a reminder to reorder necessary medications.  
00:14:35 Speaker 1  
Yeah. OK. Alright, that's perfect. Alright. I think those are very good and we are almost done with this part and we'll wait to go to the main room and do some commands.  
00:14:54 Speaker 3  
OK. Thank you so much for your help. If you think of. I'm assuming I have to go through the app's Speaker 4 app to figure out the book part of it.  
00:15:09 Speaker 1  
Uh huh. Uh, the bar the bar. Books you mean?  
00:15:12 Speaker 3  
A barred book is what I'm thinking.  
00:15:15 Speaker 1  
Yeah. I'm thinking about that too, but are these books also available on on the audible or other apps?  
00:15:25 Speaker 3  
Oh. The Bard app is a library of millions and millions of books. You name it. They have magazines, they have music, they have newspapers from around the world.  
00:15:42 Speaker 1  
You know what I would try though, because you said that you have both the apps on the iPad, like the barred app on the iPad and also Speaker 4 app on the iPad. So what I would do is like open Speaker 4 on the iPad and say that Speaker 4, can you pull up or can I? Can can you open the barred app or like, can you open the book that he's reading? Maybe just to try if that works at all? And if it is understanding if those are two like kind of synched or not. And that would help probably.  
00:16:19 Speaker 3  
Yeah. OK, perfect. I'll try that. Thank you.  
00:16:21 Speaker 1  
Yeah. Yeah, right. All right. And then another thing like while we're waiting, I was going to say that with the with the device. So you know, if you feel the buttons on top, they are sort of embossed here so.  
00:16:40 Speaker 3  
Yes.  
00:16:42 Speaker 1  
I almost feel that if if Speaker 2's able. To mute and unmute.  
00:16:46 Speaker 3  
Mm-hmm.  
00:16:47 Speaker 1  
The device on his own, it would be really good that way, like he has more independence. Yeah, over using the device and that way if anyone's not around, he would still be able to use the device. You think we can bump him like, you know a little bit to sort of feel those buttons.  
00:16:50 Speaker 3  
Mm-hmm.  
00:17:08 Speaker 1  
Because there are only like 3 which is one is mute and unmute one is like the minus sign and the plus sign for the volume right?  
00:17:19 Speaker 3  
Well, and the mutes closest to the left, so the button closest to the left is mute and unmute, so that's all he needs. I don't even I could even put a bump up behind it if we needed to. Yeah.  
00:17:26 Speaker 1  
That's all.  
00:17:31 Speaker 3  
Feel like a raised dot that's. They're called bump dot.  
00:17:35 Speaker 1  
That would be great.  
00:17:35 Speaker 3  
Could behind.  
00:17:38 Speaker 1  
That would be great, but I I think like we may want to start doing that. So he's more. And more independent.  
00:17:44 Speaker 3  
OK, definitely that video that you asked get started playing. I I ended up muting it because it's was kind. They're like financial videos that he had on his phone.   
00:17:52 Speaker 1  
Ohh OK Speaker 2.  
00:17:57 Speaker 3  
They were. And they were playing. So you can tell Speaker 4 to stop, OK? This one. OK, tell Speaker 4 to stop.  
00:18:05 Speaker 2  
Hey, Speaker 4.  
00:18:08 Speaker 3  
Stop.  
00:18:08 Speaker 2  
Stop.  
00:18:11 Speaker 3  
There. Yeah, they were Yahoo videos is what they were.  
00:18:15 Speaker 1  
OK.  
00:18:16 Speaker 3  
Speaker 2, give me your finger. I'm going to just put it on this device. Just feel this button closest to the end. That's the mute button. Can you push it down? Perfect. You've muted it. Let go. So when it's time to make a command, you'll have to unmute it. OK? Because when everyone says they're commands, she'll start talking. So we'll try that. Speaker 4. During. During tonight.  
00:18:41 Speaker 1  
Yeah. During during when we are practicing those commands tonight. So that would be great. Yeah.  
00:18:49 Speaker 3  
But an Speaker 4 app, while we're waiting. From.  
00:18:53 Speaker 1  
Yeah.  
00:18:55 Speaker 3  
Do I just say to open the bar app?  
00:18:59 Speaker 1  
Yeah, open the board app. Maybe a good one.  
00:19:03 Speaker 3  
OK. Here's the thing. I can't say that. Ohh, it's because it's muted. The app will be muted too, won't it? I bet. Can you unmute?  
00:19:25 Speaker 1  
No, I I don't think so actually. Because it's two different ones. So the iPad app only so on your phone and your iPad, it's only the once the app is like sort of you're in the app, that's when you use it. But I guess like when it comes to. The device. It's like, you know, always kind of right, like listening to you, you know what I mean? So, yeah. Yeah. But it should work. OK.  
00:19:57 Speaker 3  
Hey Speaker 4, open the Bard app.  
00:20:01 Speaker 4  
Searching for the.  
00:20:04 Speaker 3  
Bard app. It's looking for the Tavern. It miss misunderstood me.  
00:20:12 Speaker 1  
OK.  
00:20:14 Speaker 4  
Council.  
00:20:15 Speaker 1  
Is there is there any particular book that he is listening to? And then maybe we could say that open, such and such the name of the book on the Bard app or something.  
00:20:30 Speaker 3  
OK, I'll have to open it to see. OK. Here's one that's open, Speaker 2, the legend of the Oyster. Is that right? OK. Hey, Speaker 4. Open. The legend of the cloister.  
00:21:05 Speaker 4  
I'm not sure, not sure.  
00:21:08 Speaker 3  
OK. And the Speaker 4 open, the barred app?  
00:21:18 Speaker 4  
Searching for the Tavern? Absolutely.  
00:21:19 Speaker 3  
It's not understanding the bars.  
00:21:21 Speaker 1  
That's not on offense. Maybe those two are not synched, so I guess that's the problem.  
00:21:26 Speaker 3  
Maybe yeah.  
00:21:29 Speaker 1  
Another another option, I can only think of is maybe because the app is on the I. Had and because we have Siri on the on the iPad, of course, right. So I wonder if theory would be able to pick that up because since we have like two different voice assisted technologies, we can try on there if that's something that's important to him like you know make that. That might make him more, you know, independent to use on. Listen to the books whenever he wants.  
00:21:59 Speaker 4  
Right.  
00:22:02 Speaker 1  
To.  
00:22:04 Speaker 3  
OK. Yeah. While we're waiting, Speaker 2, do you want to try? Ask Surrey to open the file. OK, go.  
00:22:08 Speaker 2  
Yeah. Hey Siri. Can you open the word app?  
00:22:25 Speaker 3  
Nope, she. And get it try again mobile. Try that. Ohh not on your phone on this one. Just turn your phone upside down. There you go.  
00:22:37 Speaker 2  
Is Siri. Can you open the Bard app?  
00:22:46 Speaker 3  
No, it's it must be relying, it's not opening.  
00:22:50 Speaker 1  
It's not opening, so maybe it is something. It would be a great idea to sort of e-mail them and see that if there is any way that it could be done. Yeah. Because.  
00:22:59 Speaker 3  
No.  
00:23:00 Speaker 1  
It's so important, right? Like for him to be. When you're not around, and if he wants to listen to those books like, what's he gonna do, right? Like, so that would be amazing to have that kind of voice control.  
00:23:15 Speaker 3  
I'll send the e-mail to the Braille Institute and ask. Yeah, they're very helpful. So I can send an e-mail to see if there's a way and there could be a certain link that you need to have or whatnot.  
00:23:29 Speaker 1  
Yeah, or some accessibility settings that need to be made on their app settings to make sure that it's synced in some. Something like that. Maybe if it's a simple fix like that it would be amazing to.  
00:23:44 Speaker 3  
Yeah. OK, we'll check that out, Speaker 2.  
00:23:48 Speaker 4  
My.  
00:23:52 Speaker 1  
Alright, so Speaker 2, I think overall with self-care and medical needs sort of your like your goal with that would be to make reminders about day-to-day self-care needs. To become more independent. Would that be sort of an overarching goal?  
00:24:20 Speaker 2  
Yep.  
00:24:21 Speaker 1  
OK. Alright, perfect. Alright. Alright, so did you all get the? Message.  
00:24:46 Speaker 3  
The breakout room.  
00:24:47 Speaker 1  
Yeah.  
00:24:48 Speaker 3  
OK. We did thank you for your help. We truly appreciate it.  
00:24:51 Speaker 1  
Absolutely. All right. I'll see you there.  
00:24:54 Speaker 3  
OK.  
------------------------------------------------- Group Therapy ---------------------------------------------   
Transcript not listed.   
-------------------------------------------------- 1:1 Interview ----------------------------------------------  
00:24:55 Speaker 1  
OK. Speaker 2.  
00:25:10 Speaker 2  
Hey, what's up?  
00:25:12 Speaker 1  
Alright, alright, let's practice some commands for this week. I'm going to share my screen. All right. So first of all do do we, let's do the let's do deleting. The oranges from the medication list. Speaker 2, do you want to try that? So you're going to say the wake word and say delete oranges from my medication list.  
00:25:50 Speaker 3  
Unmute. You have to push it a little harder, Speaker 2. Hold it for like 3 seconds. Maybe we could. There and you heard it. Beep right. Sorry we were unmuting.  
00:26:07 Speaker 2  
Mm-hmm.  
00:26:11 Speaker 3  
OK, go ahead, Speaker 2.  
00:26:12 Speaker 2  
Hey, Speaker 4. Could.  
00:26:21 Speaker 1  
OK, so you're saying the wake word and you're saying delete oranges from my medication list?  
00:26:28 Speaker 2  
OK. Thank you.  
00:26:30 Speaker 3  
Go ahead.  
00:26:31 Speaker 2  
Hey, Speaker 4. Can you delete oranges from my medication list?  
00:26:44 Speaker 4  
I've checked off oranges from medication.  
00:26:47 Speaker 2  
Thanks.  
00:26:49 Speaker 1  
Ohh did it say check off?  
00:26:49 Speaker 3  
And. She said she checked it off, but it's now no longer visible.  
00:26:55 Speaker 1  
No longer there. OK, OK. Alright. So I think you made one. Let's add a reminder to take a medication. Is there any particular medication that you need to take at a certain time that you can think of and then we can make a command out of it? So. Do you remember any particular medication name that you usually take?  
00:27:25 Speaker 2  
Ibuprofen.  
00:27:27 Speaker 1  
OK, well you have been.  
00:27:28 Speaker 3  
What's the medication you take normally mind. Every day. That's one of your meds. What do you take procedures?  
00:27:38 Speaker 2  
Typical.  
00:27:39 Speaker 3  
OK, so when do you need to take deppa coat?  
00:27:42 Speaker 2  
Every day.  
00:27:43 Speaker 3  
At what time? In the morning it's at.  
00:27:53 Speaker 2  
7:30.  
00:27:55 Speaker 3  
OK. And in the evening? 8 perfect.  
00:28:00 Speaker 1  
OK, so let's do this. Let's first make the reminder for one time, and then the other so that it's like not a very long command maybe.  
00:28:14 Speaker 3  
OK. Did you hear that? So do your morning medicine first.  
00:28:14 Speaker 1  
OK. Alright, let's say. Is it at 7:00 AM in the morning? Yep, 7:30.  
00:28:22 Speaker 3  
10.  
00:28:23 Speaker 1  
7:30 in the morning. OK. So, Speaker 2, you're gonna say the wake word and say remind me to take Deppa coat at 7:30 AM.  
00:28:34 Speaker 2  
Hey, Speaker 4. Remind me to take Depakote at 7:30 AM tomorrow.  
00:28:42 Speaker 4  
OK, I'll create a reminder for tomorrow at 7:30 AM.  
00:28:47 Speaker 1  
OK. And so the same thing, if you would say, every day after the time then it will it it'll be a recurring reminder for every, every day at 7:30 AM. OK, OK. All right. OK. Do you want to add anything else? Do you want to add the depakote at night?  
00:29:09 Speaker 2  
Yeah.  
00:29:10 Speaker 1  
OK, let's do that command.  
00:29:15 Speaker 2  
Hey Speaker 4, can you remind me to take the depakote at 8:00? Tonight or tomorrow too.  
00:29:31 Speaker 4  
OK, I'll create a reminder for tomorrow at 8:00 PM.  
00:29:36 Speaker 1  
OK. All right. OK, perfect. Let's move on. All right. So the next section is if you need to find or the counter medications. So for example Tylenol or ibuprofen like you said, and if you wanted to get some medical. Missions. Where would you be able to find them or neosporin like you were saying? All the over the counter medications. So what? We're going to practice is the wake word. And where do I find Tylenol or where do I find? Ibuprofen. You want to practice that one, Speaker 2.  
00:30:21 Speaker 2  
Yeah. Hey, Speaker 4. Where do I find Tylenol?  
00:30:29 Speaker 4  
I found a few options for that. CVS Pharmacy 0.8 miles away on Canyon Way, right? A 1.4 miles away on Milliken Ave. Suite 110, Walgreens 2.3 miles away on Haven Ave. you can ask me for things like what's the phone number for the first one?  
00:30:51 Speaker 1  
OK, so it asks follow up questions. If you need to call a particular pharmacy for something, then you can you can. Also do that. All right.  
00:31:04 Speaker 3  
If that makes sense.  
00:31:07 Speaker 1  
OK. All right. All right. The next one is if you are needing to get some laundry done, if you want to ask some specific questions regarding laundry. All right, so first, let's learn steps to do laundry. I know right now you're not doing these tasks on your own, but just in case, in the future, once you are more comfortable and you're, you know, learning more things to do on your own. If this can be of some help it would. It would make sense at that point.  
00:31:49 Speaker 3  
Just so you're aware, at 19, Speaker 2 bought his own house, and so he was doing his own. He was in Kansas, so he was doing his own laundry and his own meal prep everything he had to. He was living in Kansas in his own house.  
00:32:06 Speaker 1  
Right, right. Oh, I'm sure, I'm sure.  
00:32:08 Speaker 3  
Just so you. You had a heads up and. So you you know what?  
00:32:13 Speaker 1  
I mean, yeah, yeah, yeah, absolutely. And it would be so great to, you know, get more independent. Right, Speaker 2, so. We'll practice practice these commands for now, and then you know anytime you need them, you at least know how to use your device to get some instructions. If you need some. OK. All right. So first learning the steps to do laundry, so we're going to say the wake word and say, Speaker 4, how do I do my laundry?  
00:32:45 Speaker 3  
He didn't.  
00:32:46 Speaker 2  
Hey, Speaker 4. How do I do my laundry?  
00:32:59 Speaker 1  
Did it pick it up?  
00:33:01 Speaker 3  
It it's showing it's. A video and pictures and a lot of words on how to do it. Let me just make sure the volumes up, yeah, the volumes 3/4.  
00:33:14 Speaker 1  
Oh, OK.  
00:33:16 Speaker 3  
It picked it up but it. I don't know if my cord. Will reach the camera.  
00:33:23 Speaker 1  
OK. Is it is it more visual? Maybe like rather than ohh it's like a very text. It's all.  
00:33:30 Speaker 3  
It's all visual. How do I do laundry according to wikiHow? And then it describes how to do it.  
00:33:36 Speaker 1  
OK, OK. Maybe how about this? Can we try the wake word and say? Give me. UM, the steps to do my laundry. One step at a time, maybe. I wonder.  
00:33:59 Speaker 2  
Hey, Speaker 4. Give me the steps to do my laundry. One step at a time.  
00:34:12 Speaker 3  
It's doing the same thing, the same thing. Try tell me how to do laundry that way you're telling her to? Read it to. You.  
00:34:21 Speaker 1  
OK.  
00:34:22 Speaker 3  
Sorry again, Speaker 2.  
00:34:25 Speaker 2  
Hey, Speaker 4. Hey, Speaker 4. Tell me how to do my laundry. One step at a time.  
00:34:40 Speaker 3  
It's written again. It's written again. OK, OK, directions. Speaker 2.  
00:34:50 Speaker 2  
Hey Speaker 4, read me the directions to do my laundry.  
00:34:58 Speaker 4  
At the moment, traffic to vineyards marketplace cleaners at 11460 Canyon Way looks pretty clear.  
00:35:03 Speaker 1  
Ohh it's giving like.  
00:35:05 Speaker 4  
Just about 3 minutes via Canyon with her place.  
00:35:09 Speaker 3  
Yeah, that's a.  
00:35:11 Speaker 1  
Yeah. It's like a laundromat. Probably gets. Right. OK, alright. Alright, let's try another one. OK, let's try this set reminder to do laundry. Maybe that's a function more functional one. I guess for you. Say you were running out of all the clean clothes and you want to tell Mom that ohh you need like you know you need help to do laundry. So maybe that that would be more functional for you, Speaker 2. So you're going to say the wake word and say remind me to do my laundry. Not. Uh tomorrow night or, you know, tomorrow night at 5:00 PM or something like that. You want to try?  
00:35:54 Speaker 2  
M. OK.  
00:35:57 Speaker 3  
Go.  
00:35:58 Speaker 2  
Hey, Speaker 4. Remind me to. Do my laundry tomorrow at 5:00.  
00:36:05 Speaker 4  
What's the reminder for?  
00:36:07 Speaker 2  
To do my laundry tomorrow at 5:00.  
00:36:11 Speaker 4  
When should I remind you?  
00:36:12 Speaker 2  
Tomorrow at 5:00.  
00:36:20 Speaker 4  
Is that 5:00? In the morning or in the afternoon.  
00:36:22 Speaker 2  
In the afternoon.  
00:36:27 Speaker 4  
OK, I'll create a reminder for tomorrow at 5:00 PM.  
00:36:32 Speaker 1  
Bye. Purpose. OK, good job. Does these kind of reminders help Speaker 2? Maybe. That would be more functional in the real life, you think.  
00:36:46 Speaker 2  
Mm-hmm. Yeah.  
00:36:49 Speaker 1  
Alright, yeah.  
00:36:49 Speaker 3  
I think so. When I asked Speaker 2, I was cooking and I asked him to set the timer for me and that was very optional. Yes.  
00:36:57 Speaker 1  
Yeah. Yeah, that is great.  
00:37:01 Speaker 3  
And she even told. Speaker 4, to set my mom at the time.  
00:37:06 Speaker 1  
Yeah, yeah. So. OK. OK. All right, so getting stains out of clothes. What else?  
00:37:19 Speaker 3  
OK, see if she'll do that one for you.  
00:37:21 Speaker 1  
Speaker 2. Yeah. So for getting stains out of the clothes, you're gonna say the wake word and ask what do I use to get a stain out of the fabric or clothes?  
00:37:38 Speaker 2  
Hey, Speaker 4.  
00:37:44 Speaker 3  
What?  
00:37:44 Speaker 2  
What do I use to get a stain out of my clothes?  
00:37:52 Speaker 4  
To remove stains from clothes, rinse the stain with cold water and scrub it with the brush and soap. If the stain is still there, soak the clothing in cold water and soak for an hour. Then wash the clothing as usual.  
00:38:06 Speaker 3  
This one showed the words in paragraph as well as Reddit.  
00:38:11 Speaker 1  
That's at least better, I think. At least it's reading out loud, and it's not so long. Uh and I, I sort of get it. I think the the things complex tasks which have different steps like it's multi multi step tasks, those are the ones that are kind of not read out completely and they're giving like full.  
00:38:18 Speaker 3  
Right.  
00:38:37 Speaker 1  
Text. But. I almost wonder for the laundry part. If we'd ask her to give me the first step to do my laundry or something like that.  
00:38:51 Speaker 3  
Yeah. Try that, Speaker 2.  
00:38:52 Speaker 2  
Hey, Speaker 4. Can you give me the first step to do my laundry?  
00:39:06 Speaker 1  
No.  
00:39:08 Speaker 4  
Here's something I found on wikiHow if you need to do laundry, separate your clothing according to the type of fabric, then buy color once you've gathered enough clothes to wash, place them in the washing machine along with the detergent. Select the appropriate load for the fabric type, such as a gentle wash for delicate fabrics or a hot water cycle for very dirty clothes. When the clothes are finished washing, move them to the dryer and choose the lowest heat setting possible. Clean the lint trap in your dryer before you turn it on and add a dryer sheet to make your clothes softer and static free.  
00:39:41 Speaker 1  
Wow.  
00:39:41 Speaker 3  
I think that was the paragraph that she didn't read before.  
00:39:47 Speaker 1  
Yeah, but it read. It reads the whole thing, and once one one time I think it would be so much more helpful if it would do one step at a time and then say that, hey, Are you ready for the next step? Or. Something. Or did you do? That because if someone's doing. Following it step by step, it just makes more sense, you know. So all right, but at least it read the directions rather than just showing text, so that's, uh, at least some some sort of progress we meet there. OK. Yes. All right.  
00:40:20 Speaker 5  
Yeah.  
00:40:24 Speaker 1  
Do you want to do this? Next one, Speaker 2, when to use a fabric softener? So if you have a question like that, that if some clothes can be washed and need a fabric softener or not. So you're going to say the wake word and ask when do I use a fabric softener?  
00:40:48 Speaker 2  
Hey, Speaker 4. When do I use the fabric softener?  
00:40:57 Speaker 4  
According to an Speaker 4 Answers contributor. Add fabric softener to the wash during the rinse cycle.  
00:41:05 Speaker 1  
OK. All right.  
00:41:08 Speaker 3  
Makes sense?  
00:41:09 Speaker 1  
OK, I think this is pretty functional here. So Speaker 2 say that you have a headache and you need some answers on how to treat it on your own. So you're going to say the wake word and say, how do I treat a migraine?  
00:41:32 Speaker 2  
Hey, Speaker 4. How do I treat a migraine?  
00:41:42 Speaker 4  
Here's something I found on reference.com. Home remedies for a migraine include applying ice packs to the back of the neck, forehead or temples, taking a nap, taking a warm shower or bath, massage, drinking water resting in a low lit room, or physical therapy.  
00:42:00 Speaker 1  
OK, that's perfect. OK. All right, let's do the same for stomach pains. OK, so say you have a sudden stomach pain and you want to know what remedies you can use. So you're going to say the wake word. And what do I take for stomach pains? Ready. Cool.  
00:42:27 Speaker 2  
Hey Speaker 4, what do I take for stomach pains?  
00:42:35 Speaker 4  
Sorry I don't have an answer for that.  
00:42:38 Speaker 4  
Huh.  
00:42:40 Speaker 1  
Interesting. Let me try that one more time, OK. On mine, Speaker 4, mute. What do I take for stomach pains?  
00:42:55 Speaker 4  
I don't know that one.  
00:42:58 Speaker 1  
It says the same thing for me too.  
00:43:01 Speaker 3  
Oh wow.  
00:43:02 Speaker 1  
Yeah. So we'll have to try that one one more time.  
00:43:08 Speaker 3  
Yeah. Ohh and press cancel.  
00:43:14 Speaker 1  
OK. All right, that's so weird. I mean, it should give at least some remedies or I don't know, or a medication that you can take or call a doctor or something like that, but.  
00:43:26 Speaker 3  
Yeah.  
00:43:27 Speaker 1  
Uh. All right, here's one last one, I think so. We're trying to find a specific healthcare provider. So say you have you want to find a specialist. Of some kind. Is there any particular specialist you would like to try? Like a specialty specialist doctor? If you want to find it within your area or within your, you know radius of whatever 25 miles or something. That's what they give you. Usually you would say the vague word and say find me an orthopedic doctor or find me a physical therapy doctor.  
00:44:09 Speaker 3  
What kind of doctor Speaker 2? Physical therapy. OK, so say that.  
00:44:14 Speaker 2  
Hey Speaker 4, find me a physical therapy doctor.  
00:44:20 Speaker 4  
I found a few options for that. All Star physical therapy 3.1 miles away on Rochester Ave. Suite 110, team Physical therapy, 3 miles away on Town Center. Dr. Rancho San Antonio Rehab Center, 2.3 miles away on Milliken Ave. Suite G30.  
00:44:41 Speaker 1  
OK. All right. So I think when it shows like multiple options on the screen, you can say pick the first one or pick the second one or pick the third one or something. Usually it doesn't show more than three options on the screen, so you can always do that. Speaker 2 like right after. Because it's it's still on the screen and you've heard the information, but say you wanna pick one of them and then it will. You can say, hey, pick the first one, Speaker 4, pick the first one first option. OK.  
00:45:20 Speaker 3  
Yeah, that's.  
00:45:21 Speaker 2  
Yeah it does.  
00:45:24 Speaker 1  
OK, I think we are through with the slides. Let me stop sharing my screen. OK. Any questions about anything we did today?  
00:45:37 Speaker 2  
No.  
00:45:38 Speaker 1  
No. OK, how about you?  
00:45:40 Speaker 3  
Mom, I'm curious. You know how they were making the medication list? Is it possible to send that to a printer?  
00:45:51 Speaker 4  
Hmm.  
00:45:53 Speaker 3  
I'm just it just kind of, I thought. Of it when?  
00:45:56 Speaker 1  
Yeah. I would say if the printer is in the system of like I, I guess it it will have to be. Synced as well. OK, with the printer and then maybe it might be able to follow that, but again I it's a wireless printer, but I don't know if this can print. I I wonder if you can send. The medication list. It. Through e-mail or like e-mail yourself or something and then. Maybe print it? Then it's easier, right? Because the e-mail can be accessed on your laptop or your computer, and then maybe print it out. That might be an easier option to navigate, I guess.  
00:46:46 Speaker 3  
OK.  
00:46:49 Speaker 1  
Yeah.  
00:46:49 Speaker 3  
You know, because remember, we were talking about like, the list of things you do every day. So if you have them listed like a medication list, yeah, if you.  
00:46:55 Speaker 2  
Mm-hmm.  
00:47:01 Speaker 3  
Do you know what I'm trying to say? Like if you could send it that list somewhere, or I guess she could just read you the list.  
00:47:08 Speaker 1  
Yeah, yeah, I mean it. I unless you want to really print it and put it somewhere on, you know, your fridge or something for yourself. To sort. Right then it makes sense to probably print it, but reading the medication list that that she. Would do and that way Speaker 2 can ask this, ask that question and sort of get the information as well without any of us having to and like and if you have having to intervene sort of you know and do it independently.  
00:47:40 Speaker 3  
So I guess it could be like reading read my morning routine. If you had a list set up like that. Yeah, make it on your team list. Remember how we talked earlier and then just read that morning routine list, and then you'd have to say, oh, yeah, I did that. Did that. Oh, I. Forgot. That and you can keep having read it to.  
00:47:56 Speaker 1  
Yeah.  
00:47:58 Speaker 4  
You.  
00:47:59 Speaker 4  
Mm-hmm. Mm-hmm.  
00:48:01 Speaker 1  
Yeah, I would check. You know, you can also say like which ones are, uh, which medications have already been taken and those would be checked off. And then the the rest would be the remaining ones and that way he can remember and. But that's a great. I think that's a great command to do every day.  
00:48:01 Speaker 3  
And it was.  
00:48:20 Speaker 1  
Because once he has a. List for every day because how we said that remind me to take Deppa coat at 8:00 PM and if he says every day it will remind him every single day. Right? And that way. And then it's taken, you know, you know that it's it's been done for that day and then you move on to the next medication something of that sort.  
00:48:33 Speaker 3  
Right. So. How's her? Ohh hey. So. And so I took my deppa coat. Or take up a coat off. It'll only take it off for today.  
00:48:55 Speaker 1  
Yes. And just to make sure, you can say that once, once the once the command is for every day, once we give a command like OK, remind me to take that code at 7:30 AM every day and then the day off like once he's taken it and if he wants to check it off, I think you can say he can say that Speaker 4. UM. I took my depakote today. Or Chekov my deck, depakote, for today. Morning. Yeah, but since it's twice a day, I would say that adding the part about I took it this morning versus I took it this evening would make a difference because you don't want it to take it off the medication list for that night. Right. So the night. Yeah. Yeah. But I think, Speaker 2, one thing I want to point out is when you are talking especially with complex, complex names of medications, you might want to like over articulate, it's almost like you're you're talking with more like you're. Making like over articulated movements of your mouth, like sort of so that it kind of gets it so. It's easier for Alex. I don't understand. You know what I mean? Like just going a little bit slower and try to be.  
00:50:15 Speaker 2  
MHM.  
00:50:16 Speaker 1  
Error. Uh. With more complex names. It's picking up everything wonderfully. Everything that you're talking, but maybe like more complex names might be. It might be a good idea to do that.  
00:50:28 Speaker 3  
Yeah. OK, like Tyler now.  
00:50:32 Speaker 2  
Yeah.  
00:50:33 Speaker 4  
Yeah.  
00:50:35 Speaker 1  
Yeah. All right. OK, I will. Is there anything else I can help you with or we can see you in the main room?  
00:50:44 Speaker 3  
Ohh no, I think we're good, thank.  
00:50:45 Speaker 1  
You OK? Alright. Perfect. Yeah. Yeah, and I. Hey. Will get back to you, OK.  
------------------------------------------------- Group Therapy ---------------------------------------------  
00:50:57 Speaker 4  
I hope you had a great session today. And I will be oh. I have a few more people here. OK, well, I just want to let you all know that I will be able to send your homework and slide a little bit earlier this week because we figured out all the technology problems. So expect another homework for this week, self-care inform. Just just to double check that you all submitted your homework for week 1 and week two, you got all the slides. I know, Speaker 6, you got it, Speaker 2, you got it. OK, Speaker 10, you got it too. Yeah. I need to do mine.  
00:51:40 Speaker 10  
Can I ask you a question? When is the last session?  
00:51:49 Speaker 4  
Yeah, that's a great question and thanks for asking. So we're on week 3 next week, Thursday, we will do week four. I believe. Speaker 9, you're leading that one right. And the last session. So next week, next Thursday will be August 8th. And then the last session. Will be August 15th, the Thursday that Siona is going to lead, and that's the last actual session where you're going to learn from our part point training. So after that we will schedule a time. It doesn't have to be like Thursday. It could be anytime. But if you wanted to stay the same Thursday, which means it will be August 22nd, the so think week six. If you go by numbers in. Your head.  
00:52:41 Speaker 4  
OK.  
00:52:42 Speaker 4  
Week 6 we would like to hear from you. Just we were asking some questions about how you feel about the program and then you can share with us everything you wanted to share, including just, you know how it works well or how it didn't work well, you can bring your caregivers too. So if you have people living in the home with you, you can all share. Together, because chances are this may had some impact to your whole family. Maybe they love having it and they see some good improvements and benefits. Maybe they have ideas too. We want to hear from all of them, so feel, feel free to bring them as well. And I'll send you homework and your slide from today because I saw a lot of really good exercises and we'll see chatter next Thursday same time.  
00:53:31 Speaker 6  
OK.  
00:53:33 Speaker 4  
Any questions?  
00:53:34 Speaker 5  
Sorry. Speaker 6, we we were in the middle of changing his wake up word. So Speaker 6, if you still want to, you can just stick around for a little bit. We'll do it and. Then we'll let. You go, I promise. Sounds good. OK. OK.  
00:53:47 Speaker 4  
And and if you have, if you are clinician, feel free to stay here so we can debrief real quick and it should take probably 5 minutes. Other than that, have a wonderful day and see you next Thursday.  
00:54:04 Speaker 3  
Bye.  
00:54:07 Speaker 4  
All right, Speaker 6, I'm going to open the breakout room. OK. Uh, you all don't have to go because only Speaker 6 and Speaker 7 and Speaker 8 can go. And don't forget to record. OK.  
00:54:21 Speaker 2  
You want me to join or not?  
00:54:23 Speaker 4  
Yes, Speaker 6, you're going to go ahead and join. We're going. To change the wake up word for you. OK. Here we go. OK, let's stop recording. Thanks so much, Gina.  
00:54:44 Speaker 4  
Yay, great job.  
00:54:47 Speaker 4  
OK.  
00:54:48 Speaker 5  
Did you see?  
00:54:48 Speaker 4  
The stop recording or who is recording now just telling. Oh yeah, there it is. OK. Oh my goodness. You did. It's amazing job. Gina, I just love how you provided so many solutions on the spot. I was like, this is how a well versed trainer who knows her system can do because there were some of those. I'm like, well, you know. What I don't know, he can do. Like like I can do it. So I was literally like, I'm learning from Tina because I haven't explored. Those. List function. It's super helpful.