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Workshop DIY/DIT Care

Caring with Open Source IoT: Peer-to-Peer Practices for Collaborative Upcycling in Care

European Commission

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Opening Technologies for Smart Communities

WeMake is an innovative enterprise based in Milan providing a series of services and training in the field of digital and traditional manufacturing and access to a fully equipped **Fab Lab in the city of Milan**.

We are fostering the development of a new model of designer-producer and agile company by facilitating the rapid iteration of **co-design solutions** and the on-demand production of smart **physical/digital artifacts**.

opencare

A community working to make open and collaborative health and care solutions

Milano
Comune di Milano

STOCKHOLM SCHOOL OF ECONOMICS
EHFF INSTITUTE FOR ECONOMIC AND BUSINESS HISTORY RESEARCH

EDGE RYDERS

université de BORDEAUX

simpulse foundation

European Commission | Horizon 2020 European Union funding for Research & Innovation

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 688670.

Care AND Community: a long story

Yesterday: Families/Communities as main providers of **informal care**

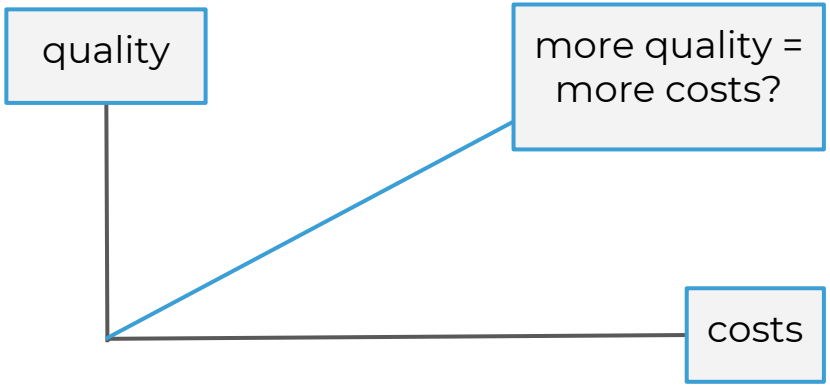
Today: Welfare

Tomorrow: ?

XIX century Welfare State:
Social and Health services provided from the State.

- Professionalized care
- One-size-fits-all approach
- Top-down model

Crisis of Welfare State

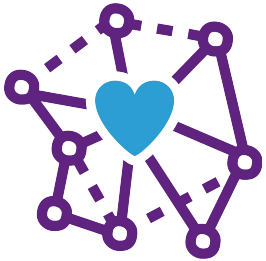


What does open+care mean?

CARE

Care referred to a special kind of human interaction: someone (care giver) gives attention to, and takes action for, someone else (care receiver).

Care is also the products and services part of the system which, in a given time and place, enables the care activities.



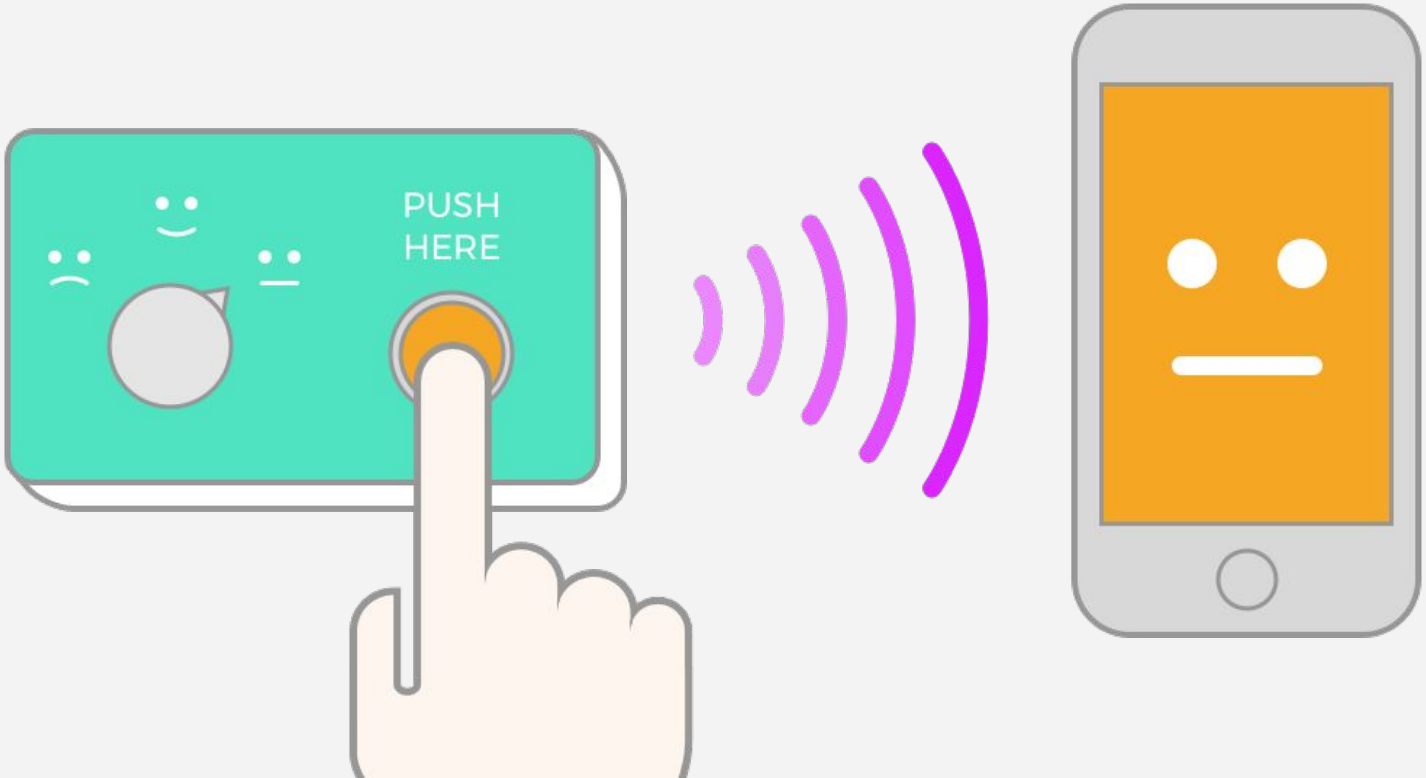
OPEN

A system is **open** when different actors have the possibility to play a role. Experts and non experts.

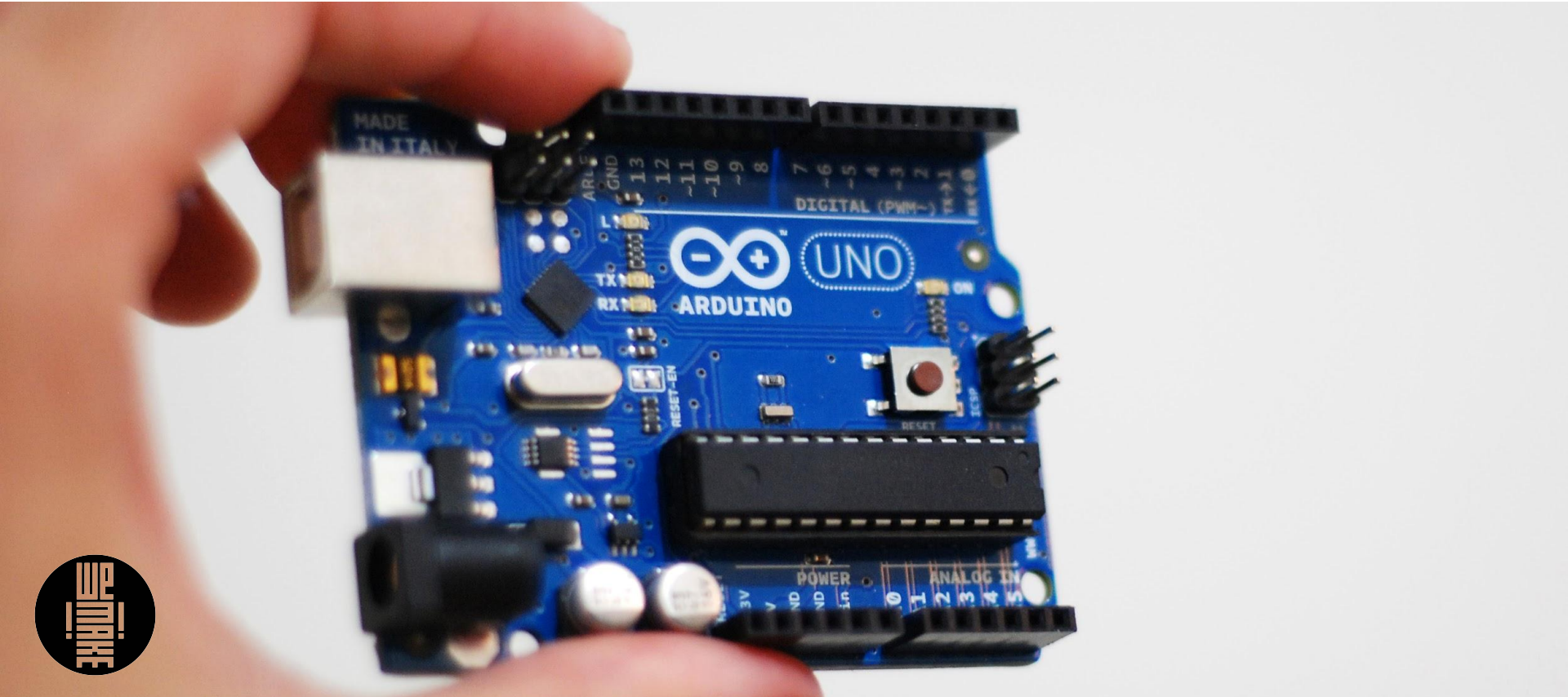
A system is **open** when the information are totally visible, accessible and transferable to other systems.

What are we gonna do today?

A remote monitoring device...

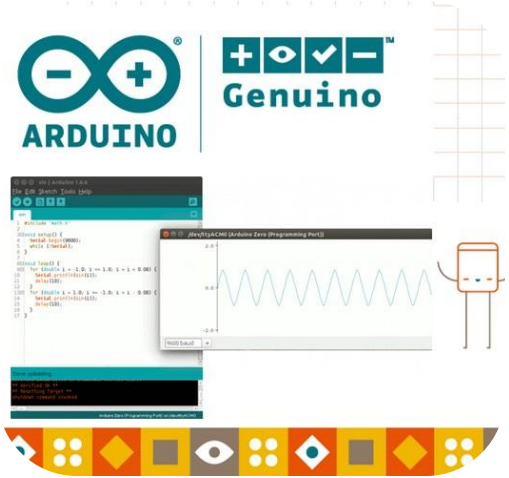


...with Arduino!

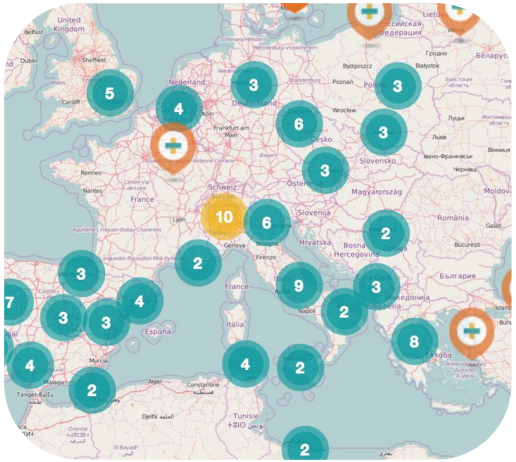


What is Arduino?

hardware

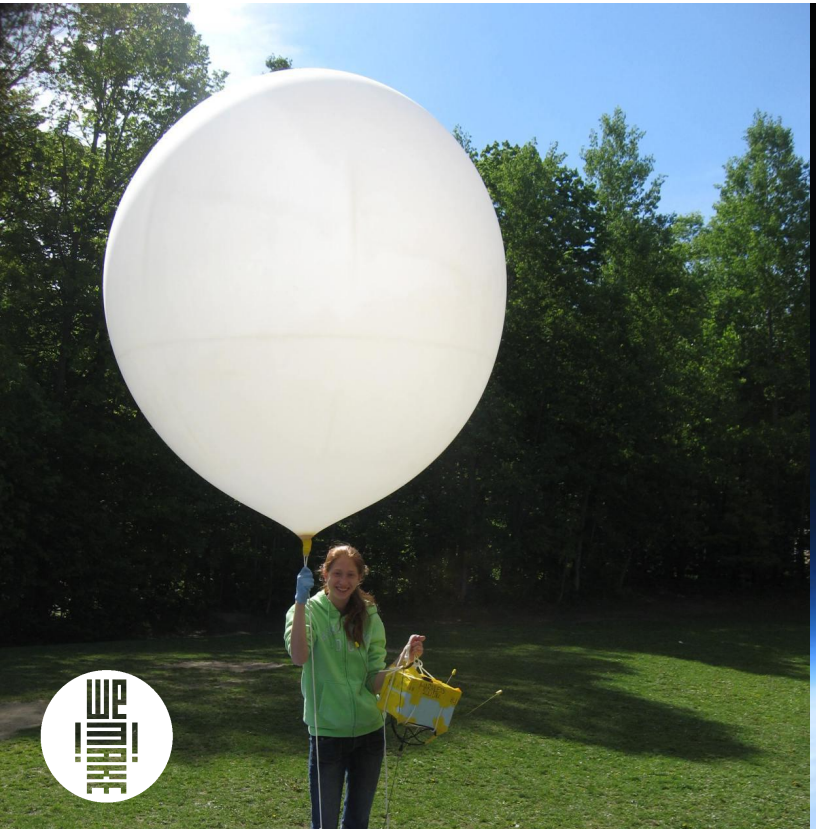


software



community

With Arduino you can... go to space!



...play and learn

...invent crazy amazing things!

Internet of Things

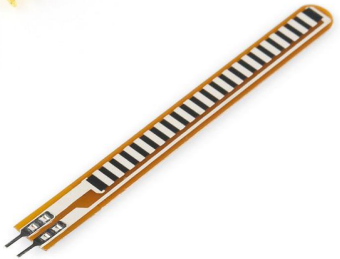
Maybe you have used one of these

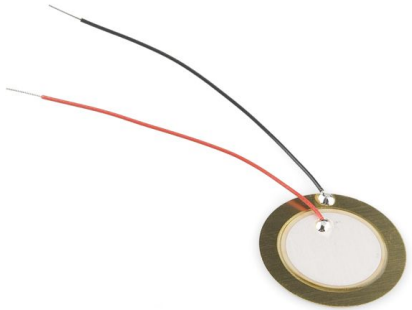
Or one of these

It’s very powerful when applied to the care field

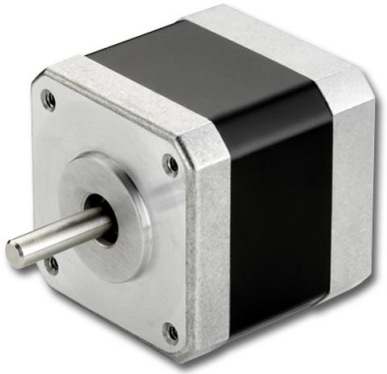
IoT made easy... IFTTT!

SENSORS





ACTUATORS

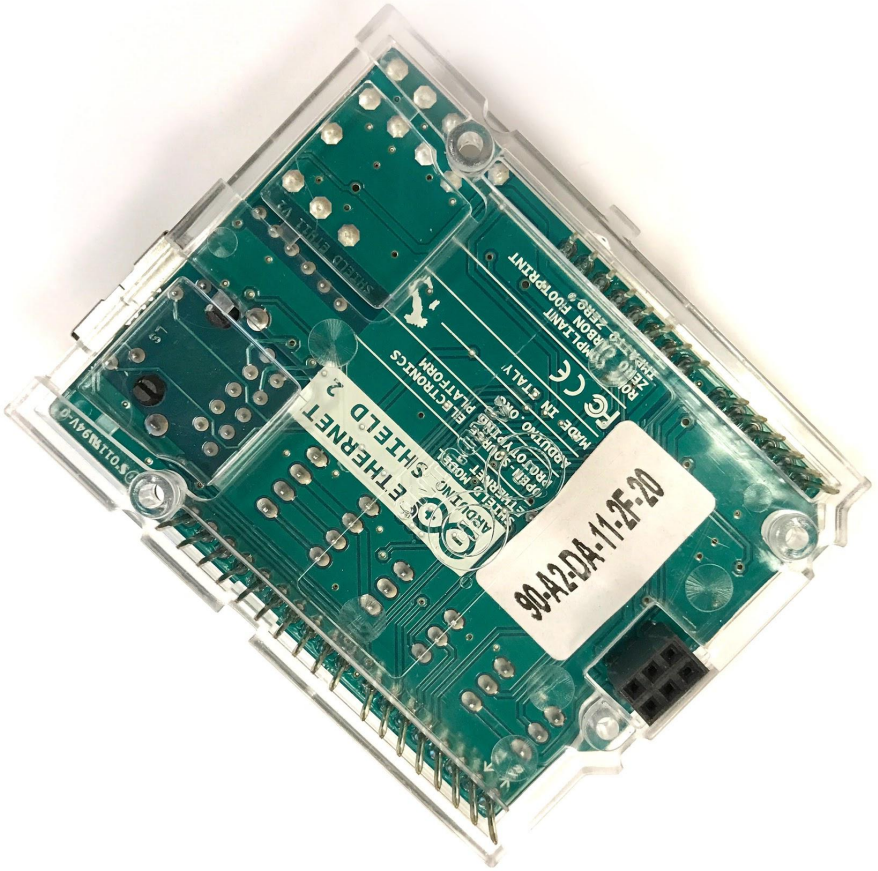



LESS
TALK
MORE
ROCK

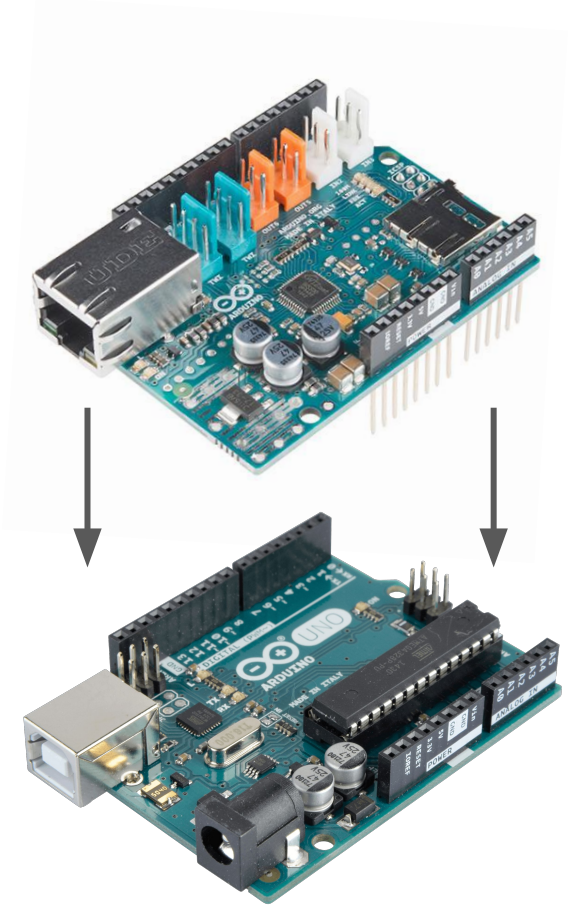
Hello World!

> turn the shield upside down

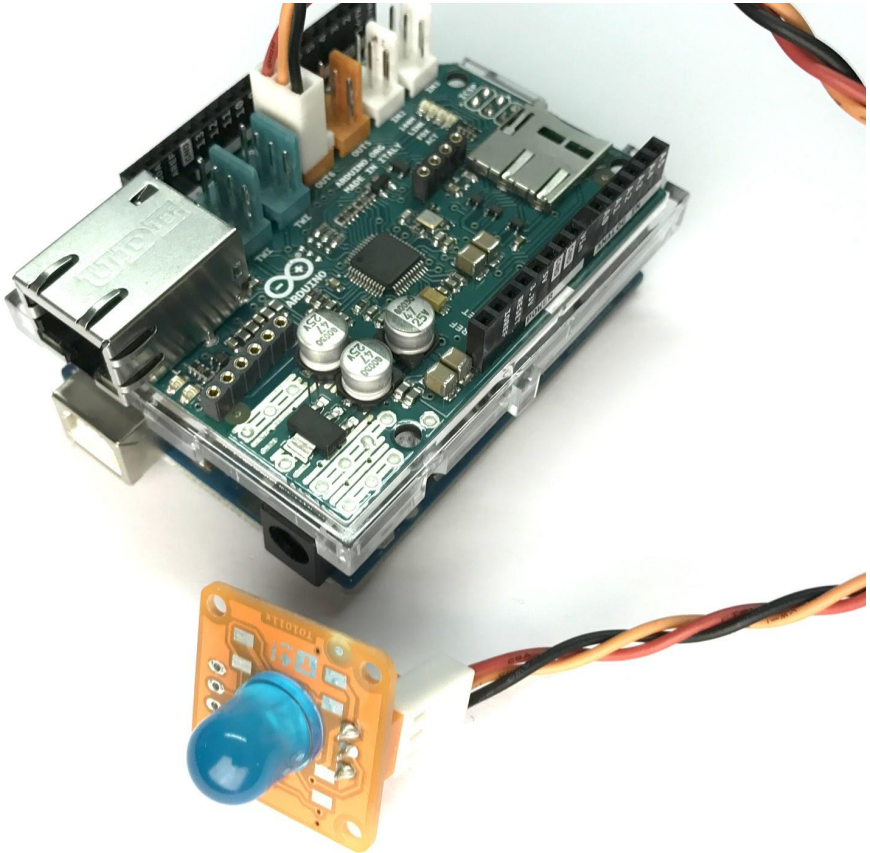
> and take note of the code (MAC address)



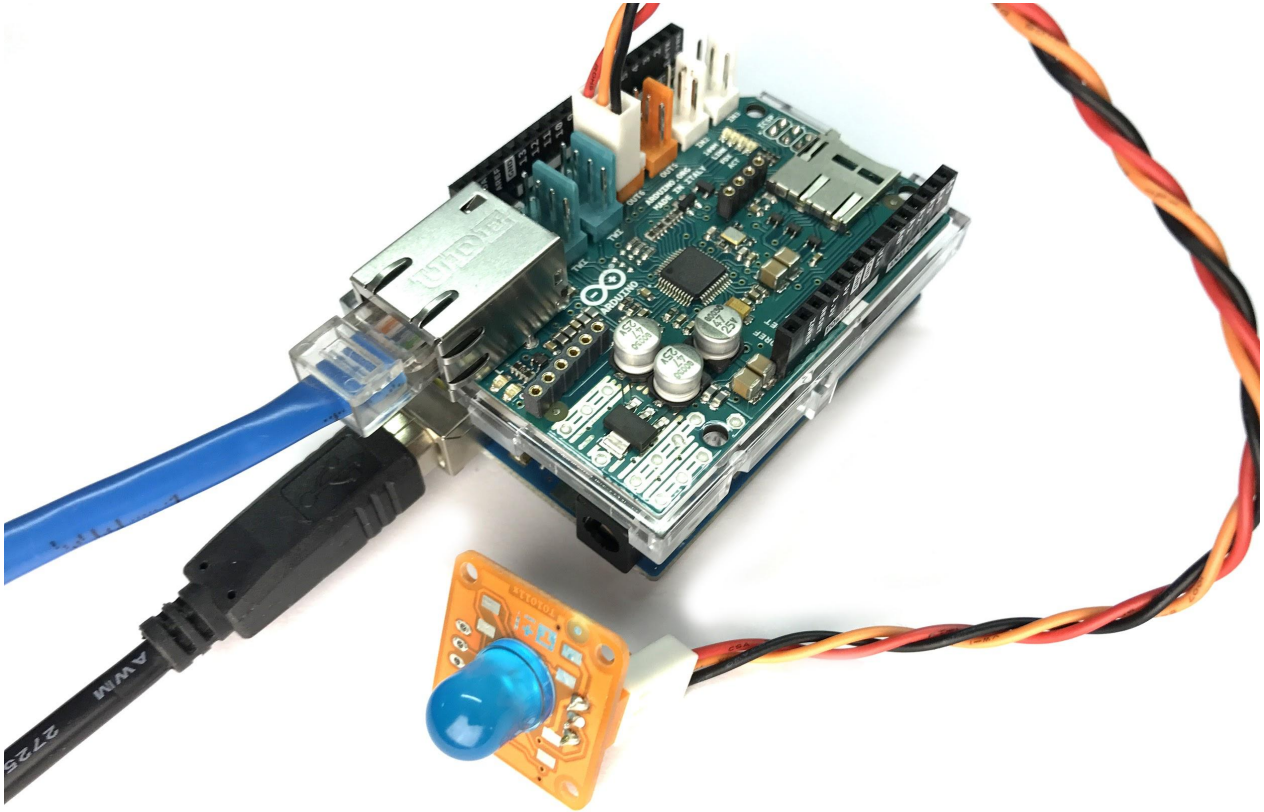
Connect Ethernet Shield to Arduino UNO



Connect LED to OUT6

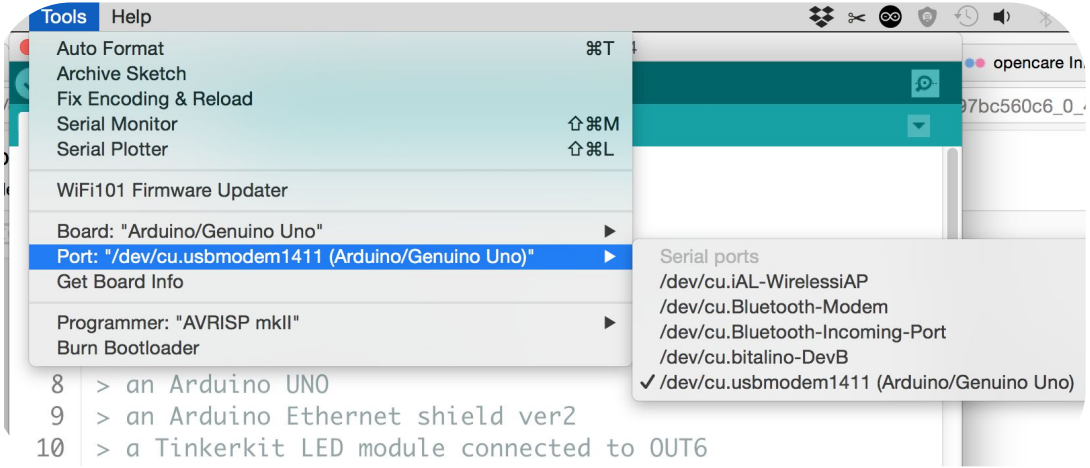


Connect Arduino to the computer and the shield to an Ethernet cable



> open the Arduino IDE

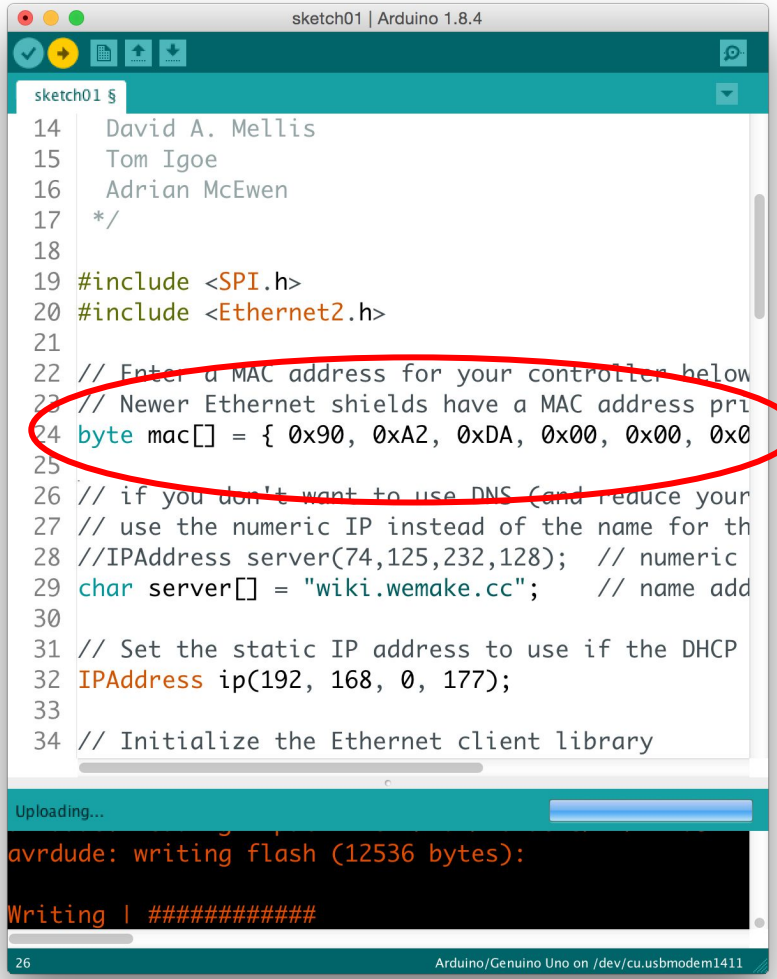
> and select port



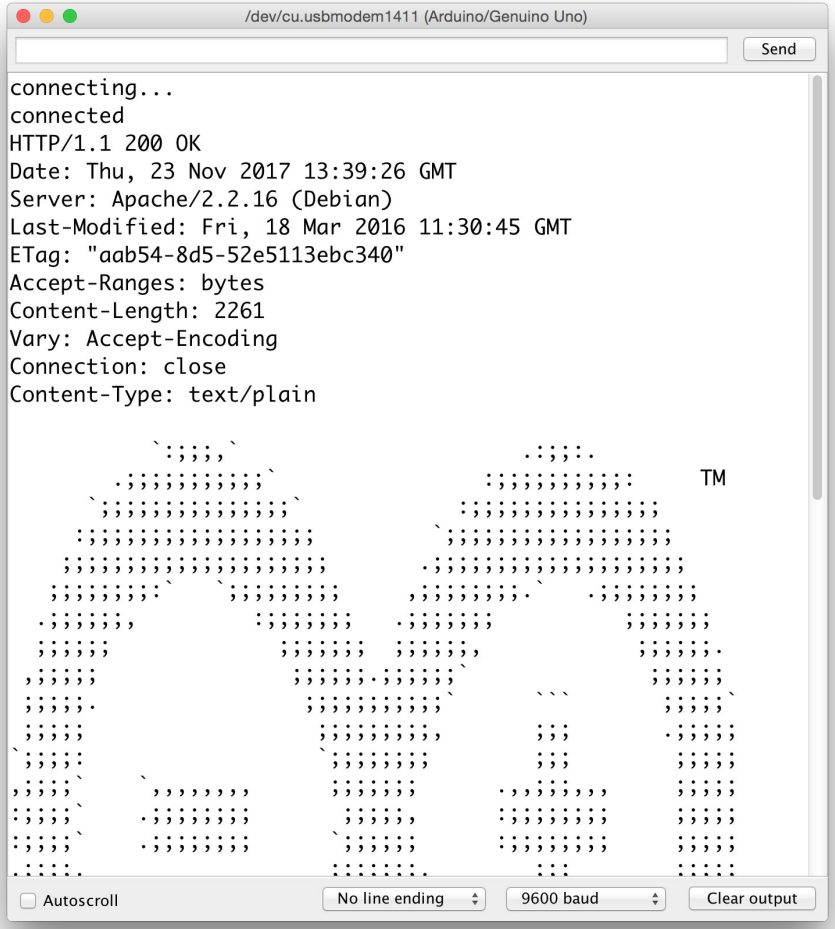
> open Sketch01

> add your code (MAC address)

> and Upload to the board

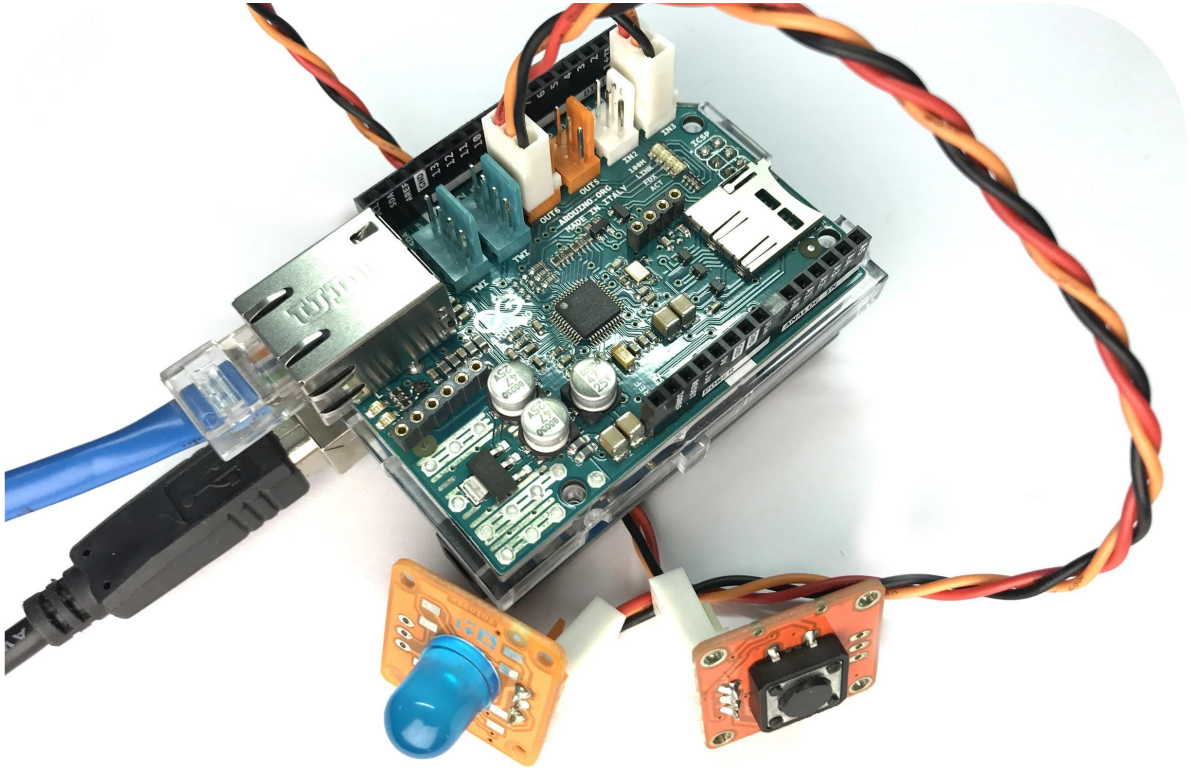


> open the
Serial Monitor



Let’s add interaction!

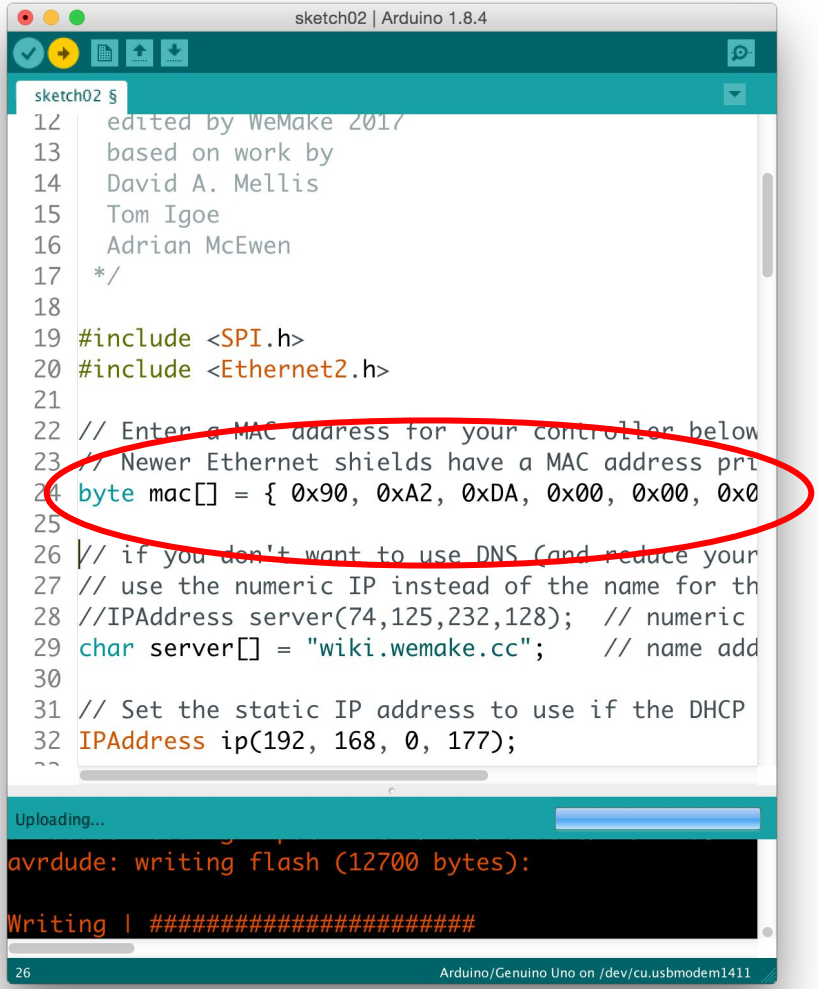
Connect pushbutton to IN3



> open Sketch02

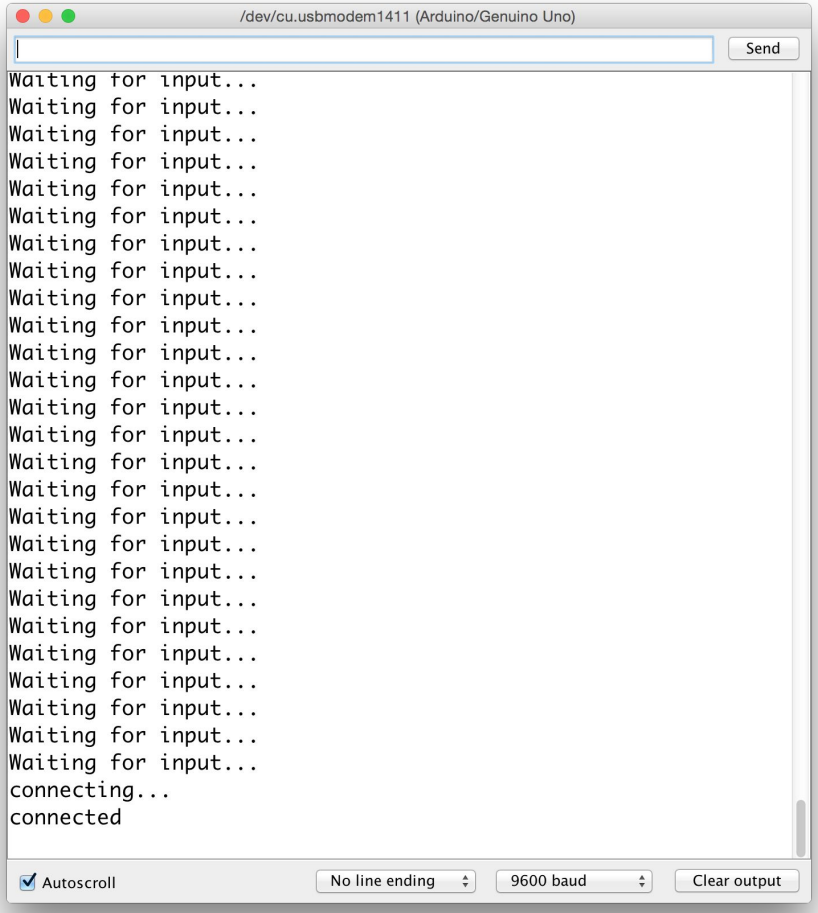
> add your code (MAC address)

> and Upload to the board



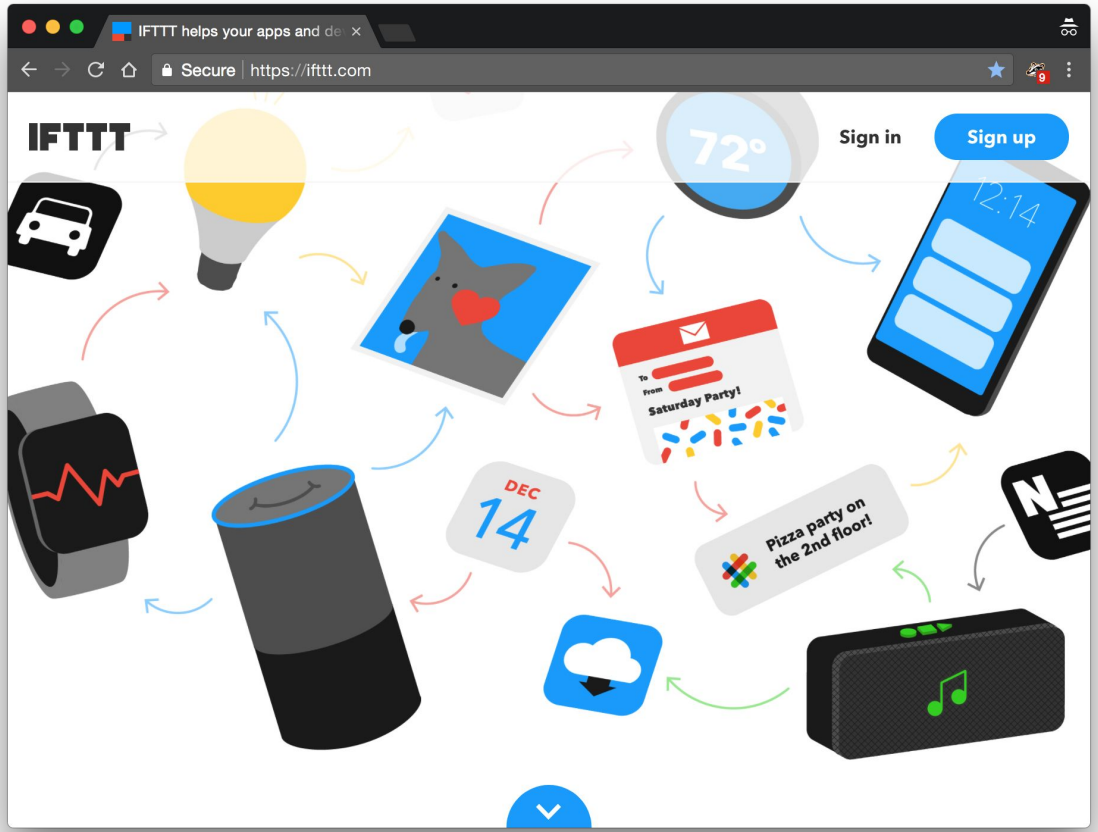
> open the
Serial Monitor

> push the Button!



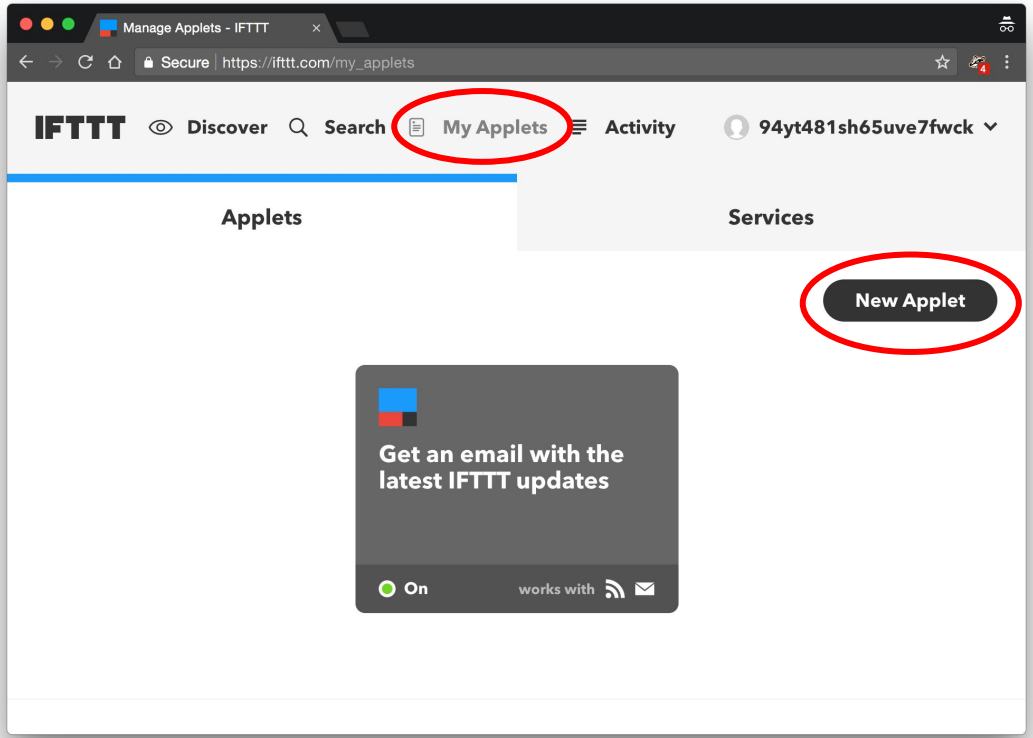
If This Then Whaaaat???

Go to ifttt.com and create a new account

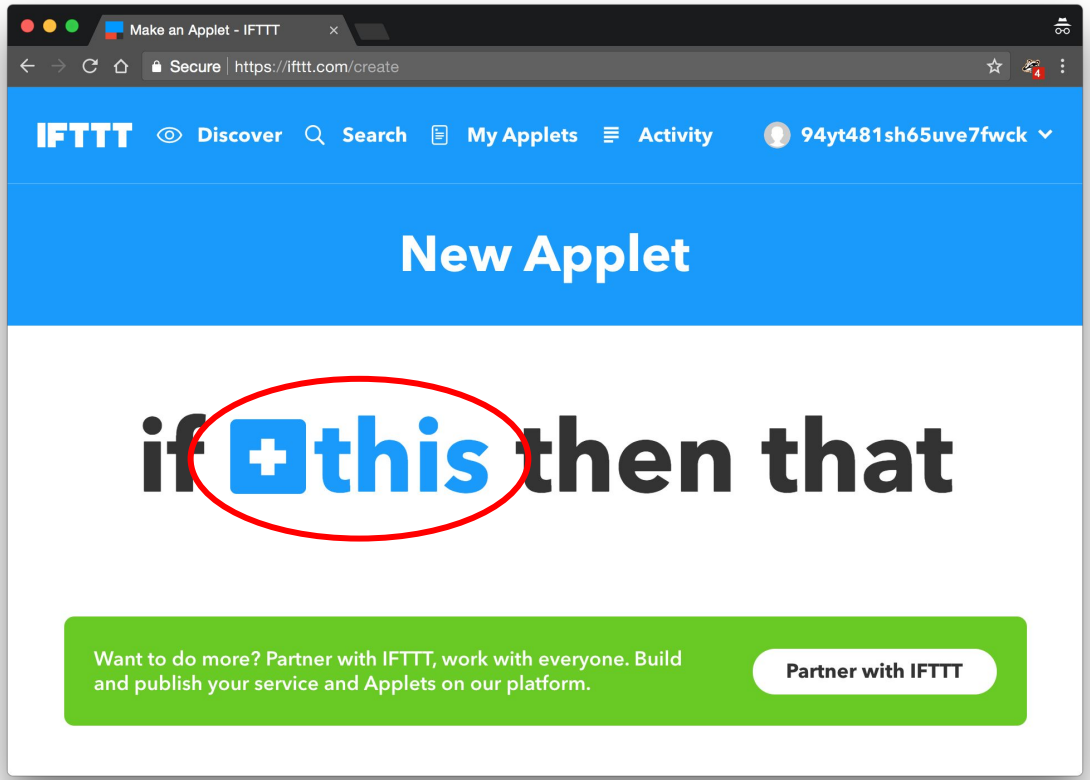


> Click on My Applets

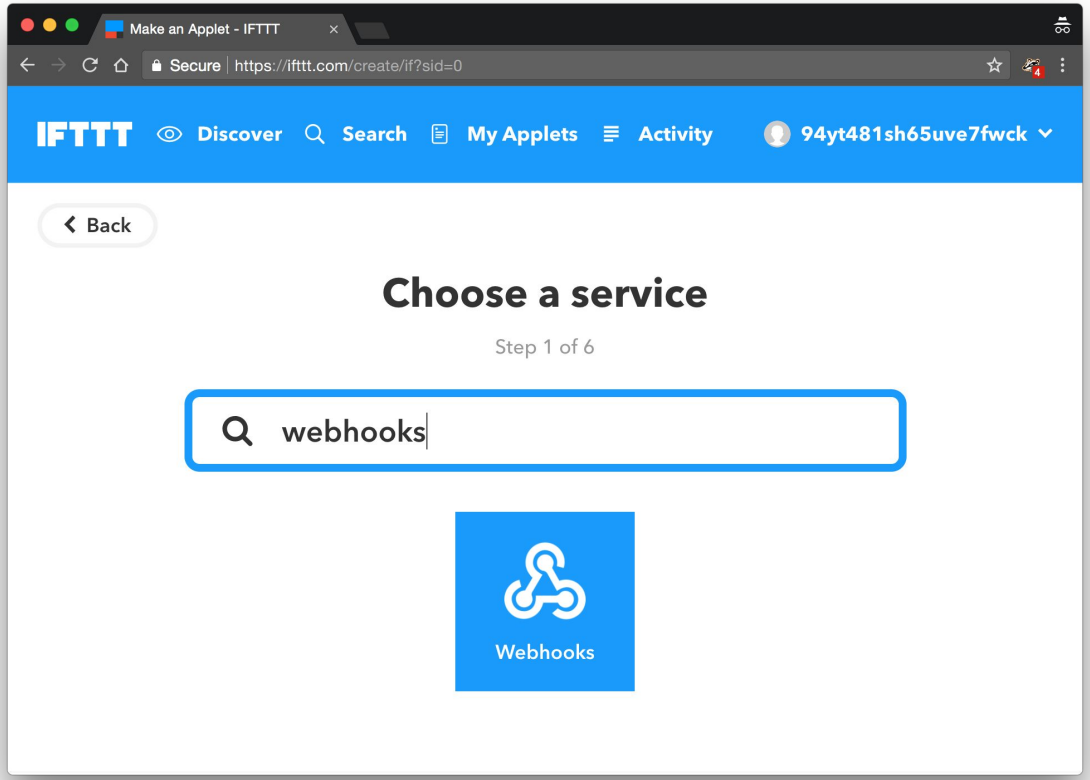
> and New Applet button



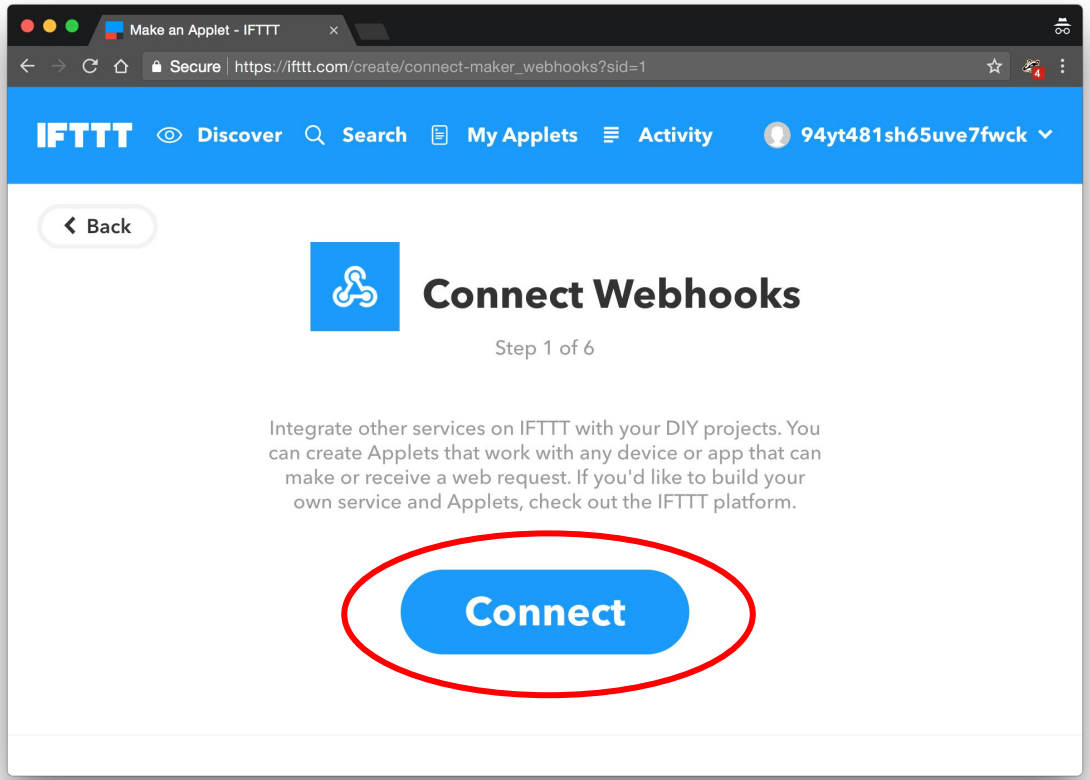
> Click on “this”



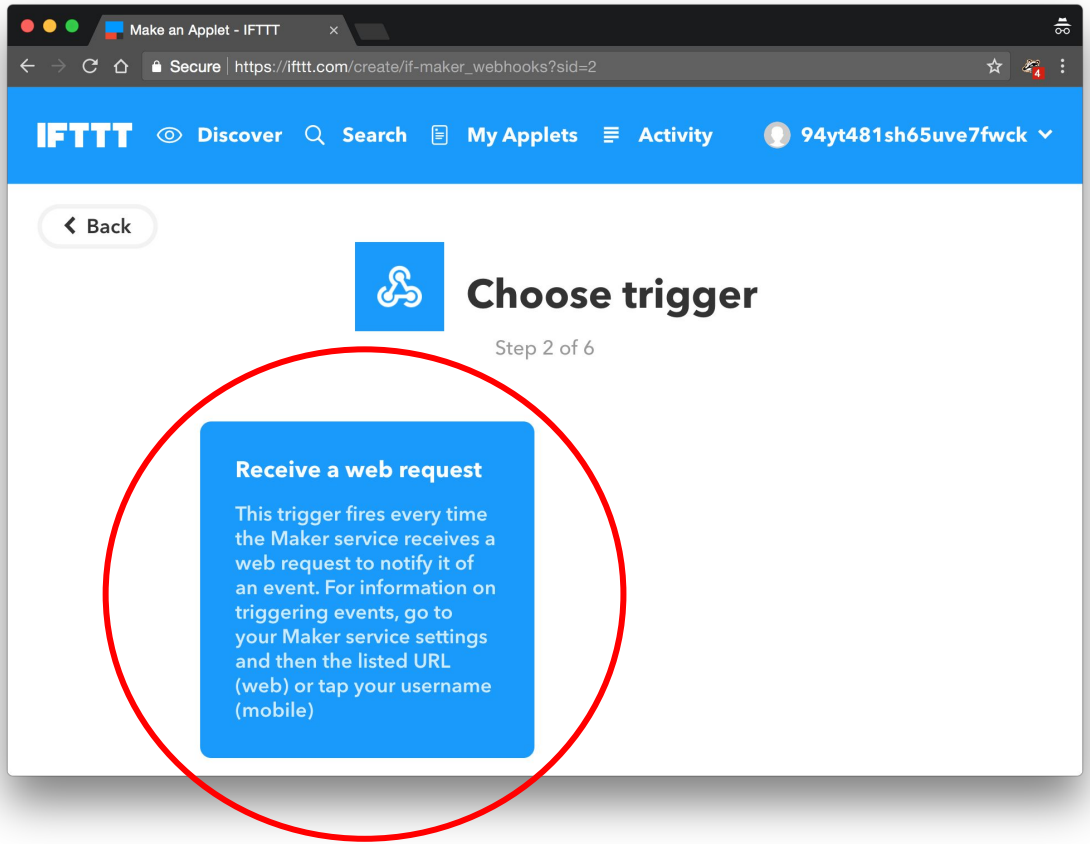
> Search and select “webhooks”



> Connect “webhooks”

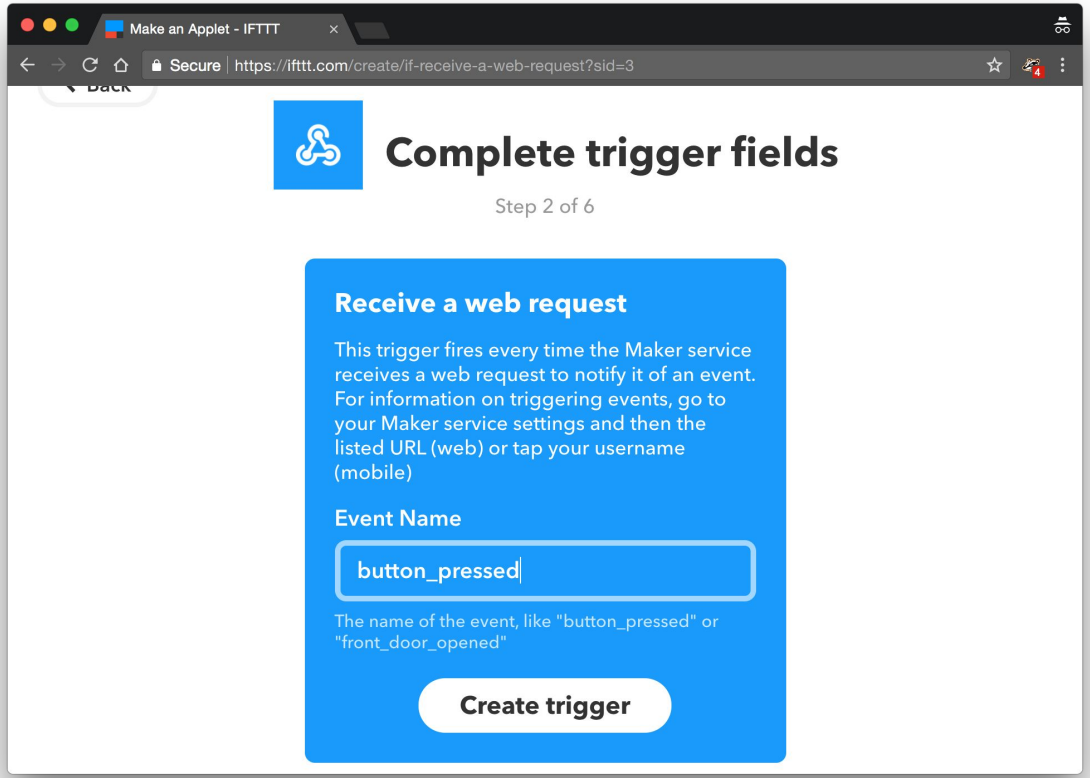


> Choose the “Receive a web request” trigger

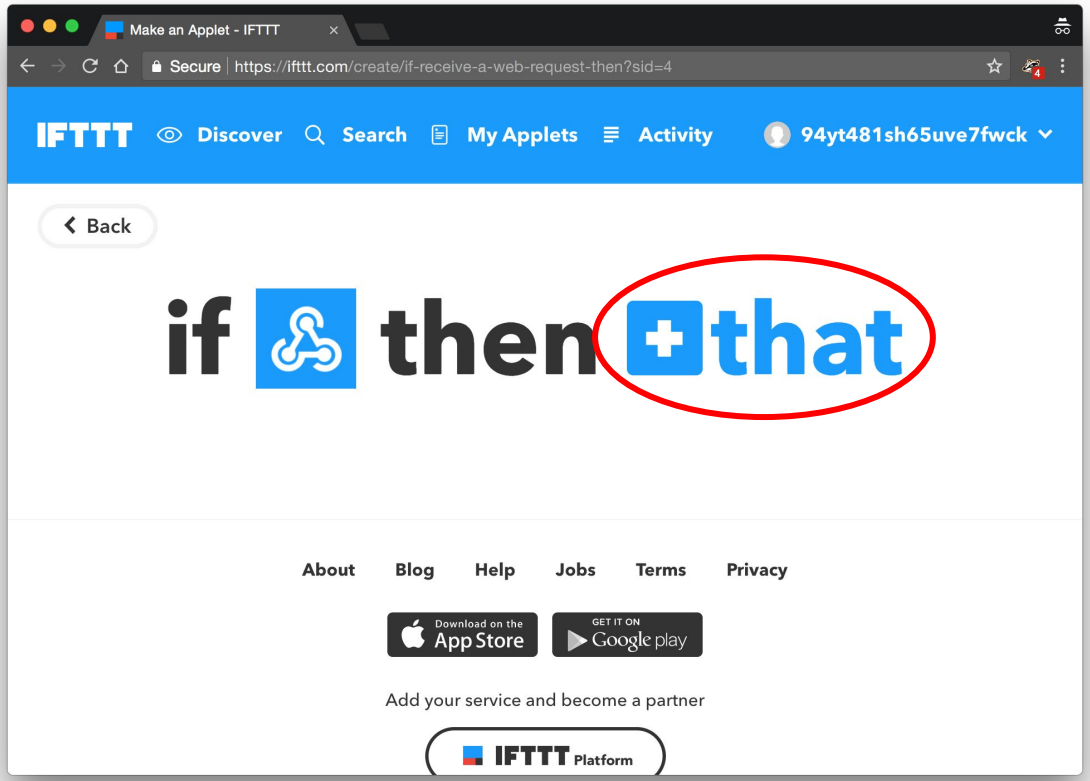


> Give the event a name like "button_pressed"

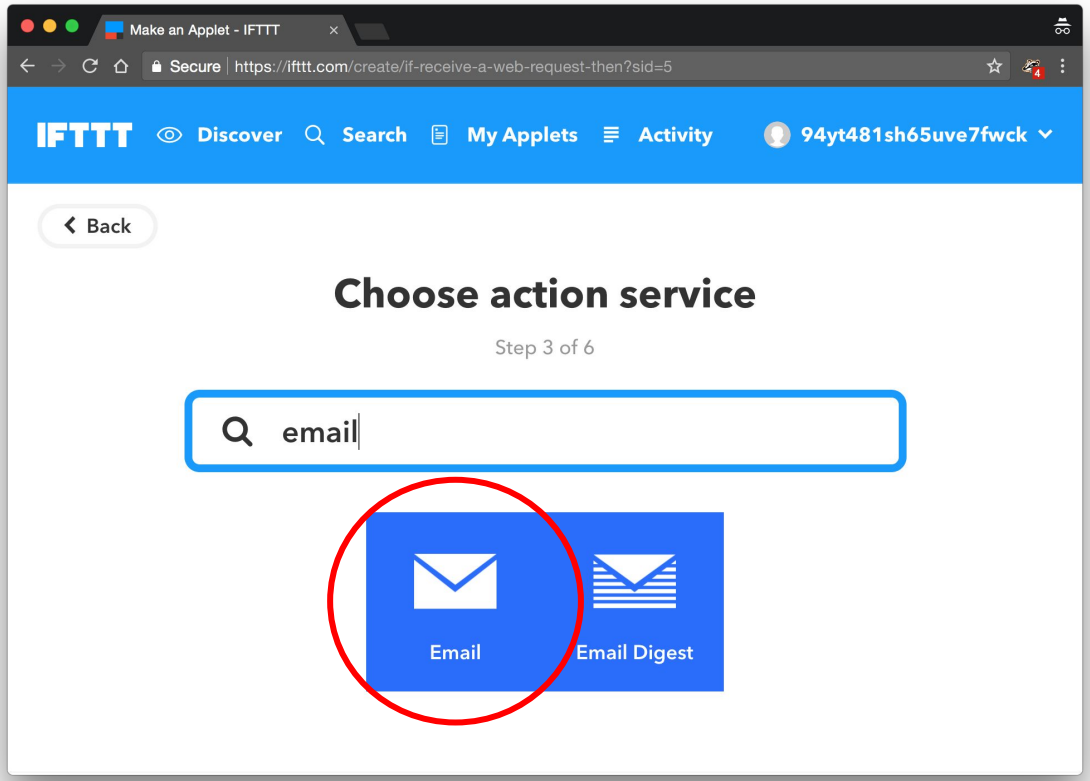
> and Create trigger



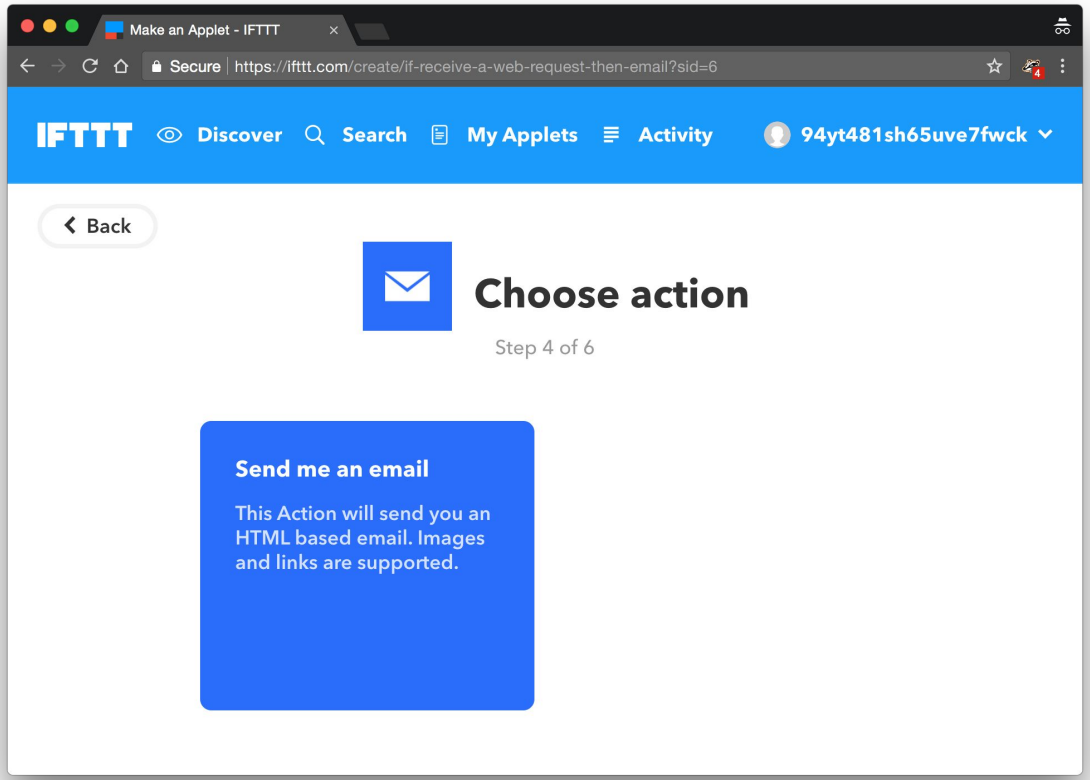
> Now click on “that”



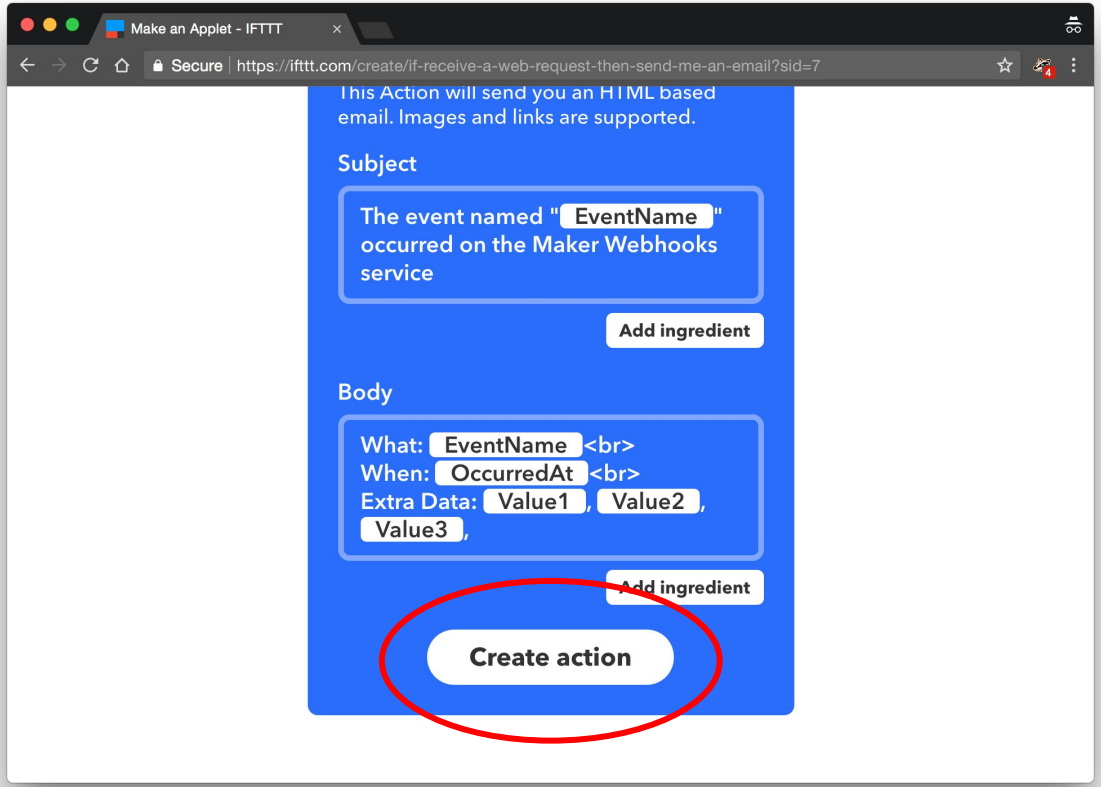
> Choose “Email”



> Choose the “Send me an email” action

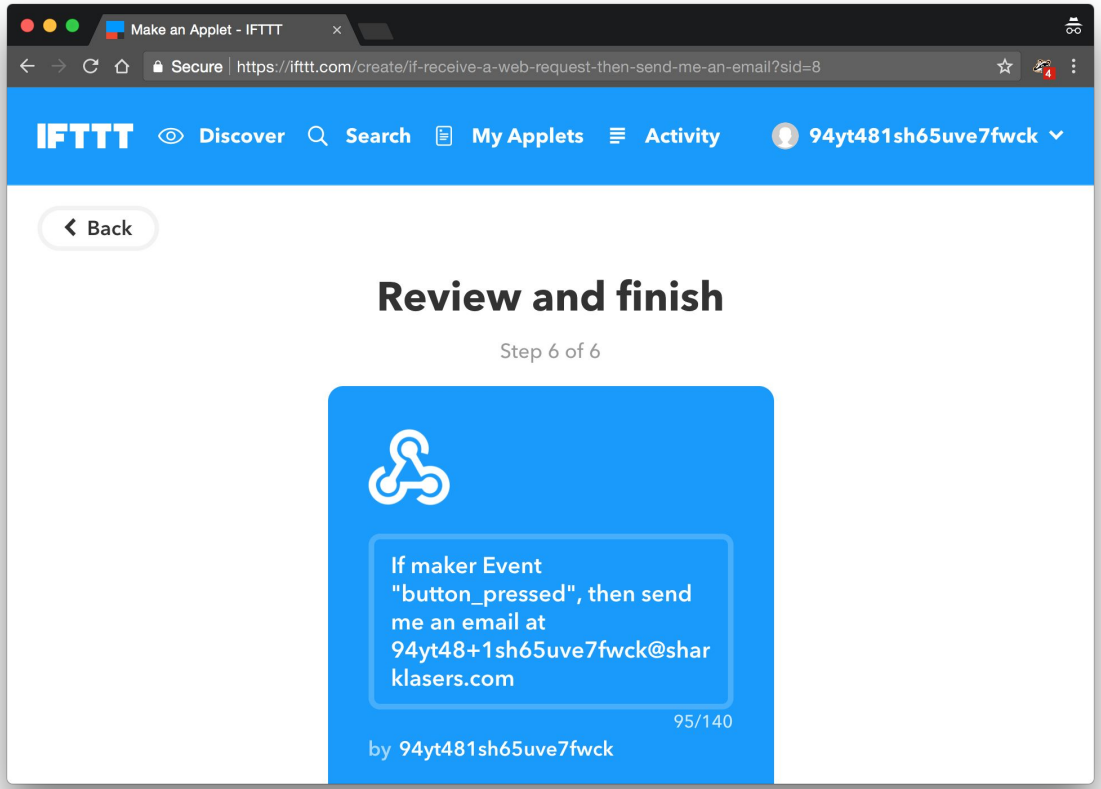


> Create action



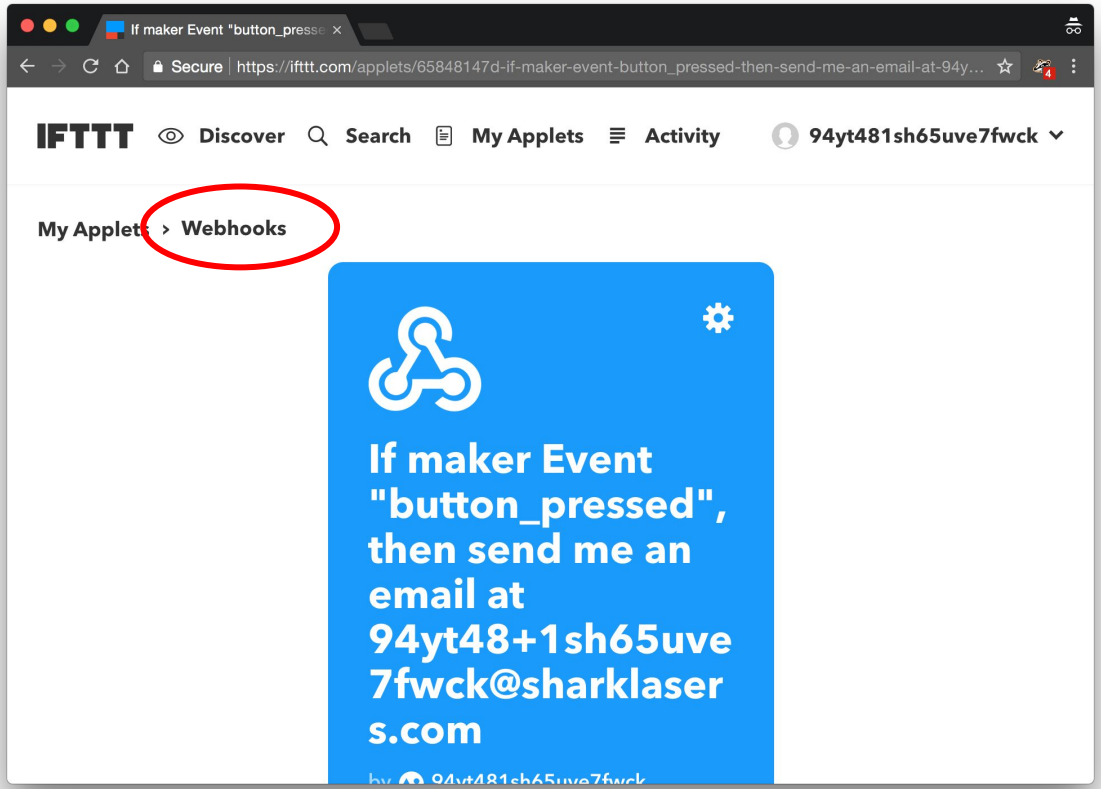
> Finish :)

Yaaay you just created your first Applet!!!

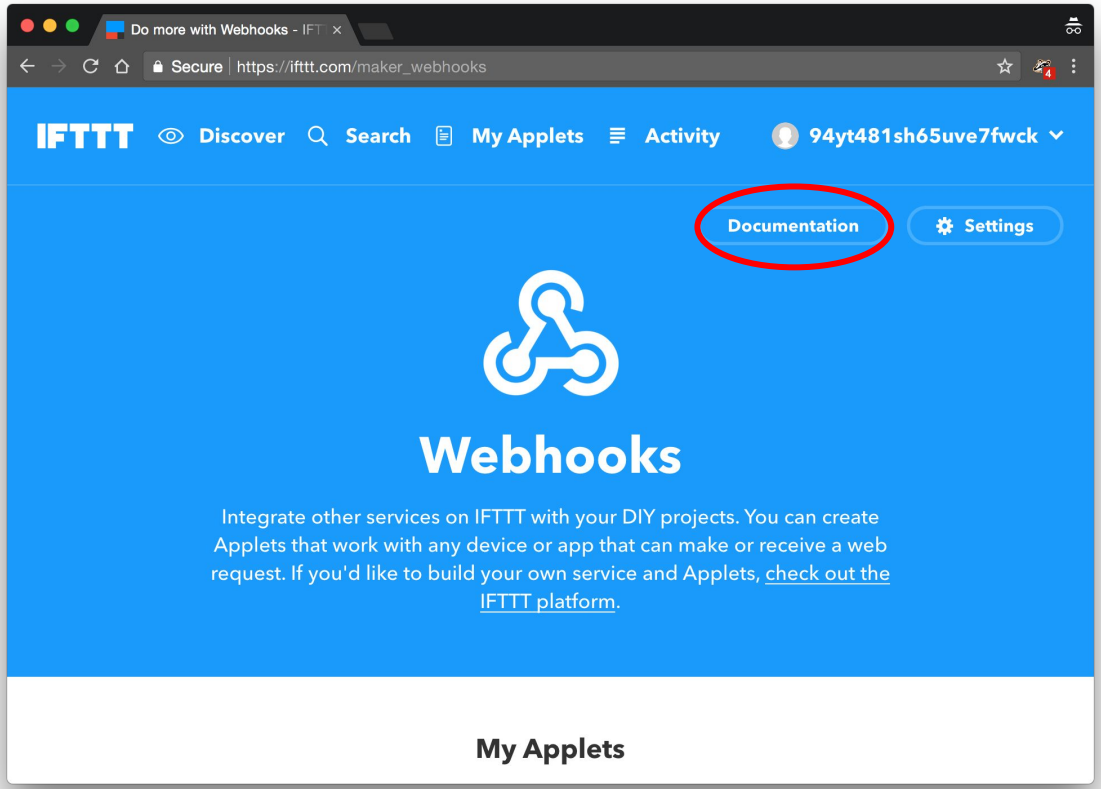


Almost there...

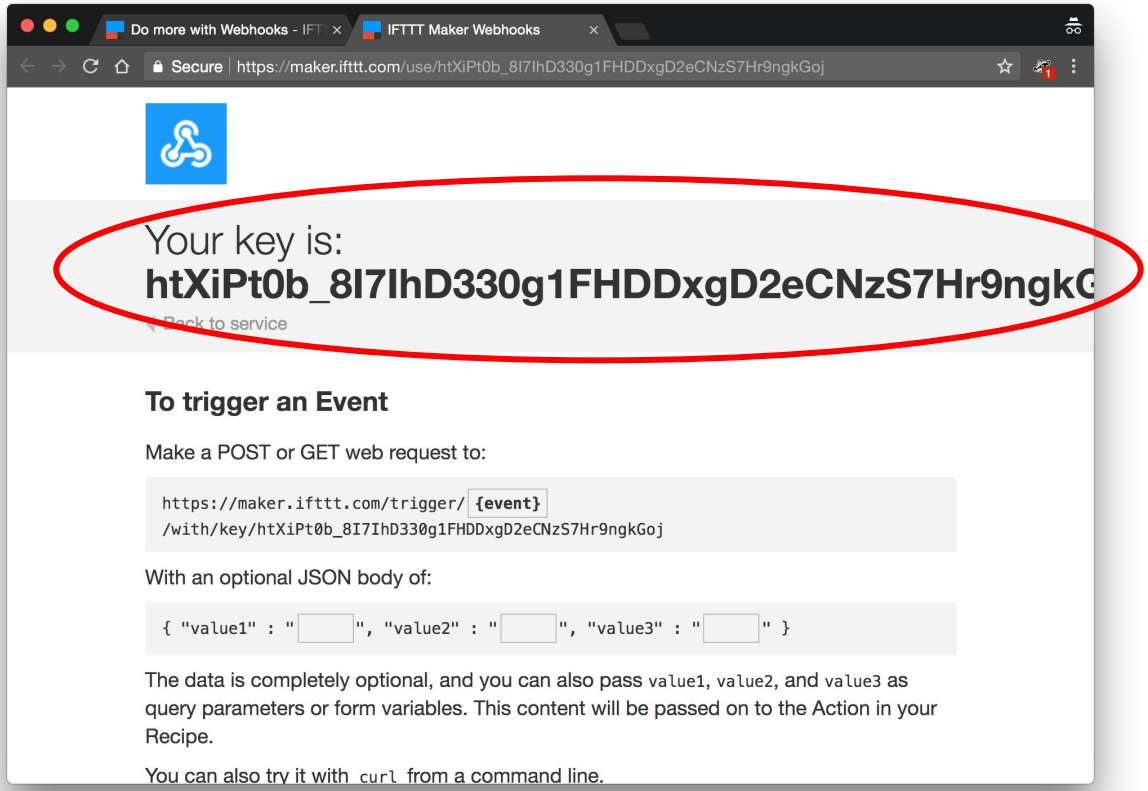
> Click on “Webhooks”



> Click on the Documentation button

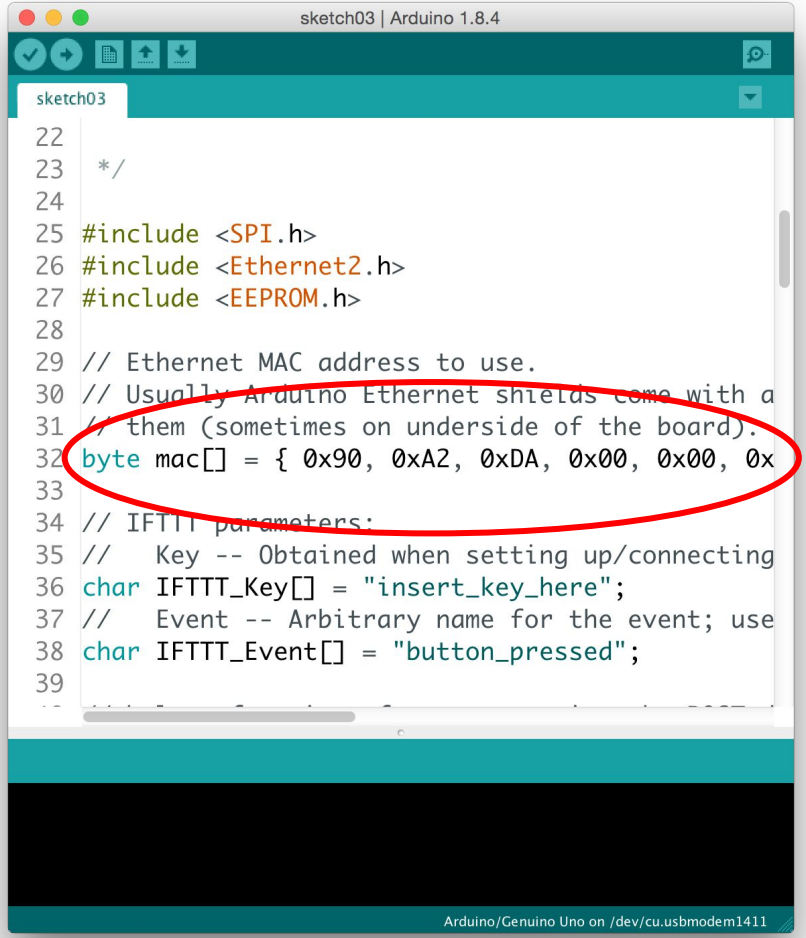


> Copy the Key


Do more with Webhooks - IFT
IFTTT Maker Webhooks
Secure
https://maker.ifttt.com/use/htXiPt0b_8I7IhD330g1FHDDxgD2eCNzS7Hr9ngkGoj
Your key is:
htXiPt0b_8I7IhD330g1FHDDxgD2eCNzS7Hr9ngkG
Back to service
To trigger an Event
Make a POST or GET web request to:
https://maker.ifttt.com/trigger/{event}
/with/key/htXiPt0b_8I7IhD330g1FHDDxgD2eCNzS7Hr9ngkGoj
With an optional JSON body of:
{ "value1" : "", "value2" : "", "value3" : "" }
The data is completely optional, and you can also pass value1, value2, and value3 as query parameters or form variables. This content will be passed on to the Action in your Recipe.
You can also try it with curl from a command line.

> open Sketch03

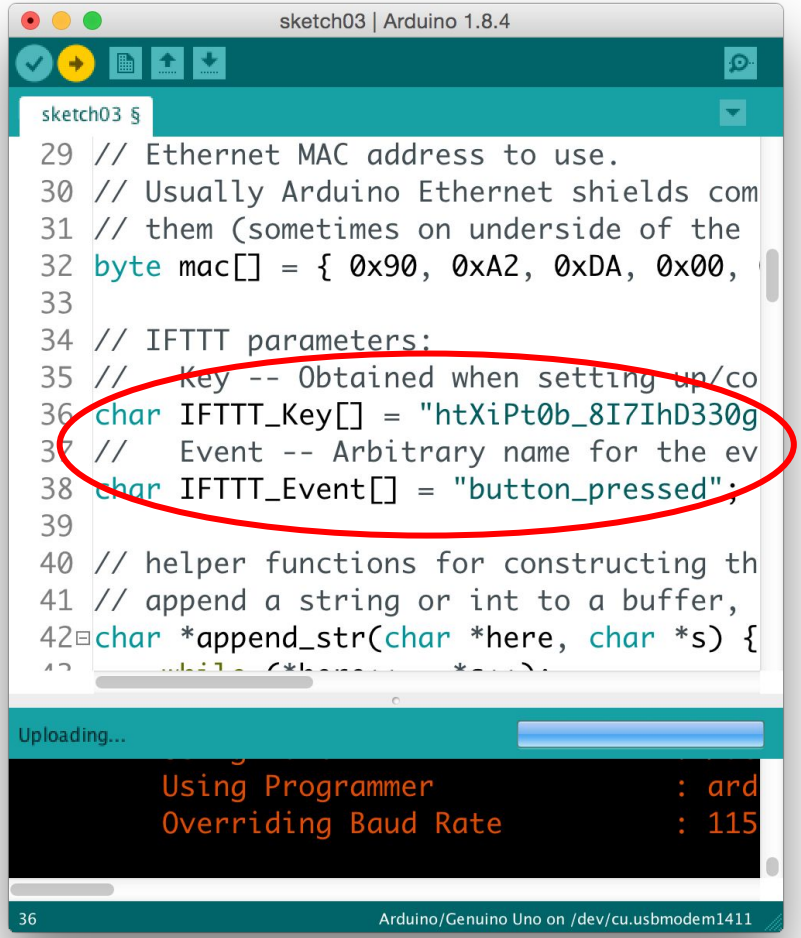
> add your code (MAC address)



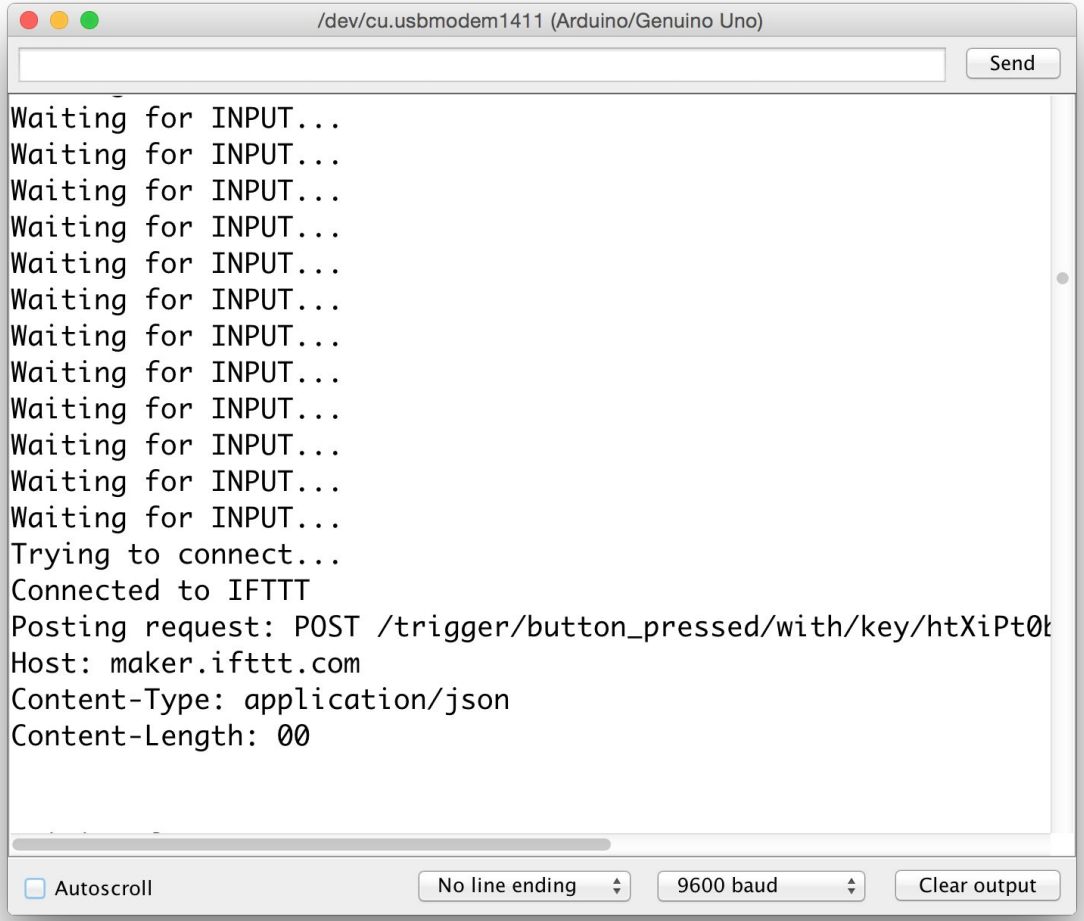
> paste the KEY in IFTTT_Key

> (eventually change IFTTT_Event to match with your Event_name)

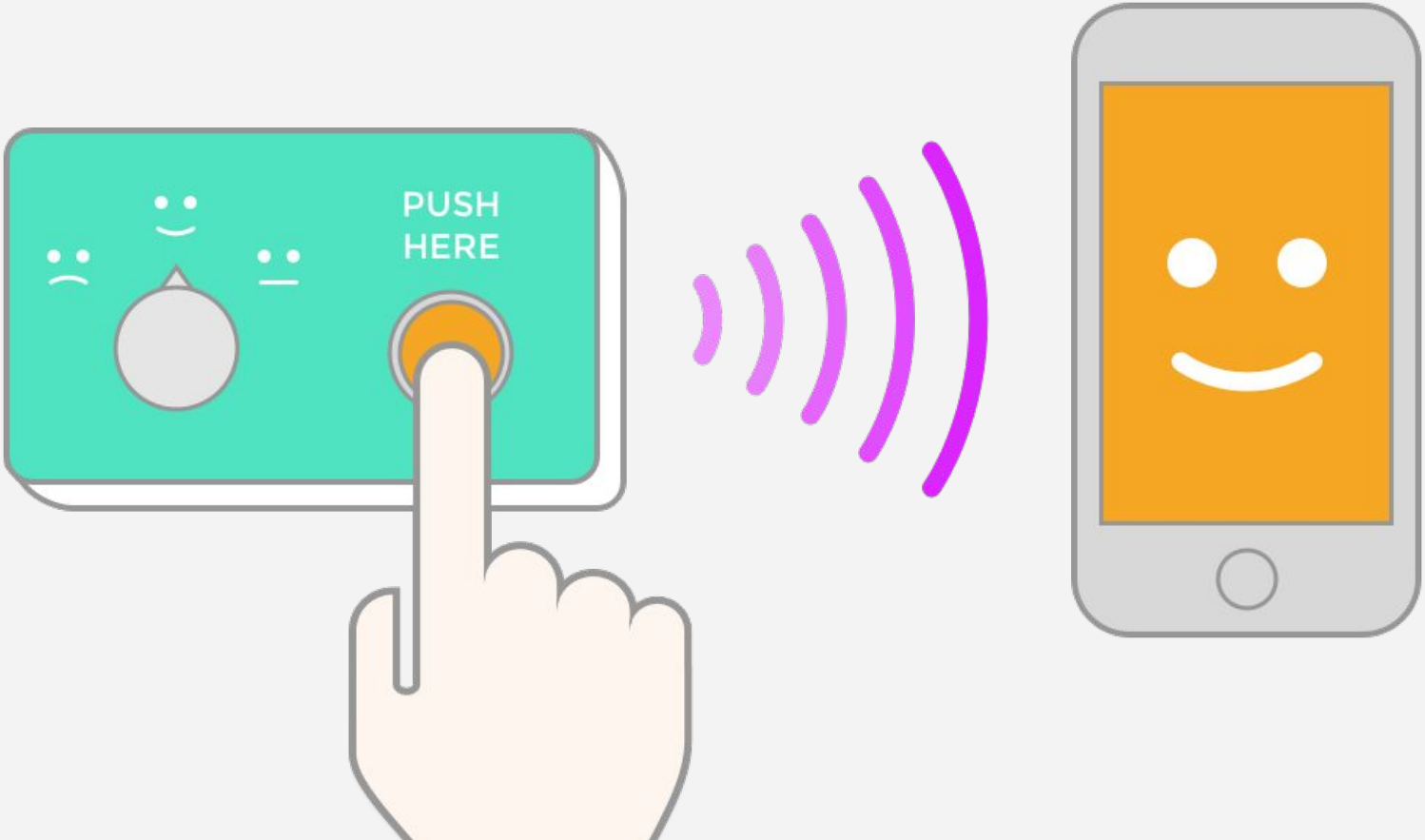
> Upload!



> Open Serial Monitor




Press
IT!


PUSH
HERE