

Must-Have Skills to Get the Most Out of Your Voice Assistant

Voice assistants (also called smart speakers), such as the Amazon Echo (Alexa) and the Google Home, are newer technologies with many applications for people with brain injuries. Here is a list of commands and activities to help with everyday activities.

ALARMS

To set a one-time alarm

- "Alexa, set an alarm for (time of day)."
- "Alexa, set an alarm for 1:00 P-M."
- "Alexa, set an alarm for tomorrow at 1:00 P-M." (within 24 hours)

To set a repeating alarm

- "Alexa, set a repeating alarm for (day of week) at (time)."
- "Alexa, set a repeating alarm for every day/weekday/weekend at (time)."

To snooze 9 minutes: "Alexa, snooze."

To stop alarm: "Alexa, stop."

To hear what time your alarm is set: "Alexa, when is my alarm set?"

To cancel an alarm you set: "Alexa, cancel the alarm."

Echo Show and Echo Spot – See list of alarms: "Alexa, show me my alarms."

TIMERS

To set a timer: "Alexa, set a timer for 10 minutes."

To set a named timer: "Alexa, set a (type of timer, ex. laundry timer, homework timer) for (duration) minutes."

To find out how much time is left on your timer: "Alexa, how much time is left on the timer?"

To stop timer: "Alexa, stop."

To cancel timer: "Alexa, cancel."

To find out what timers are set: "Alexa, what timers are set?"

On Echo devices with screens, you can say: "Alexa, show me my timers."

REMINDERS

One-time reminders

"Alexa, remind me to _____."

"Alexa, remind me to _____ today at 7:00."

Repeating reminders

"Alexa, remind me to _____ every ____ at _____."

"Remind me to take out the trash every Tuesday at 8:30 P-M."

To hear the next reminders

"Alexa, what are my reminders?"

"Alexa, what are my reminders for tomorrow?"

LISTS

To create a list by voice: "Alexa, create a list."

Add something to your list: "Alexa, add (item) to my (list name) list."

Hear what's on your list: "Alexa, what's on my (list name) list?"

CALENDAR

Hear the next event on the calendar: "Alexa, what's next on my calendar?"

Hear the next several events on the calendar: "Alexa, what's on my calendar?"

Hear what's on the calendar tomorrow: "Alexa, what's on my calendar tomorrow?"

Hear what's on a specific day: "Alexa, what's on my calendar on (day)?"

Add event to calendar

- "Alexa, add an event to my calendar." Alexa steps through info.

Delete an event

- "Alexa, delete (event) from my calendar."

REMEMBER THIS

To have Alexa remember specific information you tell it

- "Alexa, remember that _____."

Voice Assistant Skills (cont'd)

To hear a list of what you have asked Alexa to remember

- “Alexa, what are you remembering?”

To delete something you previously asked Alexa to remember

- “Alexa, what did I ask you to remember?” Then go to homepage of app, locate the text, and edit or delete.

To hear about what you previously asked Alexa to remember

- “Alexa, what size shoes do I wear?”
- “Alexa, when is mom’s birthday?”

DROP IN

To drop in on another Echo: “Alexa, drop in on (name).”

To end drop in: “Alexa, hang up.”

- More detailed info: <https://amzn.to/2wERUq6>

PHONE CALLS

Help find phone

- “Alexa, find my phone.”

Need Skill enabled: <https://amzn.to/2KqaDrp>

Make a call to a mobile or landline number saved in your phone’s contacts

- “Alexa, call (John’s) mobile.”
- “Alexa, call (John) on his home phone.”
- “Alexa, call (John) at work.”

Dial a mobile or landline number: “Alexa, call xxx-xxx-xxxx.”

Control call volume: “Alexa, turn the volume up/down.”

Hang up/end the call: “Alexa, hang up.”

STRESS MANAGEMENT SKILLS

Deep Breath skill

- “Alexa, open Deep Breath” <https://amzn.to/2Gm9caZ>

Stop, Breathe, Think skill

- “Alexa, open stop, breathe, think.” <https://amzn.to/2hvbAlb>

Guided Meditation: Meditation of the Day for Calm

- “Alexa, open Guided Meditation.” <https://amzn.to/2lrsMVu>

1-Minute Mindfulness | Peace One Minute at a Time

- “Alexa, Open Mindfulness.” <https://amzn.to/2jZveaT>

Sleep and Relaxation Sounds

- “Alexa, open sleep sounds.” <https://amzn.to/2wHL1V3>

Set a sleep timer to turn off whatever is playing after specified amount of time

- “Alexa, set a sleep timer for (period of time – 1 hour, etc.).”

COGNITIVE EXERCISE SKILLS

Train My Brain skill

- “Alexa, start train my brain.” <https://amzn.to/2L3AUNB>

Super Brain skill

- “Alexa, start super brain.” <https://amzn.to/2lIgvWv>

Memory Training skill

- “Alexa, start memory training.” <https://amzn.to/2wlCroW>

Memory Recall Training skill

- “Alexa, start recall training.” <https://amzn.to/2liSS0B>

Memory Mania skill

- “Alexa, start memory mania.” <https://amzn.to/2rJJA2l>

Brain Workout

- “Alexa, start brain workout.” <https://amzn.to/2iYhSf5>

Google Home Similar Features: The below links will provide information for how to perform similar tasks on the Google Home voice assistant.

Alarms: <https://support.google.com/googlehome/answer/7071598?hl=en>

Timer: <https://support.google.com/googlehome/answer/7028899?hl=en>

Reminders: https://support.google.com/googlehome/answer/7387866?hl=en&ref_topic=7399445&co=GENIE.Platform%3DAndroid&oco=0

Lists: https://support.google.com/googlehome/answer/7029190?hl=en&ref_topic=7399445

Calendar: https://support.google.com/googlehome/answer/7029002?hl=en&ref_topic=7128170

Remember things: https://support.google.com/googlehome/answer/7536723?hl=en&ref_topic=7399445

Find your phone: https://support.google.com/googlehome/answer/7535860?hl=en&ref_topic=7399445