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Introduction

Care streaming is the act of documenting your life while receiving care for a disability, illness, aging, or in long-term-care facility environments. Livestreaming (with the proper tools) can significantly improve your quality of life and care. Check if you can livestream in a facility where you are here

We are conducting interviews with care streamers for a user experience research study. Sign up or reach out to `.mundi` or `.myuserid` on Discord.

Foundations	
Introduction	Introduction to the origins of StreamYourCare's mission
2021 Mission Statement Blog Post from Roger Faulkner	How Profit Over People has been a problem
Research re: Care Streaming	A collection of research highlighting the benefits and impact of digital interactions

Guides	
Windows Setup	Care stream setup guide for Windows
Mac Setup	Care stream setup guide for Mac
Ethics Guide	Guidelines to facilitate ethical applications of these tools
Care Streamer Anti-Exploitation Guide	Guidelines to prevent exploitation via care streaming communities
Games for Care Streamers	Simple and collaborative games perfect for care streamers
Reddit Guide	How to use and who can use r/streamyourcare
Post Flair Guide	How to tag your posts on r/streamyourcare
Introduce Yourself on r/streamyourcare	Story introduction template for r/streamyourcare

Resources	
Healthcare & Support	(US) - (Global)
Mental Health & Crisis Prevention	
Tools	iOS Android Windows Mac (OSX) Web Tools
Glossary	
Contact	Email Us - Social Media

Introduction

About Us

- Late Founder Story
- Co-Founder Story
- FAQ

Mission

- 2021 Mission Statement Blog Post from Roger Faulkner
- Research re:**Care Streaming**
- Interviews

Features

- Streamer.Bot Command Suite - Go here for features like privacy overlays, alert commands, voice commands, etc.
- Privacy Overlay commands !brb/!back/!censor Give audiences and staff the ability to offer streamers and their guardians privacy via overlays
- Alarm & Alert Commands/Setups for allowing audiences and staff to trigger light and sound alarms and notification alerts 🟡
- Discord Care Streamer Community Template for quick alert role/alert command setups and community building 🟡

StreamYourCare Accessibility Navigation

Site PDF Download

- Double click `Site PDF Download`
- Click your browser web address bar and press `Enter`
- Use Microsoft Edge
  - Open the .PDF in Edge
  - Right click anywhere in the file < Select `"Read Aloud"` or press `Ctrl + Shift + U`

This is What We Get When Healthcare is a Business

From Roger "Living in a Wheelchair" Faulkner's Medium and Google Docs:

> I have ALS, and my mind is clear. In fact I have been a contributing member of society through my inventions. I've run out of money and so I can't continue to live independently. But I'm not able to get on Medicaid without having a lawyer. I thank God that in my case, my family is able to help me do this.
>
> Nursing homes are all private businesses. The caregivers are often very great people, but they don't get to let me in... The administrators rule the roost. And their eyes are firmly on profit. I have been rejected by multiple nursing homes. Most of them can't take me because I'm on positive pressure ventilation. `
>
> In North Carolina, the ones that can take ventilator patients won't take me unless I get a tracheostomy which would prevent me from speaking. My daughter found several nursing homes in Ohio that might take me, but two of them have already rejected me. `
>
> No one has to take me and in both of those nursing homes, caregiver staff were ready to welcome me, but the administrators said no because my care is relatively complicated and they thought they would lose money.
>
> I am sure that thousands of people everyday in America are facing a very similar problem. This is what you get when for profit insurance companies, nursing homes, and hospitals call the shots.

Roger wrote this on June 2nd, 2021. Days later, he moved from North Carolina to Ohio into a long term care facility near some of his family. 9 days after admission to the facility, he was neglected and died live on stream. His cause of death was reported as ALS.

Had he not gone live that morning, nobody would know what actually happened to Roger Faulkner. Roger used his platform to educate the world about resilience and advocating for your needs through streaming your care.

Please share this story. We have made free privacy command capabilities available here, you'll want the blog guide to set them up.

Join our Discord to get involved with compiling resources and setups.

Research Relevant to Care Streaming

The following research provides a brief overview of some current challenges within the senior care and livestream industries.

Live-streaming your care can provide monitoring, companion care, privacy and intervention via a live audience with free DBIS commands.

- How to Stay Connected to Your Loved One in a Nursing Home. - The article discusses the importance of maintaining connections for nursing home residents, especially during the COVID-19 pandemic when isolation was a significant issue.
- Elder Justice: A blueprint for an emerging coalition, scaled society-wide - Philip C Marshall - The essay outlines a blueprint for advocating elder justice, emphasizing the need for societal engagement and systemic change to protect older adults from abuse, including state-sponsored guardianship abuse.
- Digital Inclusion as a Core Component of Social Inclusion - iTrauco - A collection of studies focusing on the importance of digital inclusion.
- Digital Bystander Effect: Exploring Online Apathy in Modern Society - Dr. Daryl Bem explores the impact of the Digital Bystander Effect.
- I FEEL YOUR (LIVESTREAMED) PAIN: VIRTUAL BYSTANDER RECOVERY - John G Browning - John G Browning explores the impacts of livestream technologies on audiences online, NIED/B-NIED, virtual bystander recovery, and tort reform.
- Understanding the Mechanism of User Experience Role in Educational Livestreaming Platform - a research article focusing on the role of user experience in educational livestreaming platforms and its impact on purchase intention, mediated by psychological ownership and moderated by privacy concerns.
- The effectiveness of digital gaming on the functioning and activity of older people living in long-term care facilities: a systematic review and meta-analysis - An article discussing the global increase in the aging population and the growing number of older individuals in long-term care facilities, who often face functional impairments like mobility issues and depression.
- Difficulties of introducing video gaming in long-term adult care - A study led by Dr. Kathrin Gerling examined the integration of motion-based video games, like those on Nintendo Wii or Microsoft Kinect, into long-term care facilities for older adults.
- Video games show potential in improving key aspects of memory in older adults - This article discusses how novel stimuli, such as playing video games like Super Mario and Angry Birds can improve cognitive health and memory function in older adults, especially those who are homebound due to mobility impairments or pandemics. Virtual environments can also serve an additional solution to enrich cognitive experiences when real-world exposure is limited.
- Senior Gamers – Gaming Habits and Benefits For Older People - An article discussing the increasing accessibility and benefits of gaming for all ages and the specific advantages it provides to senior gamers.
- Video game training enhances cognitive control in older adults - This research publication highlights the potential of video games as tools for cognitive enhancement in older adults
- Focus on Liability of Residences for Elderly and Sick People: A Case Series and Medico-Legal Issues - This article examines the medico-legal issues and liability concerns in residences for elderly and sick individuals, presenting case studies to highlight the importance of proper documentation and care standards in these facilities to prevent medical malpractice and ensure patient safety.

- Information and Communication Technology Based Integrated Care for Older Adults: A Scoping Review - This article provides a comprehensive review of the use of information and communication technology in delivering integrated care for older adults, aiming to synthesize evidence on its implementation, effectiveness, and the factors influencing its success or failure.
- Prevalence and Correlates of Emotional, Physical, Sexual, and Financial Abuse and Potential Neglect in the United States: The National Elder Mistreatment Study - The article aims to estimate the prevalence and examine the correlates of various forms of elder mistreatment, including emotional, physical, sexual, financial abuse, and potential neglect, among adults aged 60 years or older in the United States, using data from a nationally representative sample1. It highlights the significance of low social support and previous traumatic events as consistent correlates across different types of abuse.

Get involved with this advocacy on Discord

StreamYourCare Interviews

Illenialwheeler

We had such a blast speaking with @Illenialwheeler.

Illenialwheeler x StreamYourCare x University of Chicago UX Interview

Use & Ethics Guide

- Ethics Guide
- Care Streamer Anti-Exploitation Guide

Care Stream Ethics Guide 1.0

Every individual livestreaming their medical treatment or care must practice these guidelines to the best of their ability.

Rule	Explanation
Be Sincere	Your story is best told **as-is**, be *yourself*, share *your* truth. Don't just capture the sad parts, document any progress you can on your journey.
Prioritize Consent	Ensure all applicable parties have authorized consent to be recorded. Notify non-consenting individuals of their options for privacy.
Accurate Representation	Any discussion or allegations of abuse, negligence, and misconduct are not recommended, document definitive evidence to back any claims.
Accurate Representation	Please refrain from misrepresenting any individual, medical employee, family member, facility, or medical organization through your livestream interactions. Livestream monitoring exists to capture and improve the natural state of healthcare environments.
Reinforce Inclusive Positive Engagement	Remember that your community comes from every walk of life across the globe. It's best to not make assumptions and seemingly negative claims about any person or group of people.

Zero-tolerance Policy for Exploitation:

Guidelines
Livestreamers will not take advantage of vulnerable supporters
Viewers, supporters and mods will not advantage of livestreamers
Report businesses and institutions taking advantage of livestreamers and supporters.
If something doesn't look right, speak up about it.
Report cloned/fake social media accounts, payment platform accounts, and unusual behavior to the Livestreamer.
Help livestreamers file support reports upon request.

Care Streaming Exploitation Prevention Guidelines

Due to the complex nature of care systems and community crowdsourcing, some guidelines should be established to prevent individuals from being taken advantage of through the r/streamyourcare community.

Rules
Care Stream Content posts will be examined by community moderators to ensure the support links & handles included in posts match the ones provided by the showcased care streamer.
Accounts suspected of cloning other people's channels, support links, or abusing this community via identity theft will be removed and reported to authorities for investigation.
/streamyourcare members are advised to certify authenticity with each care streamer before making contributions to support links like CashApp, Venmo, GoFundMe or PayPal.
Story posts are for educational purposes **only**. If information is widely available to the public, you are allowed to defensively corroborate your story with reports. Although, it is not recommended. Confidentiality remains a priority for respecting the safety, privacy, and dignity of impacted individuals.
Care streams should not attempt to further incriminate healthcare workers. They provide better Patient-Provider relationships with trust, intervention, and engagement opportunities.

More updates will be added to this as we scale.

Join the r/streamyourcare community! We are here to provide affordable access to anyone needing care monitoring options and community companionship.

StreamYourCare Reddit Guides

- Main Reddit Guide
- Post Flair Guide
- Introduce Yourself on r/streamyourcare Blank Template

r/streamyourcare Guide

Welcome to r/streamyourcare!

A demand for accessible livestream intervention capabilities has presented itself. We hope to prevent patient neglect, abuse, and death by providing safe affordable livestream monitoring solutions.

Including but not limited to: privacy overlay commands, alarms/alert commands, community collaboration, and extensive interactive capabilities.

This community will provide a collection of free tools and experiences which offer viewers and creators safety and purpose through their interactions online. See User and Post Flair Guidelines here (also at the bottom of the thread).

Our Sub Exploitation Prevention Guidelines post is also worth a read before posting.

Who's Invited

- PACE Advocates
- Caregivers (Family/Professional)
- Medical Professionals (Nurses, Aides, LTC/LTSS Specialists)
- Individuals Receiving Care for Aging, Illness, or Disability
- Legal Experts on Handicap/Elder Abuse
- Content Creators & Influencers
- Community Leaders and Non-Profit administration
- Tech/Software Tinkerers & Engineers
- Researchers (Healthcare, Gerontology, Medtech)

How to Contribute

Anything you post advocating about this movement use: **#streamyourcare**. Invite anyone you know in these roles to r/streamyourcare.

PACE Advocates

- Educate Redditors about PACE and care monitoring solutions.
- Share content navigating personal care systems to raise awareness for the importance of PACE programs.
- Provide educational material for safety protocols, patient rights, and how to advocate for better standards.

Family Caregiver/Guardian

- Share stories about the process of transitioning to in-home care and/or long term facility care.
- Share stories about maintaining care for a loved one with 3rd-party caregivers.
- Share stories of misconduct, negligence, or abuse to highlight their prevalence in both independent living situations and long-term care facilities.

Nurses, Health Aides, and Long Term Care Specialists

- Offer a professional lens on appropriate local health standards.
- Participate in Q&As with the community
- Address employee privacy and safety needs

Individual Receiving Care

- Discuss your care routines and current challenges (needing better care, concerns about assisted living, equipment needs)

- Ask questions about care monitoring options and regulations
- Seek individuals that share interests and passions with you to create collaborative care stream content.

Negligence & Abuse Attorneys

- Provide resources and discussion on collecting evidence and reporting cases.
- Specify local regulations and recording party laws in healthcare environments.
- Provide forms and information for specific requests through this group.

Tech Engineers

- Provide simple tools and configurations enabling affordable monitoring solutions for those receiving care
- Advise r/streamyourcare on secure systems to document and monitor care stream content.
- Join our Discord to contribute to the development discussion

Community Leaders (I.e Church Staff) & Non-Profit Administration

- Direct relevant communities to this group with printouts (coming soon), emails, social media posts, and live events.
- Consider partnering with the streamyourcare community to create jobs developing and implementing unique streaming capabilities for individuals worldwide.
- Provide laptops and webcams to seniors in your communities transitioning into assisted living. Local ITADs and Digital Divide non-profits can assist with this.
- Offer programs through local universities to connect students with seniors to set up accessibility tech with them.

Post & User Flair Guidelines

Post Flair

- **Story**: For sharing personal and related experiences from the field(s) of your user flair. Example 1 (Co-Founder Story)
- **Care Stream Guide**: A guide for implementing one or several livestream functions for an individual receiving care.
- **Suggestion**: A recommendation for setups, policies, connections, and improvements.
- **Question**: For starting discussions, there are no dumb questions!
- **CS Content Guide**: For guides designated to making advocacy content and collaborative content.
- **Care Stream Content**: For sharing advocacy material on the sub to raise awareness for how you stream your care. See how to post [Care Stream Content] here.

User Flair

- **Survivor**: Elder/handicap negligence and abuse survivors (*patients, family, and friends*)
- **N/A Attorney**: Handicap and Elder Negligence attorneys
- **Caregiver**: (Family/Professional)
- **LTC Facility Staff**: Long Term Care Employees and Administration
- **CS Advocate**: Content Creator, Setup Contributor, Care Stream Recruiter
- **Individual Receiving Care**: People receiving care for aging, illness, or a disability
- **Tech Innovator**: Software/Hardware engineers and hobbyists
- **Non-Profit Sector**: 501c3 administration, non-profit advisors.

Edits will be made to this to accommodate for the shifting scope of this group's potential impact. See relevant research here.

Please join the group, start contributing experiences and standby for amazing results.

r/streamyourcare Post Flair Guide

Post Flair

Flair	Description
Story	For sharing personal and related experiences from the field(s) of your user flair.
Care Stream Guide	A guide for implementing one or several livestream functions for an individual receiving care.
Suggestion	A recommendation for setups, policies, connections, and improvements.
Question	For starting discussions, there are no dumb questions!
CS Content Guide	For guides designated to making advocacy content and collaborative content.
Care Stream Content	For sharing advocacy material on the sub to raise awareness for how you stream your care.

User Flair

Flair	Description
Survivor	Elder/handicap negligence and abuse survivors (patients, family, and friends)
N/A Attorney	Handicap and Elder Negligence attorneys
Caregiver	(Family/Professional)
LTC Facility Staff	Long Term Care Employees and Administration
CS Advocate	Content Creator, Setup Contributor, Care Stream Recruiter
Individual Receiving Care	People receiving care for aging, illness, or a disability
Tech Innovator	Software/Hardware engineers and hobbyists
Non-Profit Sector	501c3 administration, non-profit advisors

Care Streamer Introduction Template (Empty)

Feel free to post your care livestream channel stories with the **[Care Stream Content]** post flair. See our first care streamer introduction post of 2024 here.

Boilerplate Post Template

- **Story/Channel Mission:**
- **Request:**
- **Interests:**
- **Social Links:**

Story

Request

Interests

-
-
-

Please contact if you make interview content, collaborative entertainment content, or advocacy material.

Content Guides

StreamYourCare Content Guides

- **TikTok**
- **Twitch**

Non-SYC Content Guides

- StreamBig.net - "a great resource for those who are looking to get started streaming on their own, or just want to grow their stream, but don't really know where to start."
- How to Stream on Twitch - TechBoomers
- Overcoming Unmotivated Streaming
- How to Become a Disability Advocate - Olivia Holler (Cripple Media)
- Netflix Cameras & Image Capture: Requirements & Best Practices
- National Council of Elder Abuse Social Media Guides

Material

- BrainFood - Curated list of mental gems and streams to fuel your cognition
- Terrible Real Estate Agent Photos - A collection of "inexplicably bad property photographs."
- FutureMe.org - Send a letter to your future self.
- Dark Roaster Blend - Weird and Wonderful Things Posted Daily
- Earth Reviews - Write reviews for anything on earth.
- InformationIsBeautiful - "Information is Beautiful is dedicated to making sense of the world with graphics & data-visuals. We set out to explain, distill and clarify. All our visualizations are based on facts and data: constantly updated, revised and revisioned."
- Six Degrees of Wikipedia - Find the shortest path connections between two wikipedia sites with cool visualization.
- Life Stats - Learn about world stats since you were born.
- LearnAwesome - Building humanity's universal map for learning!
- A Blind Legend - mobile action-adventure game without video – where ears replace eyes! Audio-based game fully accessible to visually impaired individuals.

Tools & Hardware

- BHaptics Haptic "Tact Glove"(TactSuit) - Contact-responsive haptic feedback gear (glove & chestpiece). Rediscover your favorite worlds with 400 unique haptic patterns in 257* compatible games.

Community Building

Share your communities online to increase the funnels that direct advocates towards your community.

Tips

- Most content creator communities online are primarily focused on self-promotion. Sharing when you are live in these groups tends to not have much of an impact on your viewership although posting your channel description in the `#introductions` channel

Discord

- Disboard - Community-sharing site for posting your Discord server and finding other communities for you.
- Discadia - Find Discord servers and make new friends! Post your server, make a profile, bump the server daily to increase your growth.

Collaborative Care Stream Ideas for Content Creators and Family

- Are you a current or future content creator on Twitch or YouTube?
- Have you ever wanted to make something that stands out from the rest of the noise?

Make content with Care Streamers!

What's a care steamer?

The late 66-year-old care streamer, Roger Faulkner, streamed from 2019 to 2021 on Twitch as "LivingInAWheelchair". Roger streamed from his toilet, shower, bed, and wheelchair—talking about his visionary inventions, innovations for those in wheelchairs, medicine protocols, rawly documenting his day to day life with ALS. Read more here

Don't click away just yet... We cannot emphasize how much of a mutually beneficial opportunity this can be for both care streamers and the participating content creators (their communities), and loved ones that try it.

Some experiences really worth offering:

Content	Example
Interviews	Care Streamer VRChat Interview
Game Interviews	
Educational Interviews/Podcast Formats	
Co-Stream Games or Videos	
GeoGuessr	
Minecraft	Teaching Senior Citizens to Play Minecraft
Art/Craft for a Care Streamer	
Perform a personalized music set	
Cooking (Advice) Stream	
Knitting	
IRL/Travel (Fishing)	
TwitchPlays Care Stream Spectator Gameplay	
Parking Simulator	
Platformers	Voice Controllable Games
Sports Games (Madden/FIFA/2K)	

Providing new experiences for these people with whatever platform is available has incomprehensible potential to make long-term care facilities a place you're not just comfortable being admitted to, but excited to explore. See a complete list of games and accessibility setups here: Edutainment Games and Tech for Individuals Livestreaming Their Care Get creative and get connected (on Discord(https://discord.gg/AhTWnTwUVm)) to be made aware of any new care streamers on the platform!

Fill out our support form(https://forms.gle/cEKLCvSJs14q4kEb6) to be registered as an advocate.

Game Guides

- Can I Play That - A deep dive into accessibility menus, options, and game playability for people with disabilities.

StreamBig Gaming Guides

Choosing Games for Twitch Streams

Examining the Factors of a Twitch-friendly Game

Idle Chat Extensions

Shadowmont RPG Community Bot - Allow your viewers to play an idle RPG game while you stream.

- Login with Twitch here

Platforms

TikTok

TikTok

Community Guidelines

Shadowbans

Community Guidelines

- **Mission and Vision**: TikTok aims to **inspire creativity** and **bring joy** by unlocking human imagination through creative expression and entertainment.
- **Community Guidelines**: The guidelines are designed to ensure a **safe**, **trustworthy**, and **vibrant** experience, informed by legal frameworks, best practices, and community input.
- **Content Moderation**: TikTok's content moderation is based on **four pillars** to balance expression and prevent harm, enforced through rules and platform resources.
- **Core Value**: Users are encouraged to **be kind** and treat others as they would like to be treated, supporting TikTok's goal of maintaining a welcoming space.

Community Principles

- **Expression vs. Harm Prevention**: TikTok strives to balance freedom of expression with the prevention of harm to its community.
- **Human Dignity**: The platform is committed to upholding human dignity in all its actions and content moderation.
- **Fairness**: Ensuring fairness in enforcement decisions is a guiding principle for TikTok.
- **Alignment with International Standards**: TikTok's practices are informed by international frameworks like the UN Guiding Principles on Business and Human Rights and the International Bill of Human Rights.

Safety and Civility

- **Civility and Safety**: The page emphasizes the importance of civility and physical and psychological safety for individual well-being and community thriving. It advocates for respectful engagement and recognizes everyone's inherent dignity.
- **Violence and Threats**: It outlines a strict policy against violent threats, incitement to violence, and promotion of criminal activities that may harm people, animals, or property. Credible threats are reported to law enforcement.
- **Hateful Behavior**: The platform does not tolerate any hateful behavior, hate speech, or promotion of hateful ideologies, especially those targeting individuals or groups based on protected attributes.
- **Youth Protection**: There's a strong stance against youth exploitation and abuse, with measures in place to report incidents and provide support to victims. The platform also respects gender equity and intimate privacy, prohibiting sexual exploitation or gender-based violence.

Mental and Behavioral Health

- **Community Well-being**: TikTok prioritizes the well-being of its community, fostering happiness, enrichment, and a sense of belonging.
- **Suicide & Self-Harm**: The platform prohibits content that shows or promotes suicide or self-harm, and provides support resources for those in need.
- **Body Image & Eating Disorders**: TikTok discourages content that promotes negative body image or disordered eating, and restricts content related to cosmetic surgery without risk warnings.
- **Dangerous Challenges**: The app does not allow content that shows or promotes dangerous activities and challenges that could lead to significant physical harm.

Sensitive and Mature Themes

- **Content Diversity**: TikTok hosts a range of content from family-friendly to mature, adapting to cultural and developmental contexts globally.
- **Sexual Content**: Prohibits sexual activity or services but allows reproductive health and sex education content.
- **Nudity Restrictions**: No nudity is allowed, with specific definitions for intimate body parts and semi-nudity, reflecting cultural practices.
- **Creative Expression**: Supports creative expression while restricting sexually suggestive content by young people and explicit language

Integrity and Authenticity

- **Community Trust**: The platform aims to foster a community of trust and accountability, allowing for diverse opinions but operating on a shared set of facts and reality.
- **Misinformation Policy**: Content with misinformation causing significant harm is not allowed. Fact-checkers and public health authorities help assess accuracy.
- **Election Integrity**: Misinformation affecting civic and electoral processes is prohibited to prevent voter interference and ensure peaceful power transfer.
- **AI Content Regulation**: AI-generated content must be labeled to distinguish fact from fiction, with restrictions on harmful or misleading AI-generated media.

Regulated Goods and Commercial Activities

- **Content Moderation**: TikTok moderates content related to health and finances to prevent harm and misinformation.
- **Gambling Policy**: Promotion of gambling services is prohibited to protect users from potential addiction and financial loss.
- **Substance Regulations**: There's a strict policy against promoting recreational drug use, alcohol, tobacco products, and regulated substances.
- **Weapon Safety**: TikTok educates on responsible weapon use and prohibits trade content that could lead to severe injury or death.
- **Trade Facilitation**: The platform disallows facilitating trade of regulated, prohibited, or high-risk goods and services.
- **Disclosure Requirements**: Creators must disclose any material relationship when promoting goods or services to maintain transparency.
- **Fraud Prevention**: TikTok is committed to protecting its community from scams and financial exploitation by prohibiting fraudulent activities

Privacy and Security

- **Privacy Protection**: TikTok is committed to protecting users' privacy and personal information, ensuring the platform remains secure and trustworthy.
- **Content Sharing**: Users are advised to be cautious about sharing personal information that could lead to stalking, violence, phishing, fraud, identity theft, or financial exploitation.
- **Platform Integrity**: Unauthorized access, attempts to obtain sensitive information, and abuse of TikTok's security features are prohibited.
- **Safety Measures**: Users should avoid suspicious links and requests for personal details, and can learn more about TikTok's privacy and security approach on the platform.

For You Feed Eligibility Standards

- **Personalized Recommendations**: The For You feed (FYF) on TikTok uses a personalized system to recommend content, considering factors like likes, shares, and comments.
- **Content Patterns**: To protect users, TikTok interrupts repetitive patterns of potentially problematic content, such as extreme fitness or sadness.
- **Eligibility Standards**: TikTok maintains standards for FYF content, prioritizing safety and cultural norms, and excludes certain themes for a broad audience.
- **Youth Content**: Content from creators under 16 is not eligible for FYF to provide a safe exploration space for young users.

Accounts and Features

- **Age Requirements**: Users must be **13 years and older** to have an account, with additional age limitations in some regions. The U.S. has a separate under-13 experience with extra safety protections.
- **Account Bans**: Accounts can be banned for severe violations, repeated violations, circumvention, or operation of accounts dedicated to prohibited activities.
- **Off-Platform Activity**: Account bans may also consider off-platform activity related to violence, hate, and child exploitation, with reports to law enforcement if necessary.
- **Content Visibility**: Repeated posting of content that is allowed but not eligible for the For You Feed (FYF) may make the account and its content less discoverable.
- **Monetization and Commercial Content**: Users must be 18+ to use monetization features, and all commercial content must comply with TikTok's policies. Violations can lead to restrictions or bans.

Enforcement

- **Public Interest Content**: Content that informs, inspires, or educates the community on significant matters may be exempt from standard rules.
- **Context Consideration**: Contextual elements like captions and voiceovers are crucial in evaluating content for public interest exceptions.
- **Safety Measures**: Certain content may feature additional safeguards, such as opt-in screens, but extreme harm content is not exempt.
- **Enforcement and Appeals**: Content is reviewed against guidelines using technology and human oversight, with options for notification and appeal for content violations.

Anti-Shadowban Guide

- **Warm Your Account**: Establish yourself as a regular user on the application before you try to begin fundraising or community-building.
- Who you follow and interact with will determine who TikTok shows your profile to
- Using too many hashtags will too finely curate your content for their algorithm, significantly halting the potential traffic you could be getting to your page and posts
- **10-20 Posts Rule:** Avoid any form of advertisement, promotion, sharing in the first 15-20 posts you make. If TikTok detects that you might be trying to sell anything with your account, they'll significantly bottleneck your page traffic.

Flaggable Activity:

- **Spam**: Avoid following/liking/sharing posts in bulk, TikTok will make it so you are unable more accounts for 1-14 days if you spam-follow or like posts.
- **Deleting Videos:** TikTok is not a fan of new accounts deleting videos, if you need to remove a video due to an error in the post, you can change the privacy
- **Link Sharing**: Sharing links in posts, LIVE feeds, or comments is not permitted, doing so repeatedly can make TikTok suspicious of the legitimacy of your account.
- **L33TSP34K:** Using letters and special characters throughout your words is a suspicious activity which TikTok detects as trying to bypass profanity and safety filters in comments/LIVE chats. **Example: 3x4mp13**

Inclusion vs Over-inclusion (Shadow Ban Paranoia Avoidance)

Don't be too focused on whether or not you might be shadow banned. Take a short break from the app if you:

- Can't follow any accounts, like any posts
- Your videos aren't getting any engagement (<100-200 views)
- Avoid checking or posting about getting shadowbanned on Reddit.

Channel Management

Sery_Bot Anti-Bot Follow Protection

Anti-bot Follow Protection

Sery_Bot (Commands)

1. /mod Sery_Bot in Your Chat

```
/mod Sery_Bot
```

2. Authorize Sery_Bot on Your Channel

3. Add The Bot to Your Channel with !join here

Type !followban into Sery_Bot's Chat

```
This will monitor your account for follows even when you're offline.
```

Full List of Commands

Join

```
!join
```

Joins the bot to your channel. This will verify that you have set up the bot properly before it will join.

Leave

```
!leave
```

Use this to remove the bot completely from your channel. In order to re-add the bot, you will need to !join and set up any options you want again (more info below).

Online Notification

```
!onlinenotif
```

Sery_Bot will notify you when it has joined your channel once you are live.

Toggle Online Notification Off

```
!onlinenotifoff
```

Sery_Bot will stop notifying you when it has joined your channel.

Dad Joke Live Message

```
!onlinedadjoke
```

Sery_Bot will post a dad joke with the going live message.

Toggle Dad Joke Live Message Off

```
!onlinedadjokeoff
```

Sery_Bot will no longer post a dad joke with the going live message.

Healthcare

- US Healthcare Resources
- Caregiver Resources
- Global Healthcare Resources

General Reads

- Dave Stucky - "Adequate Life" on Approaching Death
- Quantify Yourself: (Mostly) Free Tools & Strategies to Track (Almost) Every Area of Your Life - Doist

US Healthcare Resources

General Programs (18-70+ years olds)

50+ Senior Healthcare Resources

US Veteran-based Programs

General Programs & Grants

- Able ACT/ABLE Accounts (See Eligibility | State Program Select) - The ABLE Act allows qualified individuals with disabilities to save money in a tax-exempt account that may be used for qualified disability expenses (QDE) while keeping their eligibility for federally-funded, means-tested public benefits.
- US State-based Disaster Recovery Resources
- UnitedHealthCare Medicare Parts & Coverage Explained
- Christopher & Dana Reeve Foundation National Paralysis Resource Center (NPRC)(Contact)
- Disability Rights Education & Defense Fund (DREDF) - Offers legal assistance and advocacy services to individuals with disabilities facing discrimination or needing help accessing services
- Family Caregiver Alliance (Services by State Tool) - Connects family caregivers with public, nonprofit, and private programs and services near their loved one.
- Institute on Aging Adults with Disabilities (AWD) Home Delivered Meal Program - available for adults with disabilities who have no meal support and are unable to provide meals for themselves. [Eligibility]
- IRS Credit for the Elderly or the Disabled [Eligibility] - IRS credit for taxpayers ranging between $3,750 and $7,500.
- Medicare Part D Extra Help Program (see eligibility)
- National Disability Rights Network (NDRN) - NDRN is the nonprofit membership organization for the federally mandated Protection and Advocacy (P&A) Systems and Client Assistance Programs (CAP)Collectively, the P&A/CAP network is the largest provider of legally based advocacy services to people with disabilities in the United States.

50-Years-Old and Above (For Now)

PACE programs provide comprehensive healthcare and social services to the elderly with chronic care needs, enabling them to maintain their independence and quality of life while living in their own communities.

- American Association of Retired Persons (for seniors 50 and up) Services Locator - a non-profit organization that helps people over 50, including older adults, people with physical disabilities, and family caregivers.
- USAging - Area Agency on Aging Elder Care Locator - USAging help older adults and people with disabilities throughout the United States live with optimal health, well-being, independence and dignity in their homes and communities.
- National PACE Association Branch Locator - See what PACE provides for seniors in the US above 55 here
- National Council of Elder Abuse Tools and Guides
- Medicare PACE & LIFE Programs - State by State Locations

- National Council on Aging's (NCOA) Resources and Support for Older Adults Living Alone: A Comprehensive Guide
- NCOA BenefitsCheckUp - Enter your zip code, select your needs, see what organizations and services are in your area and how to apply for them.
- National Institution of Health / National Institution of Aging Affording Long Term Care Guide

Veterans

- Specialty Assisted Housing (SAH)/Special Home Adaptation (SHA) - VA.gov Grant - offers housing grants for Veterans and service members with certain service-connected disabilities so they can buy or change a home to meet their needs and live more independently
- VA Aid and Attendance benefits - **$1500-$2700/month** for eligible veterans and their partners.

Apps and Software

- Bing Co-Pilot (iOS/Android)
- **Apple Users**:
  - **Mac**: Arc Browser - a web browser tailored for ease and efficiency, perfect for staying connected and organized online.
  - **iOS:** Arc Search

Global Healthcare Resources

- Center for Medicare and Medicaid Services Global Guide to Digital Health and Telemedicine
- Disability Research Fund Grant-Seeker - [Eligibility]

Low Income Home Energy Assistance Program(LIHEAP) - The Low Income Home Energy Assistance Program (LIHEAP) helps keep families safe and healthy through initiatives that assist families with energy costs. LIHEAP provides federally funded assistance to reduce the costs associated with home energy bills, energy crises, weatherization, and minor energy-related home repairs.

United Kingdom

MeAndMyMind - an NHS service providing mental health support for young people struggling with unusual experiences - like feeling paranoid or hearing voices.

NHS Service Locator (UK) - The NHS provides comprehensive healthcare services, including mental health support, emergency ambulance response, prescription dispensing, children's healthcare, and maternity care.

Caregiver Resources

Caregiver Toolbox Caregivers Toolbox provides resources, grants, and a forum for caregivers to connect.

Arch National Respite Network and Resource Center (US National Respite Locator)

Diary of A Young Caregiver Support Group - This group is for young caregivers under the age of 25 who provide long-term "adult-like" care for ill or disabled family members, including those with addictions and mental health Illnesses, and who also provide support when parents are absent or have language barriers. In this group, you can express yourself, get support and advice, and share your story in a safe and comfortable environment.

Family Caregiver Resources

- AARP Family & Relationships Page
- Family Caregiver Alliance
- Administration for Community Living (Grants)
- Paying For Senior Care Eldercare Financial Assistance Locator

Caregiver Insights

Sock Application/Removal Tools - Sock Aid - for people with back pain and post back, hip, and knee surgery, Post fusion, Total Hip replacement, Total knee replacement, Sciatica, Obesity, Stiffness of joints, Arthritis.

Cognitive Games & Exercises

PicLink - PicLink is a multi-game set of 36 tiles designed specifically for use by people with cognitive and memory impairment; but it is a wonderful game for young children and children with developmental disabilities as well. The games, though simple and fun for all ages and levels of ability, are based upon exercises that research has shown to assist in keeping minds limber and assisting with memory.

Saturday Evening Post Spot the Difference Picture Puzzles - The 25 pairs of classic covers from The Saturday Evening Post are seemingly identical, but 12 to 18 subtle changes have been made to one of the pictures. Children and adults will have to be sharp to find the differences in these famous illustrations by Norman Rockwell, John Falter, Stevan Dohanos, Benjamin Kimberly Prins, John Philip Falter, and many other well-known artists of that era.

Brain Games - Puzzle Pictures: Remember When? - The book is divided into four sections of picture puzzles, each progressively more difficult. The picture puzzles feature photos that inspire nostalgia for the fads, fashions, and familiar faces of decades past.

Microsoft Ultimate Word Game

MSN Games (Strategy Category)

Livestreaming Regulations

United States

Global

States

✅	🟡	⏳	🚫	✖
[Approved]	[Authorization Needed]	[Proposed]	[Dropped/Failed to Pass]	[No Legislation Found]

State	Status
Alabama	❌
Alaska	❌
Arizona	🟡
Arkansas	❌
California	✅
Colorado	❌
Connecticut	✅
Delaware	❌
Florida	🚫
Georgia	🚫
Hawaii	✅
Idaho	❌
Illinois	✅
Indiana	❌
Iowa	⏳
Kansas	✅
Kentucky	❌
Louisiana	✅
Maine	❌
Maryland	🟡
Massachusetts	🟡
Michigan	🟡
Minnesota	✅
Mississippi	❌
Missouri	✅
Montana	❌
Nebraska	❌
Nevada	🟡
New Hampshire	❌

State	Status
New Jersey	⏳
New Mexico	🟡
New York	❌
North Carolina	⏳
North Dakota	🟡
Ohio	✅
Oklahoma	🟡
Oregon	❌
Pennsylvania	❌
Rhode Island	⏳
South Carolina	⏳
South Dakota	🟡
Tennessee	🟡
Texas	🟡
Utah	🟡
Vermont	❌
Virginia	🟡
Washington	🟡
West Virginia	❌
Wisconsin	🟡
Wyoming	🟡

- Arizona - Legislation allows for electronic monitoring in common areas with certain conditions
- California - Residents have the right to use electronic monitoring with consent and notice to the family
- Connecticut ✅ -
- Kansas ✅ (HB 2232) - Has the "Authorized Electronic Monitoring in Long-Term Care Facilities Act" which permits residents to install monitoring devices in rooms under certain conditions.
- Louisiana ✅ - Allows for the installation and use of monitoring devices in nursing home rooms with consent
- Michigan - Request permission from facility
- Minnesota ✅ Give written consent (see links to consent forms below). If they have a roommate, get written consent from the roommate or the roommate's representative (see links to consent forms below).

- Missouri ✅ - allows residents to use monitoring devices in their rooms. requires consent from roommates and releases facilities from liability for privacy violations or HIPAA breaches due to device use
- Nevada - Authorized by request
- North Dakota - State law clarifies that residents and their legally authorized representatives can place and use authorized electronic monitoring devices in their rooms
- Oklahoma - Residents or their representatives can monitor their rooms using electronic devices with consent from roommates.
- Ohio - Esther's Law in Ohio requires facilities to make reasonable accommodations and prohibits retaliation against residents who choose to install these devices

Updated and organized soon

Global Livestream Regulations

`TBD SOON!`

Canada

Legal Developments

Mental Health & Crisis Support

- Crisis Text Line: Text **HOME** to 741741
- Cybersmile Help Center - Abundant resources covering a wide variety of topics in mental health care and digital interactions. Click the blue and white smile in the bottom right to speak to Cybersmile Assistant.
- The Trevor Project - The leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth and young adults. They provide several free programs including a lifeline, 1-on-1 chat, forum, and more.
- Substance Abuse and Mental Health Services Administration (SAMHSA) Provides a National Helpline for individuals and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Free 24-hour information service (1-800-662-4357)

United Kingdom

- r/mentalhealth Mental Health UK Resources - Large list of mental health resources and support lines for the UK.
- MeAndMyMind - an NHS service providing mental health support for young people struggling with unusual experiences - like feeling paranoid or hearing voices.
- UKHarvest Food Rescue Services - UKHarvest is a not-for-profit perishable food rescue operation and education charity, eliminating hunger and food waste. They cover areas in and around Hampshire, West Sussex and Arun Districts. **Serviced areas include**: Winchester, Salisbury, Portsmouth, Chichester, Bognor Regis, Brighton, Littlehampton and Worthing.

Fundraising, Support, and Monetization Opportunities

- StreamYourCare Fundraising Guide - Our guide to raising funds online for care/accessiblity expenses.
- GoFundMe - Well established fundraising platform integrated with most social media. Easy to sign up, post, and update.
- HelpHopeLiveApply - a nonprofit national organization dedicated to raising money for medical bills and expenses through crowdfunding.
- BuyMeACoffee - "Accept support. Start a membership. Setup a shop. It's easier than you think." Established fundraising platform for creators.
- Ko-Fi - Allows your supporters to "buy you" a digital coffee by supporting your advocacy.
- Patreon - Release exclusive content to subscribed community members. Offer multiple tiers of paid subscriptions.
- Twitch - Subscriptions, donations, wishlist gifts, secure food deliveries

StreamYourCare Fundraising Guide

- Clarify the reason you are raising funds
- Highlight the impact of donations
- Share your journey and experiences as a streamer with a disability/caregivers
- Document and share progress regularly to build trust and show the direct impact contributions
- Create compelling content that narrates your story and the challenges you face; build an emotional connection with viewers
- Organize interactive activities such as Q&A sessions, game nights with viewers, and special events
- Acknowledge contributors by name (if they agree) and express gratitude to foster a sense of belonging and community
- Use platforms like Discord and Reddit for networking and community support
- Partner with other streamers or influencers to broaden your reach.
- Collaborative streams and events can attract new community.
- Use your platform for advocacy, educating your audience about the challenges faced by individuals in care
- Utilize analytics to understand your audience better.
- Establish a regular streaming schedule, this can help your audience know when to tune in and leads to increased viewership.
- Don't limit yourself to one type of content, experiment with different formats and topics to keep your audience engaged.
- Offer exclusive benefits to subscribers.
- Anticipate questions your audience might have about your fundraising and provide clear answers.
- Maintain a positive attitude throughout your streaming journey

Ethics

- Always prioritize consent and privacy, both for yourself and anyone else featured in your streams or stories
- Be clear about the nature of your fundraising and the destination of the funds.

Social Media

- Promote your streams and fundraising campaigns across social media platforms using consistent and easy-to-find handles and hashtags.
- Engage with your followers regularly to keep them informed and motivated to support
- Include descriptions, titles, and tags that highlight the purpose of your fundraising and streaming content.
- Share milestones and successes with your supporters to keep them engaged and invested in your journey.

Tools

StreamYourCare Tools & Setups

iOS Tools | Android Tools

Windows Tools | Mac (OSX) | Web Tools

Name	Platform	Description
Hawkeye Sidekick	iOS	Accessibility
ScreenReader	Windows, Mac, iOS, Android	Accessibility
Bing Co-Pilot	iOS Android Web	AI Assistant
ELLIQ	Site	AI Companion for Patients/Seniors
OBS	Windows, Mac, Linux	Broadcasting Software & Tools
Prism Live	iOS, Android	Broadcasting Software & Tools
Streamer.Bot	Windows	Broadcasting Software & Tools
Tik Tok Studio	Windows	Broadcasting Software & Tools
Twitchat	Windows, Mac, iOS/Android	Broadcasting Software & Tools
Discord	iOS, Android, Web	Community and Networking
Facebook	iOS, Android	Community and Networking
LinkedIn	iOS, Android	Community and Networking
PatientsLikeMe	iOS, Android	Community and Networking
Reddit	iOS, Android, Web	Community and Networking
Testimonial.to	Site	Community and Networking
Dropbox	iOS, Android	File Storage & Cloud

Accessibility

- Hawkeye Sidekick
- **ScreenReader**: (Windows, Mac, iOS, Android)
-

AI Assistant

- Bing Co-Pilot

Broadcasting Software & Tools

- OBS(Windows, Mac, Linux)
- Prism Live (iOS, Android)
- Streamer.Bot (Windows)
- Tik Tok Studio (Windows)
- Twitchat (Windows, Mac, iOS/Android)

Community and Networking

- Discord (iOS, Android, Web)
- Facebook (iOS, Android)
- LinkedIn (iOS, Android)
- PatientsLikeMe (iOS, Android)
- Reddit (iOS, Android, Web)
- Testimonial.to (Site)

File Storage & Cloud

- Dropbox(iOS, Android)

StreamYourCare Tools & Guides

We recommend the following free guides and tools to equip your streams with commands, voice controls, privacy overlays, and security features.

Guides

Discord Setup

Configurations

Streaming Tools

Windows Guide

Mac Guide

Tools

Streamer.Bot(Download)

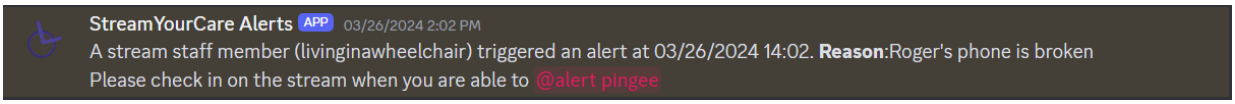
OBS(Download)

Twitchat(Login with Twitch)

Discord(Download)

Care Streamer Discord Setup

This tutorial will walk you through how to set up a Discord community with pre-made roles that are pinged via !alert in your stream chat.

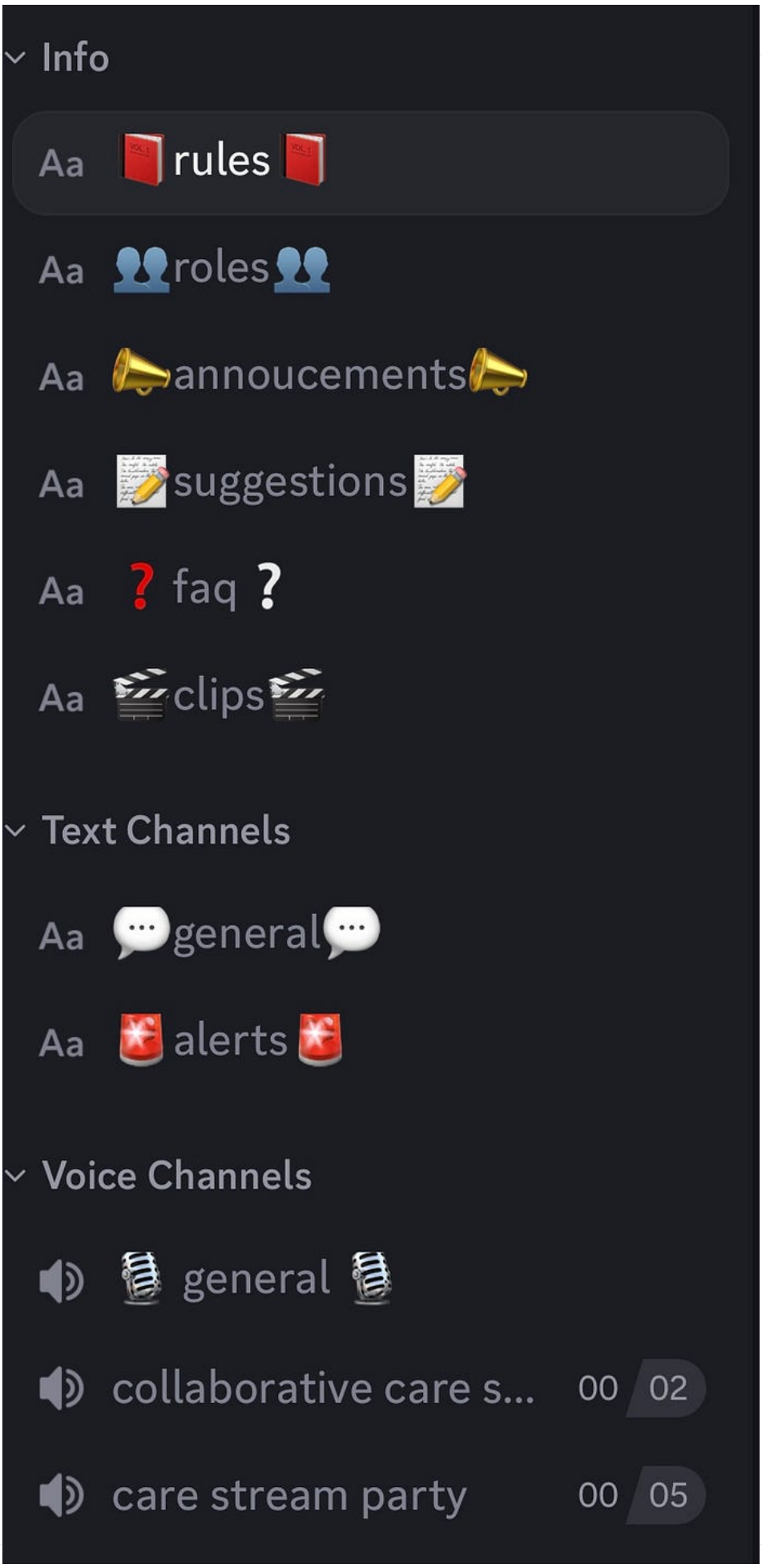


Needs:

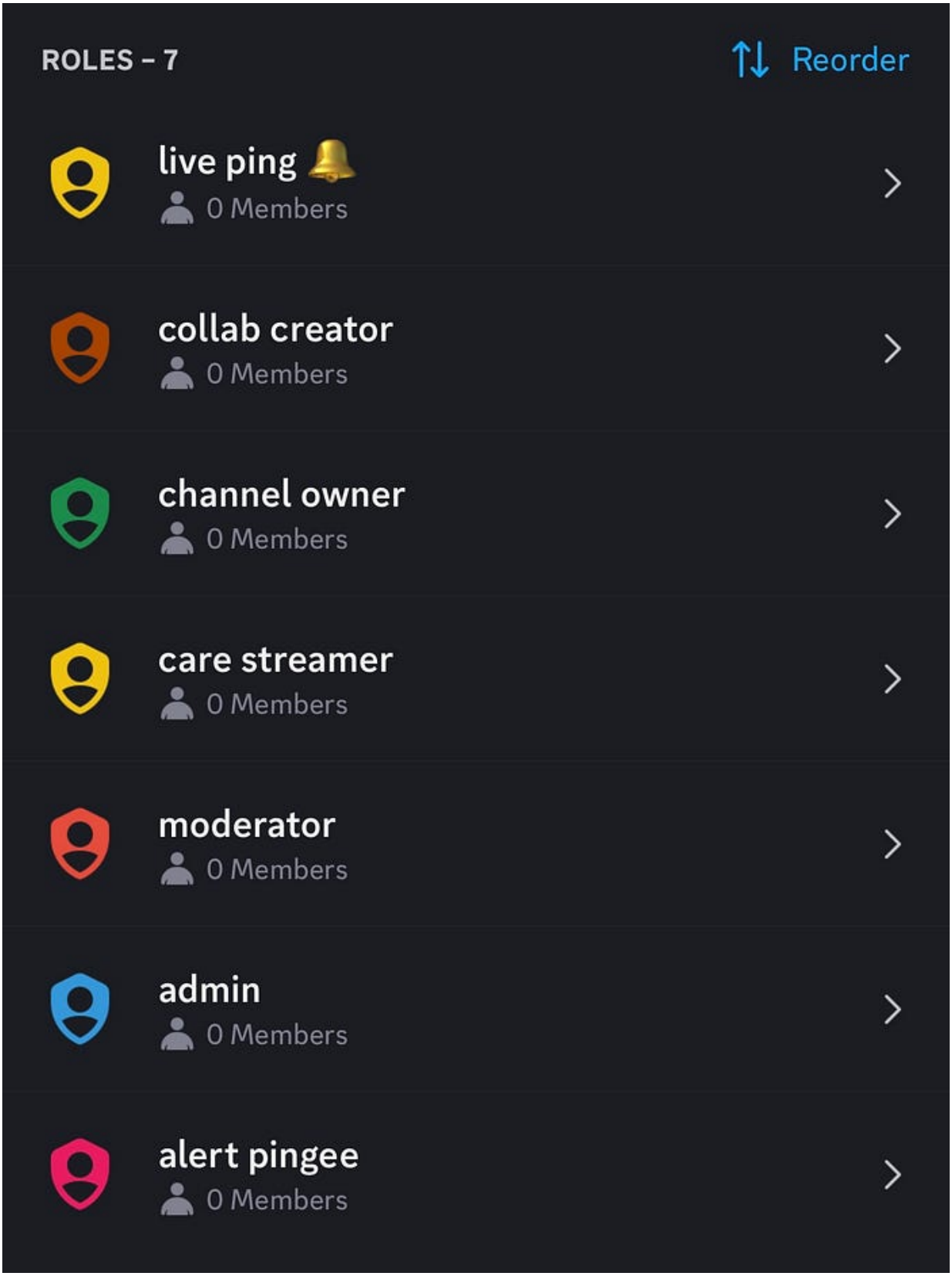
- OBS
- Streamer.Bot (!alert config)
- Discord Account (Sign Up)
- Twitch Account (Sign Up)
- Discord (Download)

Server Setup

- Create a server using the Care Stream Template

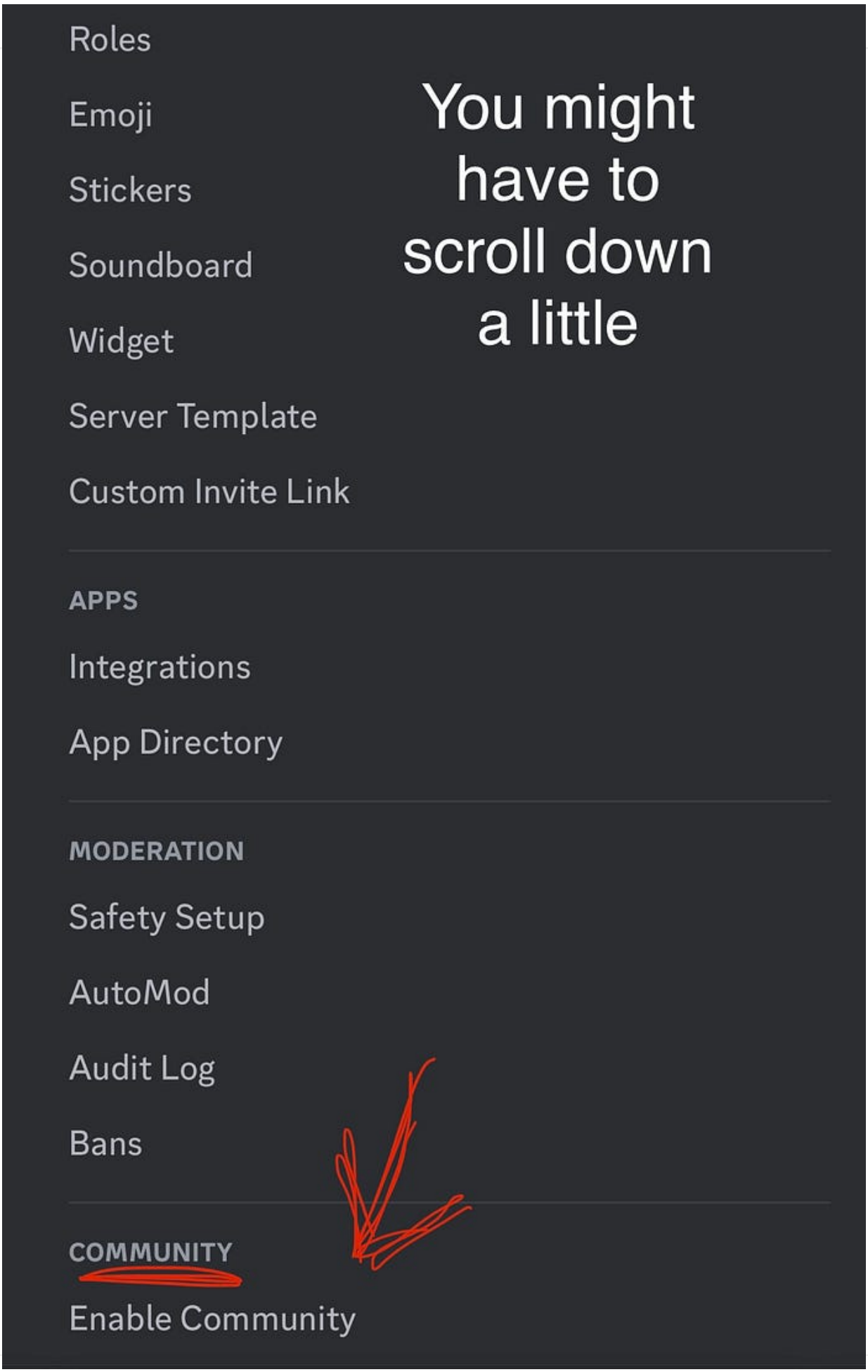

Info
Aa rules
Aa roles
Aa annoucements
Aa suggestions
Aa faq
Aa clips
Text Channels
Aa general
Aa alerts
Voice Channels
general
collaborative care s... 00 02
care stream party 00 05

Channels in Care Stream Template

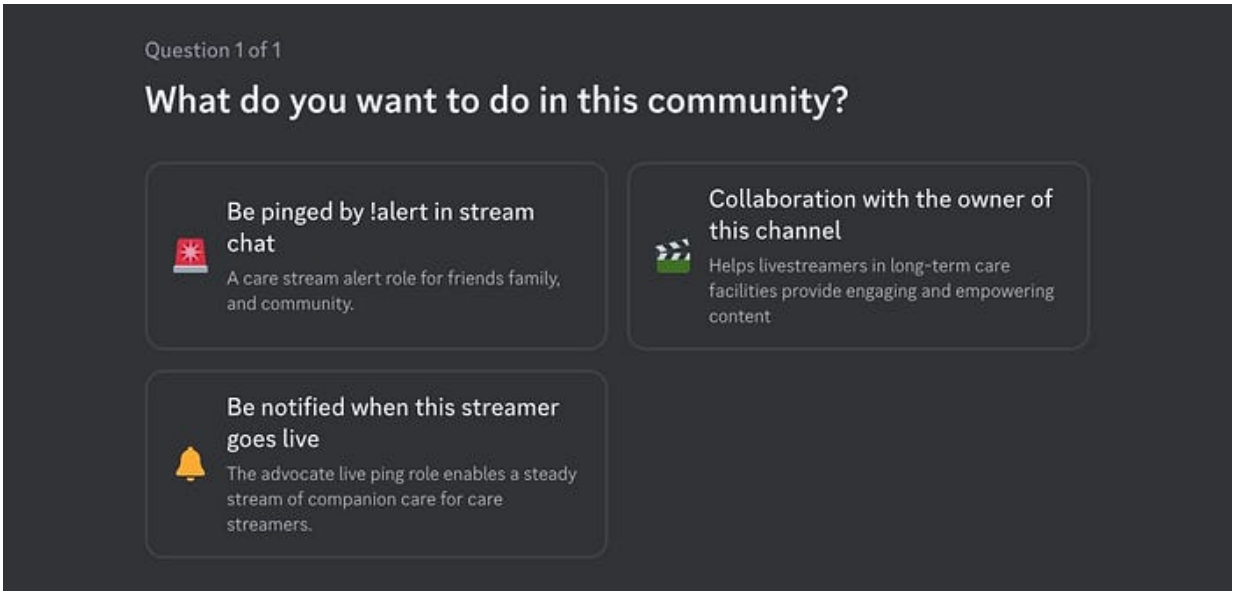


Roles in Care Stream Template

- Enable Community in the Server Settings

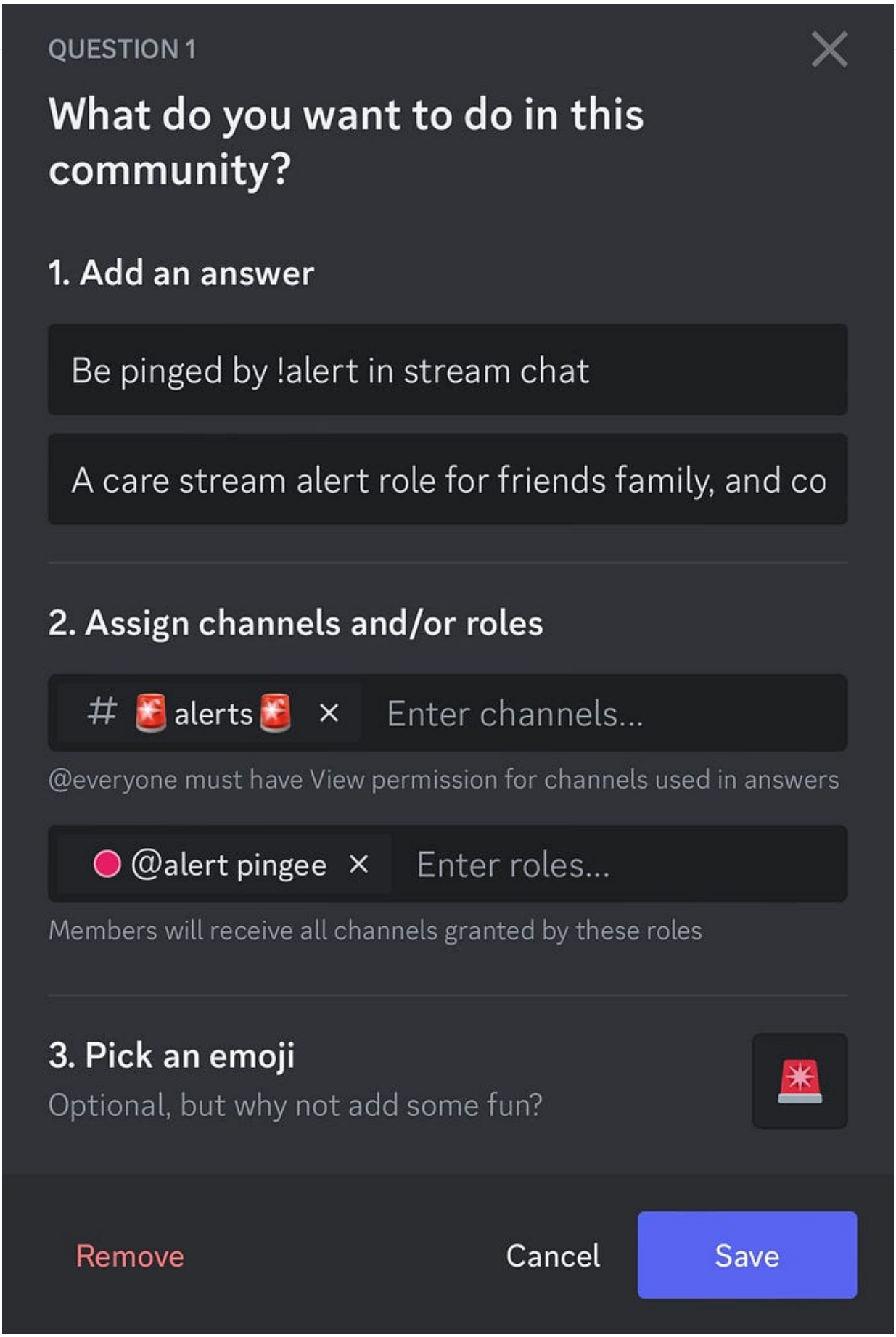

Roles
Emoji
Stickers
Soundboard
Widget
Server Template
Custom Invite Link
You might have to scroll down a little
APPS
Integrations
App Directory
MODERATION
Safety Setup
AutoMod
Audit Log
Bans
COMMUNITY
Enable Community

Set up Server Onboarding with the following messages:



Care Stream Server Community Onboarding Recommended

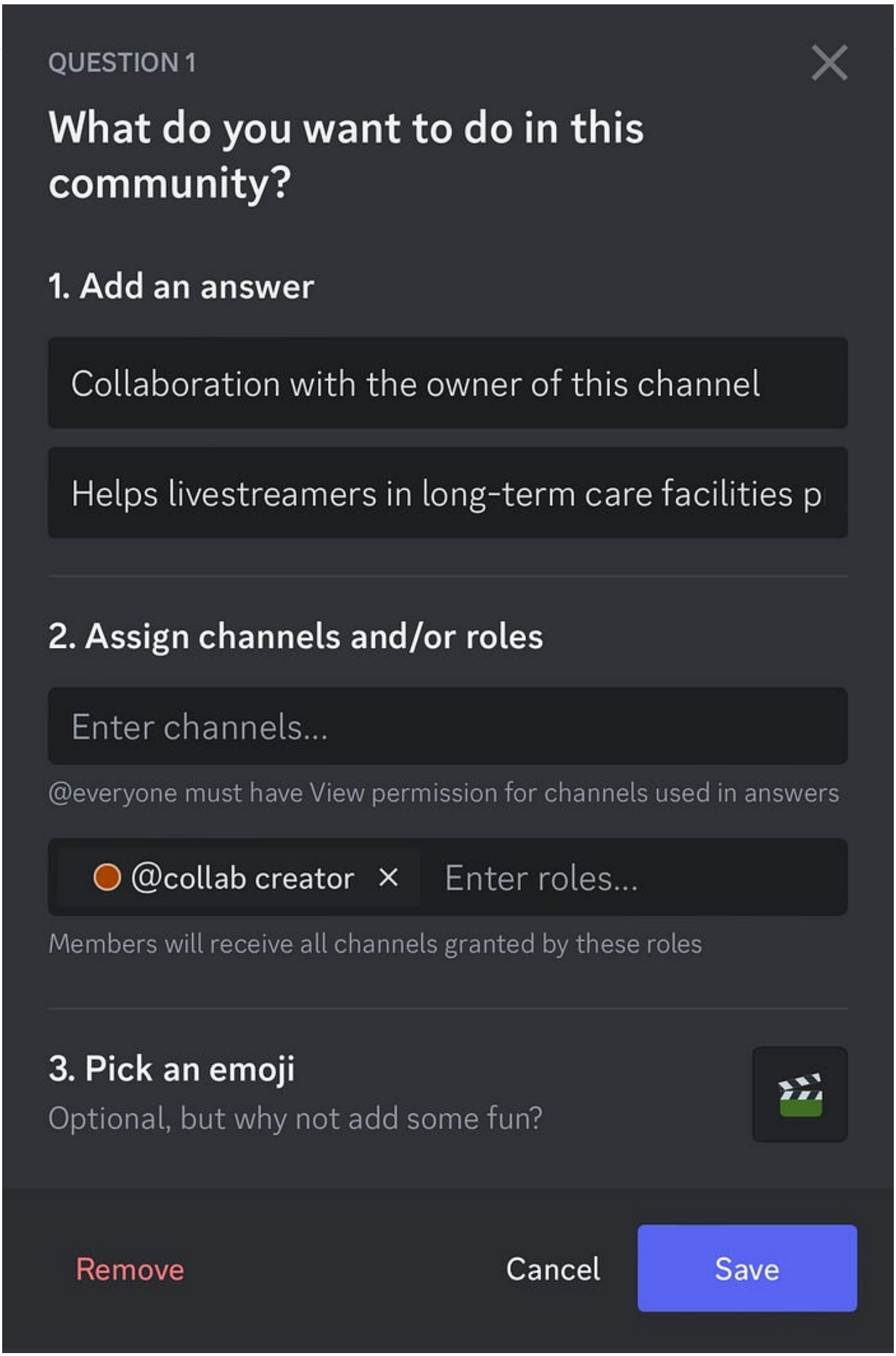
🚨 Be pinged by !alert in stream chat: Desc: A care stream alert role for friends, family, and community.


QUESTION 1
What do you want to do in this community?
1. Add an answer
Be pinged by !alert in stream chat
A care stream alert role for friends family, and co
2. Assign channels and/or roles
alerts
Enter channels...
@everyone must have View permission for channels used in answers
@alert pingee
Enter roles...
Members will receive all channels granted by these roles
3. Pick an emoji
Optional, but why not add some fun?
Remove
Cancel
Save

Settings for Alert Role

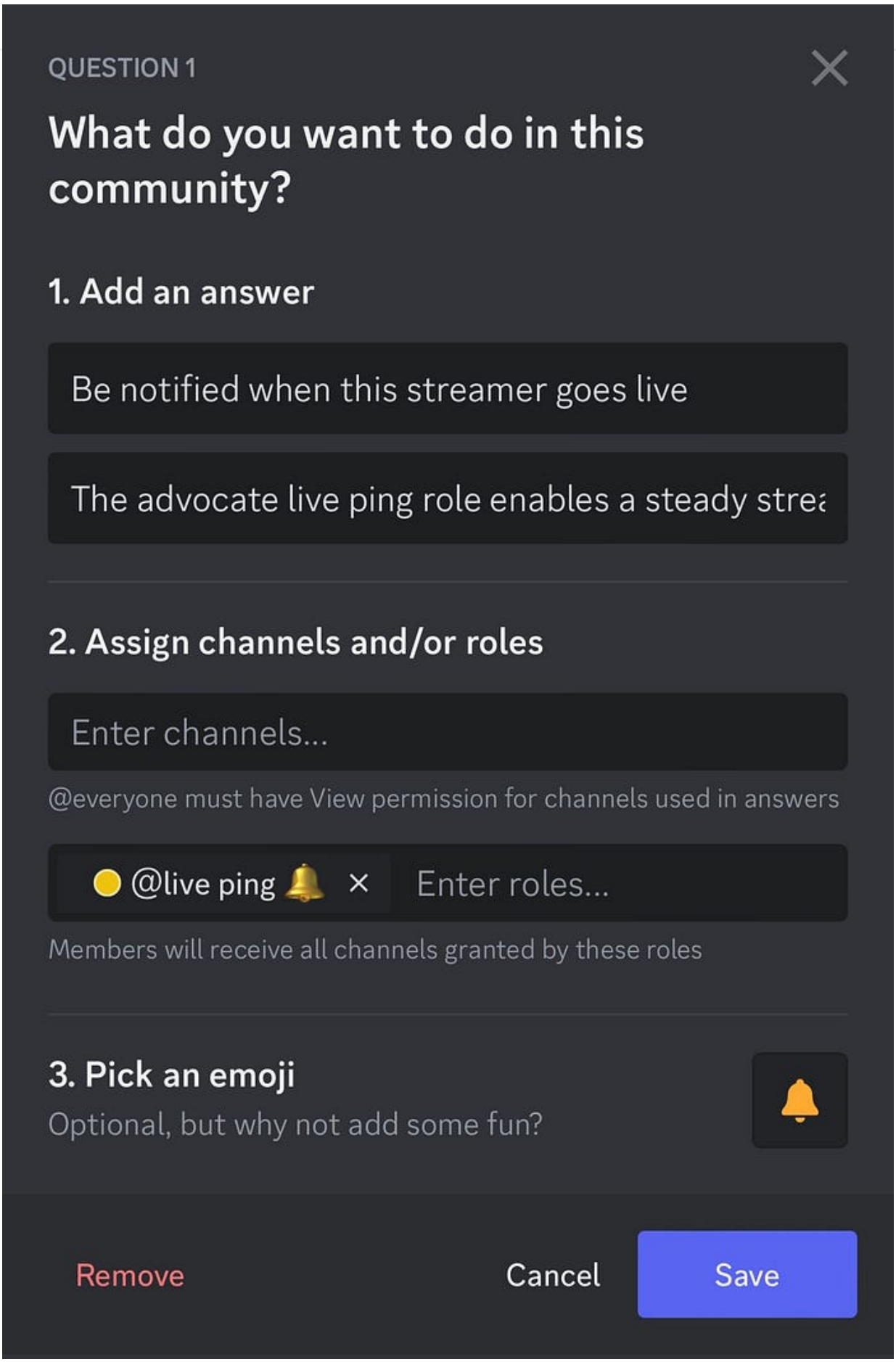
🎬: **Collaboration with the owner of this channel**

Helps livestreamers in long-term care facilities provide engaging and empowering content


QUESTION 1
What do you want to do in this community?
1. Add an answer
Collaboration with the owner of this channel
Helps livestreamers in long-term care facilities p
2. Assign channels and/or roles
Enter channels...
@everyone must have View permission for channels used in answers
@collab creator
Enter roles...
Members will receive all channels granted by these roles
3. Pick an emoji
Optional, but why not add some fun?
Remove
Cancel
Save

Settings for Collaborator Role

🔔: Be notified when this streamer goes live. Desc: The advocate live ping role enables a steady stream of companion care for care streamers.


QUESTION 1
What do you want to do in this community?
1. Add an answer
Be notified when this streamer goes live
The advocate live ping role enables a steady strea
2. Assign channels and/or roles
Enter channels...
@everyone must have View permission for channels used in answers
@live ping
Enter roles...
Members will receive all channels granted by these roles
3. Pick an emoji
Optional, but why not add some fun?
Remove
Cancel
Save

Settings for Live Ping Notifications

If you have any questions, join our Discord or join the discussion on Reddit at r/streamyourcare

StreamYourCare Commands and Configurations

Needs

- **Broadcasting Software**: OBS for Windows (Download)
- **Livestream ChatBot**: Streamer.Bot (Download)

Streamer.Bot

- Open the Import Dialog by clicking `Import` on the top toolbar of Streamer.Bot
- In the **Import Dialog**, paste the import string into the `Import String` input.
- Click `Import` when you are ready to complete your import.
- `Enable` all commands via `Right-Click < Enable` on the commands you want to use.

All Commands

```
U0JBRR+LCAAAAAAABADtXNtuHEeSfV9g/qHEhTAzgJLO+8VvEm3NCrtjG5JXi8FyHiJvZEHdVdyqalKEoW8ZYL5wPmEi+8JbdXvIFu/rB8vszuq6REbEOScysn
```

BRB

`!brb` toggles to Privacy Overlay

```
U0JBRR+LCAAAAAAABADNVtuO40QQfUfiH3qDRgJpe2i7HV/2bWbYgXkBtAEkxO5DX8pJC9sd2u1kotF8y0p8IZ9At52bY2eJBh54i+tU1+VUVaqePv8MockKTK
```

BACK

`!back` toggles from Privacy Overlay back to Webcam (Scene) in OBS

```
U0JBRR+LCAAAAAAABACtlc9u3DYQxu8B8g6CcmmBcEOKpETlFjtwGxRIgW4RoGhyGJGjXSL6s6Ukr43AzxKgT9hHKCWt7NVqXRhGb8v5hkPxNx9nv718EQThNb
```

CENSOR

`!censor {time}` censors the stream with Privacy Overlay for `{time}` ms.

```
U0JBRR+LCAAAAAAABADlWNuO2zYQfS/Qf1BcBGiBcMOrLn1L3KRdFE2LuA1QFHkYkiOvEF1cStoLFvstAfqF/YRSsr22VnKwcTdAg76JPOSQPHM4M9T1l18Ewe
```

checkinCaution

Sends `"I'm having a difficult time, notifying staff @ {time}"` in Twitch chat.

```
U0JBRR+LCAAAAAAABACtVctu3DYU3RfoP7AqjG7MCfUcyTvDgFtviqJBAxRNFlfk5QwRSZxQ1IwHgb8lQL8wnxBSI3kkyy6MoCuB99znuQ99/vEHQoI9mlbpJr
```

checkinOkay

Sends `"{name} sent I'm Okay! Be back soon, standby at {time}"` in Twitch chat.

```
U0JBRR+LCAAAAAAABACtVUtu2zAQ3RfoHVgVQTalQVIfS9mlAdJm0wINWqBos+BnZBORRJei7BhBzhKgJ+wRSslybFlJEQRdat5wPu/NjG5fv0IoWIKttamCEx
```

checkinRequest

Sends `"Can you check in on me in the next 5 minutes? The time is now {time}"` in chat.

```
U0JBRR+LCAAAAAAABACtVc1u2zgQvi/Qd2Bd5BYapP5M5RYEyG6vLVqgaHsYUkObqES5FOUkKPIsBfYJ9xGWkqVYipIiKAr4YM43nOF838zox6u/CFkd0DWmtq
```

toggleCam

`!cam` Toggles camera on/off with timestamped chat alert.

```
U0JBRR+LCAAAAAAABAC1Vstu4zYU3RfoPxAusgtdiqRes0tTpO2mBSbTAEVnFhR5ZROVRJei7ASDfMsA/cJ+wpCy/JDlFEaQLnXPJS/vOfehz99+g9BsDbbVpp
```

startSubtitles

`!subs` Opens Windows `"Live Captions"` program for subtitles.

```
U0JBRR+LCAAAAAAABACdVc1u00AQvlfqO6zCBaQ6std/cdVLFQhUAgkRVIRID+vdcbKq7Q3rdX5U5Rk4w6UST8Hz8ALwCKwdO7Hjpqo4er5vZ3a+b2Z9d3qCUG
```

startRecording

Starts recording on OBS

```
U0JBRR+LCAAAAAAABAClVNtu1DAQfUfiH6KV+oZXju1czBsUcXlCoqISQn0Y25OtRRIvjtOLUL8FiS/kE3B2N93NpkUVPHrOzJyZM5758fxZkiyu0HfWtYuXCX
```

stopRecording

Stops recording on OBS

```
U0JBRR+LCAAAAAAABAClVEtu2zAQ3RfoHQQD3oUGRVEfZpem6GcVIEYDFEUWFDmyiUqiS1FxgiBnCdAT9gglZcu2rKQw0oUWmjfDN/Pm8/j+XRBM7sA0SteT8y
```

startStreaming

Starts streaming on OBS

```
U0JBRR+LCAAAAAAABACNlEtu2zAQhvcBcgfB69KQRYmUsmsN9LEqUAMBiiILPkY2UYl0SSpOEOQsAXrCHqHUK5bsGMiS88/ML34z1NP1VRQt7sE6ZfTiJsIfuo
```

stopStreaming

Stops streaming on OBS

```
U0JBRR+LCAAAAAAABAClltuO2zYQhu8D5B0UA7kLDR4kUexdukAPVwW67QJFkQuKB5uIRKoUtQcE+ywB+oR9hJKytGtZ3sDY+E7zD2c4H4dDf3n7Jss2t8r3xt
```

toggleOBS

Toggles focus on OBS window to check what your broadcast looks like.

```
U0JBRR+LCAAAAAAABACVVMtu2zAQvAfIPwg+l4ZeluTcWrdpe0rRFAGKKgeKWslEKFLlww8E/pYA/cJ+QilZiiUrDdojd2Z3uDtLPl5eOM5sA1JRwWdXTvCmDd
```

Voice Commands

All Voice Commands

```
U0JBRR+LCAAAAAAABADtWttuHMcRfQ+QfxgREJIAbKbvF78pTJz4IXZgJgqC0A/V3dXkQLs7zMwsKcLQtxjIF+YTUr0X8TKkQ9GUSNF5Wez0ZWb6dNWpU9Xz/S
```

voicePrivacy

Toggles privacy overlay

```
U0JBRR+LCAAAAAAABAClNtq3DAQhu8LeQdjyF20SLIsW71LAj3ctCUpgdLkQpbHu6I+bGV7N0vIswT6hH2Eyqesvd6U0N4YPP9oDt+M9HDyxnHcDZhSF7n71v
```

voiceFalseAlarm

Sends `"{name} sent 'False alarm, I'm okay!'` at {time}

```
U0JBRR+LCAAAAAAABAClVMtu2zAQvBfoPzACfCsNiaJsKacaAdL20kODBiiaHChyZROVRJei7ARGviVAv7CfUFKPWLKSImiP2tld7szs6vD2DULeDnQlVemdo/
```

voiceBRB

Another voice privacy overlay toggle

```
U0JBRR+LCAAAAAAABACtlc1u4zYQx+8F+g6sAd+WBinqi3tLAvTj0gXW2wBFs4cRObKJ6sOlKDvGIs+ywD5hH6GULMeWlRRG2ps0/+GQ85vh8Mv33xEy26JtTF
```

voiceBack

Toggle back to webcam (Scene) in OBS

```
U0JBRR+LCAAAAAAABACdlM1u2zAMx+8F+g6Gz1Uhy9+7tQX2cdmAZSgwrD3QEp0IteVMlpMWRZ9lwJ5wjzDZjhM7TodiR/FPitSPpJ7PzxzH3aCuZaXcd45/0R
```

voiceBack2

Delayed toggle back to webcam (Scene) in OBS

```
U0JBRR+LCAAAAAAABACtVMtu1DAU3SPxD+5I3dUj28nk0V2pxGPDAgQSQiyu7ZsZq0k8OE4fQv0WJL6QT8BJJp3JpEUVYhPF99znuY8fL18QsrhG1xhbL85JdN
```

voiceChatShield

Enable Shield Chat mode with `"Safe Talking"` Voice Command

```
U0JBRR+LCAAAAAAABAClVMlu2zAQvRfoPwgGfAsNLZQl5xYY3Q69NGiBoshhSI5sopLoUpSdIMi3BOgX9hNKaoklKymM9CJA82Z7b2Z4//aN5832qCupytmlF1
```

voiceSlowmodeOn/voiceSlowmodeOff

Toggles `Slowmode Chat` with `"Slowmode Activate"` and `"Slowmode Off"`

```
U0JBRR+LCAAAAAAABADlVt2K3DYUvi/0HczA3kWLZEuWnLuwkLRXgW4bKCUXx9LRjIh/prI8s0vYZwn0CfsIkT2/Hu+WJaWUJDAM9vmOjnS+c84nf/zxhyRZbN
```

voiceAssistant

Enable Windows `"Voice Access"` with `"VoiceAccess"` Voice Command

```
U0JBRR+LCAAAAAAABACNVMtu2zAQvBfIPwi69FIasqRYUm6B27S9NkWKosqBj7VMRCRdkvIDgb8lQL+wn1DqFUtWEvTIneXs7sySjxfvPM/fgjZcSf/Kiz40AS
```

Streaming Tools, Software and Guides

Guides

- Discord Setup
- Configurations
- Streaming Tools

Overlay

Overlayed - Simple, easy-setup Discord group chat overlay for games.

Windows Setup (for Secure Twitch Livestreams in Long Term Care Facilities)

If you're considering using a monitoring device in a long term care facility, a livestream may be a more beneficial option. Read about the benefits of care streaming here.

This tutorial offers care streamers (and their caregivers) privacy options through simple viewer/administrator chat commands that change the OBS scene, obscuring viewer video/audio fee.

Don't get too overwhelmed, a tutorial will be up shortly!

Needs (* means required)

- **Broadcasting Software**: OBS
- Twitch Account* (Signup)
- **Digital Bystander Intervention Strategies*** (Privacy Overlay, Alarm Commands, Alert Notification Commands)
- Twitchat (**easy**) or Streamer.Bot (**harder but customizable**)
- Streamer.Bot Care Stream DBIS Configuration or Twitchat (TBD)

OBS Setup

- Install OBS Install
- Install Streamer.Bot Install
- Link OBS to Twitch: File < Settings < Stream < Connect Account (**Recommended**) < **Login with Twitch Credentials**

Alternatively:

- **Get Stream Key**(Here's How) < Navigate to **Creator Dashboard** < Settings < Stream < **Copy Stream Key** < Paste into OBS Stream Key < Ok

Connect Twitch to Streamer.Bot

- Open Streamer.Bot < Platforms < Accounts < Click Login under Broadcaster Account < Sign in with Twitch Credentials

Connect OBS to Streamer.Bot

- Open **OBS** < Tools < **WebSocket Server Settings** < **Show Connect Info** < Copy **Password**
- Click **Stream Apps** < Right Click Empty Space < Paste Password from WebSocketServer Settings < Enable Auto Connect on Startup < Enable Reconnect on Disconnect

Import Streamer.Bot Configuration:

- Open **Streamer.Bot** < Click **Import** < Paste the following string into the "String":

```
U0JBRR+LCAAAAAAABADtWNtu3DYQfS/Qf1C2cJECoUuKokjlLd42bVC0KOI2QFHkYUiO1kJ02VKSLwj876W0V620wcJ1ggTok1c85Ax5Zjhn6PdffxUEs2t0dV
```

- Click **Ok**

Enable DBIS Commands

- Go to the **Commands** tab in **Streamer.Bot**:
- Right Click !brb < Enable
- Right Click “!back” < Enable
- Right Click “!censor” < Enable

Test the Commands

- Open OBS < Click “Start Streaming”
- Open your Twitch chat and type !brb, the following screen should come up.(example)
- Typing !back should take you back to your webcam scene.
    - (Optional) !censor 10000 - changes scene to privacy screen for 10 seconds.

If you'd like to help seniors or their families set up monitoring livestreams, please get in touch with the Faulkner Foundation via Discord

Twitchat Setup for Mac

If you’re considering using a monitoring device in a long term care facility, a livestream may be a more beneficial option.

This tutorial offers care streamers (and their caregivers) privacy options through simple chat commands that mute the audio/video feed, trigger alarms, and alert notifications.

Needs

- Twitch Account (Signup)
- OBS (Mac Download)
- Twitchat
- Privacy Overlay Image (download)

Twitchat Setup

- Login to Twitch with Twitchat

OBS Setup

- Install OBS
- Configure OBS
  - **Privacy Scene**
    - Create Scene 2 named "BRB"
    - Add new Source (+) < Image < Add Privacy Overlay Image < **Ok**
  - **Link to Twitchat**
    - Enable Websocket Server Settings
      - In the top left menu of **OBS** click **Tools** < **Websocket Server Settings**
      - Enable the **[] Enable WebSocket Server** checkbox at the top under **Plugin Settings**
      - Click "Show Connect Info"
      - Click **Copy Websocket Server password**

Twitchat Commands Setup

[Coming Soon]

Devices

- Quadstick Mouth-operated joystick designed for individuals with limited or no use of their hands, enabling computer access and gaming.
- MouthPad Mouth-controlled input device (like a retainer with buttons) offering those with mobility limitations access to operate their mobile or desktop devices.
- Glydr - Foot-based game controller that offers game joystick/keyboard input for games, optional switches and peripherals are available.
- Tecla-E Control your smart home devices and mobile tech using accessible switches.
- GlassOuse Assistive Device Head-operated mouse for users with limited hand mobility to control computers, phones, and smart home devices with head movements.
- QuadJoy from QuadLife A sip-and-puff joystick for individuals to operate computers, smart-phone.
- SmyleMouse - $30/m or $499 for Lifetime License A head controlled mouse software that allows hands free control of a computer using facial gestures.
- TetraMouse - $350 - $450 Mouth-operated mouse with models
- HeadMouse
  - Orin Headmouse Head-tracking mouse that translates head movement into cursor control.
  - Wii Remote-based Game Controls with OpenTrack
- Xbox Adaptable Controller (XAC)
  - Copilot (feature) - allows 2+ players to control the same game (i.e: Golf with Your Friends, a party sport game which usually requires passing one controller)
- Tobii Dynavox / Pro-Glasses 3 (TBA) Apply
- Amazon Echo Dot 3 / Google Nest (& Mini) Smart speakers that provide voice-controlled asstance, music playback, smart home control, and a number of accessibility extensions.
- LipSync Mouth-operated input devices that enables individuals with limited hand mobility to control their computers and mobile devices
- TD-I Series A collection of speech-generating devices from Tobii Dynavox that empower individuals with communication disabilities to express themselves and engage with the world.

Stream Setups

- Phillips Hue Smart light for alarm
- IKEA TRÅDFRI A smart lighting kit that includes a remote control and wireless, dimmable white spectrum bulbs, allowing for customizable lighting setups.
- WiZ 60W A19 Color LED Smart Bulb A smart bulb that offers a full color spectrum and can be controlled via a smartphone app, perfect for creating the right ambiance for streaming.

Smart Home

IFTTT (If This Then That) - Free to $35.99 A web-based service that connects different apps and devices, allows users to create automated actions.

iOS Tools & Apps

Accessibility

- Hawkeye Sidekick - Hawkeye Sidekick lets you control your Mac using head movements. Rotate your head to move the mouse and make facial expressions to click, drag, and scroll. Powered by your iPhone or iPad's TrueDepth camera.
- Voice Access - Operate your iOS 13+ device with your voice
  - `"Hey Siri, Enable Voice Control"`

    OR
  - Go to `Settings < Accessibility < Voice Control < Set Up Voice Control`

OCR - Text/Object recognition

- Envision AI - Envision is developed for and together with the visually impaired community. The app is simple, gets things done and brings the best assistive experience to blind and low vision users.
- iOS Photos App - The stock image library app on iOS devices (built in OCR since iOS 15)
- Seeing AI - Seeing AI is a free app that narrates the world around you. Designed with and for the blind and low vision community, this ongoing research project harnesses the power of AI to open up the visual world by describing nearby people, text and objects.

Assistant & Companion

- Bing Co-Pilot - A large language model chatbot developed by Microsoft (released in Feb 2023). Co-Pilot can write todo lists, recommend meals, answer specific complex questions with a comprehensive approach.
- Perplexity Search - Guided AI search for deeper exploration.

Community and Networking

- Discord - Community social media app for managing your topic/interest-focused communities. Free Care Streamer Community Template (with 🔔alert roles🔔)
- Facebook Groups - Search for local or general groups you identify with.
- LinkedIn(& LinkedIn Groups)
- Nextdoor (US-only*) - A neighborhood app for staying in the loop regarding local events, markets, and opportunities.
- PatientsLikeMe - A social media app for sharing regular updates with people that share your condition. (Patients Like Me Data-Use Policies)
- Signal - A free, secure messaging app that uses end-to-end encryption to keep your conversations private. Share text, voice messages, photos, videos, GIFs and files for free.

Network

- AR WIFi&5G - Visualize wireless signal strength with augmented reality.

Android Apps and Tools

Accessbility

- Android Accessibility Suite - Android Accessibility Suite is a collection of accessibility apps that help you use your Android device eyes-free or with a switch device (**Features**: `Accessibility Menu` , `Select to Speak` , `TalkBack screen reader`).
- BIG Launcher - A fast and simple Android home screen for seniors and people with vision problems (Free with in-app purchases).
- Envision - Fastest, most reliable free OCR app that assists individuals with visual impairments.
- iAccess Life - Accessibility - Notifies people with disabilities what accessible locations are in their area. Leave reviews for locations to share their accessibility.

Broadcasting

- Prism Live - Reliable app for screen and/or camera recording livestreams on Twitch. Manual privacy overlay capability.
- Twitch Mobile (Android) - IRL front or back camera streaming or stream mobile games/apps.

Community & Networking

- Discord - Community social media app for managing your topic/interest-focused communities. Free Care Streamer Community Template (with 🔔alert roles🔔)
- PatientsLikeMe - A social media app for sharing regular updates with people that share your condition.
- Signal - a free, secure messaging app that uses end-to-end encryption to keep your conversations private. Share text, voice messages, photos, videos, GIFs and files for free.
- WhatsApp - a free messaging and video calling app by Meta.

AI & Companion Apps

- Bing Co-Pilot - A large language model chatbot developed by Microsoft (released in Feb 2023). Co-Pilot can write todo lists, recommend meals, answer specific complex questions with a comprehensive approach.

Photo & Video Editing

- InShot(Free with ads) - Powerful all-in-one Video Editor and Video Maker with professional features. Add music, text, transition effects for videos, make smooth slow motion, make video collage, blur background and etc!
- Snapseed - Snapseed is a complete and professional photo editor developed by Google.

Productivity

- Evernote - Note Organizer - Capture ideas when inspiration strikes. Bring your notes, to-dos, and schedule together to tame life’s distractions and accomplish more—at work, at home, and everywhere in between.

- Todo Agenda - Home screen widgets for your Android device. Each widget has its own settings and displays configured list of calendar events and tasks so that you can easily have a glimpse at your due, current and upcoming appointments.
- Khan Academy - "Learn anything for free", a vast range of free topic courses.

Privacy & Safety

- Exodus - Exodus helps you to know which trackers and permissions are embedded in apps installed on your device.

Wireless Network

- AR WIFi&5G - Visualize wireless signal strength with augmented reality.

Windows Tools

- Ninite - Great for installing multiple programs at once on a new computer.
- File-Converter - Quickly converts most file-types locally.

Accessibility

- eViaCam - Free Windows tool to enable head-movement-based mouse control.
- PlayAbility - Enables controller-input via webcam/face movements. Play most games using your face (Free Download or Support-Based Early Access (voice commands and more))
- Windows Voice Access - Control your Windows computer with your voice/microphone **Windows Button** + Search for "**Voice Access**" or `Win + Ctrl + S` (**Win 11 only**)

Broadcasting Software & Tools

- OBS
- Streamer.Bot
- Twitchat (Win)

e-Book & File Management

- Calibre - eBook manager
- Search Everything
- HitomiDownloader - KurtBestor - Free desktop utility to download images/videos/music/text from various websites, and more.

File Storage & Cloud

- Dropbox $10/m for 2TB

Mac (OSX) Tools

Mac tools which make it safer and easier to livestream your care.

Broadcasting Software & Tools

- OBS - Open Broadcasting Software (for livestreaming)
- Twitchat (Win) - Chatbot/Stream-manager for privacy overlays, alerts.

Community and Networking

- Discord (Discord Guide | Additional Guides) - Community social media app for managing your topic/interest-focused communities. Free Care Streamer Community Template (with 🔔alert roles🔔)

File Storage & Cloud

- Dropbox $10/m for 2TB - Affordable storage for your Twitch VODs online

Software

- ClipMenu - Clipboard History Tool for OSX
- MacApps - Installs multiple apps at once. Great for setting up a new computer.
- Sindre Sorhus Mac Apps - Free Mac Apps from Sindre Sorhus.
    - DoodleDraw - Quickly transform thoughts into doodles. A sketchpad for your ideas, providing a fluid and intuitive drawing experience, perfect for both seasoned artists and those new to sketching.

Time Management

Hotlist - A todolist for your taskbar.

Web-based Tools

- Opus.Pro - Auto-clips & captions 90 minutes worth of videos for free.
- Chrome Remote Desktop - For remote computer support from trusted-friends and family.
- Privacy.Sexy - Hundreds of scripts that aims to give you control of your data on Windows and Mac OSX.

Browser Extensions

- BetterTTV - A browser extension for Twitch and YouTube that adds new features, emotes, and more. Easily customize your chat, make it easier to read and moderate.
- Clipboard History Pro - increase your clipboard history to 250+
- Honey: Automatic Coupons & Rewards
- uBlock Origin (Adblock) - a wide-spectrum content blocker with CPU and memory efficiency as a primary feature
- OneTab - Consolidate all of your tabs onto one page for easy access and storage.
- News Feed Eradicator - Removes Facebook feed, replaces with an inspiring quote.
- UnHook - Disables YouTube default layout (just a Search bar, very customizable!)
- Web of Trust (WOT): Website Security and Safety Checker

Community & Networking Tools

- PatientsLikeMe - A social media app for sharing regular updates with people that share your condition.
- Signal - a free, secure messaging app that uses end-to-end encryption to keep your conversations private. Share text, voice messages, photos, videos, GIFs and files for free.
- Testimonial.to - Platform that enables your community to share their experiences with you online and how your content or influence has impacted them.

Assistant & Companion

- Bing Co-Pilot - A large language model chatbot developed by Microsoft (released in Feb 2023). Co-Pilot can write todo lists, recommend meals, answer specific complex questions with a comprehensive approach.
- Claude - An advanced AI by Anthropic, adept in conversation, content creation, and ethical interactions.
- Groq - Empathetic AI assistant, connecting people and providing helpful insights.

File Storage

- Dropbox - Affordable storage for your Twitch VODs online ($10/m for 2TB)
- Google Drive - 15GB free cloud storage ($1.99/m for 100GB - $9.99/m for 2TB)

Glossary

Term	Description
Affiliate	A Twitch affiliate is a streamer who has reached the first milestone needed to monetize their channel.
Care streamer	A person that streams the care they receive at home, or in an assisted living or long-term-care facility.
Care streaming	The act of livestreaming your day to day life receiving care for a disability, illness, aging, or in long-term-care facility environments.
Carestreaming states	States which are authorized to use monitoring devices in long term care facilities and Healthcare environments
Collaborative Care Streams	Content creators that designate a segment of their streams to play a game for or with a care streamer to expand their capabilities.
Chat Bot	Allows streamers to automate their live stream's chat with moderation and new features
Digital Bystander	A social media user that experiences an event in which they negate responsibility due to the technical and psychological factors.
Digital Bystander Effect	Digital Bystander Effect, a phenomenon where individuals are less likely to intervene in online emergencies or harmful situations due to the presence of others, and to discuss strategies for promoting active bystander intervention in digital spaces
Digital Bystander Intervention	Involves individuals witnessing an online harassment situation and taking action to prevent or stop it.
Digital Bystander Intervention Strategies	Report abuse, offer support, redirect conversations, and promote positive behavior are the current DBIS techniques
Faulkner Fellowship Advocate	An individual that recruits care streamers, or other advocates to set up and assist care streamers.
Host	The act of a streamer redirecting their viewers to watch another user’s live broadcast when they are not online.
IRL Pro	An Android app equipped with privacy overlay compatibility (DBIS measures).
IRL	Abbreviation of “In Real Life”
Live Now	A iOS livestreaming application equipped with privacy overlay compatibility (DBIS measures).
Mod	Short for “Moderator.” Moderators can remove spam or trolling chat comments and block the users who posted them (Recommended that every channel has trusted Mods)

Term	Description
Non-carestreaming states	States which do not authorize the use of monitoring devices
OBS	Open Broadcaster Software is a computer software used to stream to a variety of streaming platforms such as Twitch
Overlay	A visual element which displays or covers a streamer and can be customized to the streamer's preferences
Partner	A partner on Twitch is an Affiliate streamer who has met the requirements for Twitch partnership.
Prime Sub	Users who are subscribed to the Amazon Prime service are given a free Twitch sub every month so they can subscribe to their favorite streamer and no extra cost and other benefits through Amazon.
Raids	A feature that allows a streamer to redirect their viewers to another streamer's channel at the end of their broadcast.
Remote Patient Monitoring (RPM)	The use of technology to monitor a patient's health status outside of a clinical setting.
Sub	Streaming platforms such as Twitch lets the viewers subscribe to their favorite streamers by paying a monthly fee and getting additional benefits that might not be available to a non-paying viewer.
TOS	Stands for "terms of service" Twitch or other platforms TOS regulates the types of content that can be streamed on the platform.
Twitch Bit/Bits	Along with donations users can purchase "Bits" which are virtual goods that can be used to "cheer" to a streamer
VODs	Video on Demand is a feature used by most streaming platforms that lets the streamer(s) record their stream(s) so people who weren't able to watch at the time can go back and watch the stream.
TTS	Text To Speech allows the streamer to have donation messages read out if the viewer donates a certain amount of money. This can obviously have good and bad scenarios such as vulgar/offensive messages being read out on stream.

Extended

Term	Description
Hawkeye Sidekick	An iOS application that facilitates the control of a Mac computer through the utilization of head movements.
ScreenReader	Accessibility software designed to assist visually impaired users in operating computers by audibly conveying the contents of the screen.
Bing Co-Pilot	A search engine and navigational tool that employs advanced artificial intelligence to guide users in their search queries and exploration.
Prism Live	A dependable livestreaming application that enables simultaneous broadcasting across multiple platforms.
Streamer.Bot	Chat bot that empowers content creators to automate interactions and enhance their channels with customizable and interactive elements.
Tik Tok Studio	Suite of editing tools, effects, analytics, and livestreaming capabilities.
Twitchat	Twitch-compatible chatbot and stream manager that simplifies the setup of complex stream configurations.
Discord	Conferencing social media application that allows users to engage in text, voice, and video chats on a one-on-one basis or within group calls and servers.
Facebook	Social media application that excels in facilitating group interactions and sharing of personal content.
LinkedIn	Professional social media application intended for networking with fellow corporate employees and academics.
PatientsLikeMe	Social media application that connects patients experiencing similar medical conditions.
Reddit	Community-driven social media application that encompasses a wide range of topics, including carestreaming.
Testimonial.to	Platform that enables your community to share their experiences with you and how your content or influence has impacted them.
Dropbox	An affordable and reliable cloud file storage service.

Slang

Term	Explanation
5Head	Means “very smart.” Can be used both sincerely, to praise a streamer’s intelligence, and sarcastically, to mock a streamer’s stupidity.
Baited/Jebaited	Means to be deceived.
Boomer	Baby-boomer or senior-aged individual.
Dono	Short for donation.
Gyat	Another variation of ‘God D***’ or used alongside the word d*** eg; ‘Gyat D***’.
Kappa	An emote on Twitch.Tv that can represent sarcasm, puns, jokes and is usually used at the end of an ironic or sarcastic sentence.
MonkaS	An emote on Twitch typically used in Twitch chat during moments of high tension in video game matches to express anxiety.
On God (ong/on G)	“I swear to God” or “As God as My Witness”.
POG/PogChamp/Poggers	An emote on Twitch.tv that’s usually used to symbolize hype or excitement.
Raid	A raid is when a streamer sends their viewers to another streamer’s channel. Streamers often conduct raids at the end of their streams.
Rizz	Shortened word for Charisma eg; “‘your name’ has so much rizz”.
Sadge	Can mean sadness or disappointment, usually ironic.
Sigma	A successful self-reliant person, one step above an “alpha.”

Affiliate

A Twitch affiliate is a streamer who has reached the first milestone needed to monetize their channel.

Baited/Jebaited

Means to be deceived.

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A search engine and navigational tool that employs advanced artificial intelligence to guide users in their search queries and exploration.

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Baby-boomer or senior-aged individual.

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A person that streams the care they receive at home, or in an assisted living or long-term-care facility.

Care streaming

The act of livestreaming your day to day life receiving care for a disability, illness, aging, or in long-term-care facility environments.

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States which are authorized to use monitoring devices in long term care facilities and Healthcare environments

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Content creators that designate a segment of their streams to play a game for or with a care streamer to expand their capabilities.

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A social media user that experiences an event in which they negate responsibility due to the technical and psychological factors.

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Involves individuals witnessing an online harassment situation and taking action to prevent or stop it.

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Report abuse, offer support, redirect conversations, and promote positive behavior are the current DBIS techniques

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Short for donation.

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Another variation of ‘God D***’ or used alongside the word d*** eg; ‘Gyat D*’.

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A professional social media application intended for networking with fellow corporate employees and academics.

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“I swear to God” or “As God as My Witness”.

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Shortened word for Charisma eg; “‘your name’ has so much rizz”.

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Chat bot that enables livestreamers to automate interactions and enhance their channels with customizable and interactive elements.

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Streaming platforms such as Twitch lets the viewers subscribe to their favorite streamers by paying a monthly fee and getting additional benefits that might not be available to a non-paying viewer.

Testimonial.to

A platform that enables your community to share their experiences with you and how your content or influence has impacted them.

Tik Tok Studio

Suite of editing tools, effects, analytics, and livestreaming capabilities.

TLDR

An acronym for "Too Long, Didn't Read"

TOS

Stands for “terms of service” Twitch or other platforms TOS regulates the types of content that can be streamed on the platform.

Twitch Bit/Bits

Along with donations users can purchase “Bits” which are virtual goods that can be used to “cheer” to a streamer

Twitchat

Twitch-compatible chatbot and stream manager that simplifies the setup of complex stream configurations.

TTS

Text To Speech allows the streamer to have donation messages read out if the viewer donates a certain amount of money. This can obviously have good and bad scenarios such as vulgar/offensive messages being read out on stream.

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Video on Demand is a feature used by most streaming platforms that lets the streamer(s) record their stream(s) so people who weren’t able to watch at the time can go back and watch the stream.

5Head

Means “very smart.” Can be used both sincerely, to praise a streamer’s intelligence, and sarcastically, to mock a streamer’s stupidity.

Contact Us

- Email Us

Follow us on Social Media

- TikTok
  - @streamyourcare
  - @faulknerfellowship
- Medium
- Reddit
- YouTube (Subscribe)
- X(fka Twitter)
- **Discord**

Email Us

You can reach us via email @ team@streamyourcare.com

Stream Your Care Social Media Pages

Stream Your Care sources free tools and guides on how to safely livestream your care at home and in long term care facilities. Please follow us and join our community efforts on:

TikTok: @faulknerfellowship: https://www.tiktok.com/@faulknerfellowship

Medium: https://medium.com/@faulknerfellowship

- How To Use This Guide
- Livestreaming your care could save your life in 2024
- Care Stream Ethics Guide
- 2024 Behavioral Guide to Livestreams for Seniors
- Care Stream Discord Template
- Care Streamer Chatbot Commands, ALerts, and Messages
- TwitchSpeak 2024: Slang Glossary
- Care Streaming Glossary
- Accessibility Tech Innovations and Requests
- Edutainment Games and Tech for Individuals Livestreaming Their Care
- Digital Bystander Intervention Strategies for Long-Term Care Facility Livestreams

-Collaborative Care Stream Ideas for Content Creators and Family

- How to Advocate for Monitoring Streams in LTC Facilities

Reddit: https://www.reddit.com/r/streamyourcare/

YouTube (Subscribe)

X (fka Twitter): https://twitter.com/streamyourcare

Discord: https://discord.gg/ArpqCD3kcP

FAQ

What is StreamYourCare?

StreamYourCare is an initiative advocating for free, accessible livestream monitoring for seniors and individuals with disabilities in long term care environments. It aims to prevent patient neglect, abuse, and death by providing safe, affordable livestream

Why care stream?

Streaming your care can mitigate isolation, neglect, and guardian abuse at home.

Aren't alarms and alerts a vulnerability/risk?

User-access can be set for the commands, we offer free vote-based command configurations.

How does care streaming benefit patients AND caregivers?

Livestreams provide companion care, resources, and opportunities for patients which relieves staff of some of their lesser acted upon duties.

What makes care streaming better than standard monitoring devices?

Monitoring devices typically require an upfront-cost for the device, plus an additional monthly fee for the different features they offer. These costs add up in the long run, which is not even a factor for livestreaming with a phone, or computer. Additionally, the social community and being able to stay in contact with family and friends through livestream chats & clipping features.

Can caregivers and patients receive training on how to use the livestreaming technology?

Yes, we offer guides on how to train yourself and caregivers on livestream technology setup and operation.

How does StreamYourCare ensure the privacy of the individuals being monitored?

Privacy Overlays help livestreamers and their audiences protect themselves and their caregivers.

Sources, Credit, and Attribution

A list of necessary sources and attributions. Thank you for your dedication to your work, **you** made this possible.

Tools

Several tools have been found through these great resources!

- Awesome Mac
- Awesome Windows
- Reddit
- Awesome Accessibility
- Kaki87 - Awesome Android-x3Free
- MakersMakingChange
- The Best Smart Assistive Devices for People With Disabilities
- University of Denver Colorado
- Craig Hospital Inpatient Assistive Technology List

Articles & Publications

These works have significantly influenced the compilation of StreamYourCare's resources.

- I Feel Your Livestreamed Pain - Dr. John G Browning
- Digital Bystander - Dr. Daryl Bem
- Elder Justice: A blueprint for an emerging coalition, scaled society-wide - Philip C Marshall

Groups

- r/DisabledGamers (Discord)
- r/StreamYourCare(Discord)
- AbleGamers - creating opportunities that enable play in order to combat social isolation, foster inclusive communities, and improve the quality of life for people with disabilities.

Contributors

- Roger "Living in a Wheelchair" Faulkner - Founder
- @mundi - Co-Founder
- @robot10k - Co-Founder
- **@AdamRethinker** - Administrator | Key Contributor
- @Illenialwheeler (YouTube) - Care Streamer | Contributor | Accessibility Advocate
- **@8track** - Moderator | Key Contributor
- **@ReadyPlayerEmma** - Moderator | Key Contributor
- **@thatonion** - Moderator | Contributor and Supporter
- @GavinReadsWords - StreamYourCare Contributor
- @EddieMancuso - StreamYourCare Advocate | Twitch/TikTok Livestreamer
- Syrmor - Content Creator | Underdog Advocate | (Interview #1) (Interview #2)