

Ohio Tech Ambassadors

# Tech Talks: Wearable Tech

Tech You Can Wear: Smarter, Safer, More  
Accessible Living



# What Is Wearable Technology?

- Wearable tech = devices you wear on your body that collect data or provide assistance
- Examples:
  - 🕒 Smartwatches
  - 🏃 Health trackers
  - 🎧 Smart earbuds
  - 🧠 Assistive wearables

📌 Think of wearables as technology that moves with you.



# Why Wearable Tech Matters



Wearables help with:

- ❤️ Health monitoring
- 🧠 Memory and reminders
- 🛡️ Safety and emergency alerts
- 📱 Staying connected
- 🧑‍🦰 Wellness and habits
- 📌 Small device, big impact on daily life.

# Types of Wearable Devices

Type	Examples	Use
Smartwatches	Apple Watch, Samsung Galaxy Watch	Notifications, health, calls
Fitness Trackers	Fitbit, Garmin	Steps, sleep, activity
Medical Wearables	Medical alert devices	Emergency response
Smart Glasses	Meta Ray-Ban, assistive devices	Vision/audio assistance
Smart Earbuds	AirPods, Pixel Buds	Audio + voice assistant



# Smart Watches

- Features:
  - Notifications (texts, calls)
  - Heart rate tracking
  - GPS and step tracking
  - Contactless payments
  - Voice assistants

📌 Your smartwatch is like a mini phone on your wrist.



# Health & Wellness Tracking



Wearables track:

- ❤️ Heart rate
- 😴 Sleep quality
- 🏃 Steps and activity
- 🩸 Blood oxygen (SpO2)
- 📊 Stress levels

Examples:

- Apple Watch
- Fitbit
- Garmin
- 📌 Helps users understand their health trends.

# Safety Features in Wearables

- 🚨 Fall detection (Apple Watch, Samsung)
- 📍 GPS tracking
- 🆘 Emergency SOS button
- 📞 Auto-calling emergency contacts
- 🧑 Caregiver alerts
- 📌 Critical for:
  - Seniors
  - People with disabilities
  - Individuals living alone



# Accessibility Features

Wearables support:

## **👁️ Vision Support**

- VoiceOver (Apple Watch)
- Audio feedback
- Large text display

## **👂 Hearing Support**

- Vibration alerts
- Visual notifications
- Real-time captions (paired devices)



# Accessibility Features

Wearables support:

## **Mobility Support**

- Voice commands
- One-touch controls
- Gesture-based input

## **Cognitive Support**

- Reminders
- Routines
- Simplified notifications

 Wearables promote independence and reduce reliance on others.



# Voice Assistants on Wearables

- Siri (Apple Watch)
- Google Assistant (Wear OS)
- Alexa (some devices)
- Use voice to:
  - Set reminders
  - Send texts
  - Ask questions
  - Control smart home devices
- 📌 Hands-free = easier for many users.



# Choosing the Right Wearable




## Ask:

- 📱 What phone do you use? (iPhone vs Android)
- 🧠 What do you need help with?
  - Health
  - Safety
  - Reminders
- 💰 What's your budget?
- 🔋 Battery life preference
- 🎨 Comfort and style

# Popular Wearables Overview

Device	Best For	Price Range
Apple Watch	iPhone users, health tracking	\$\$\$
Samsung Galaxy Watch	Android users, style + features	\$\$-\$\$\$
Fitbit	Fitness + simplicity	-\$-\$
Garmin	Athletes, long battery life	\$\$-\$\$\$
Medical alert devices	Safety & emergency support	\$\$

# Tips for Getting Started

- Start simple:
  - Use notifications
    - Try step tracking
    - Explore one feature at a time
  - Customize settings for comfort
  - Charge regularly
  - Connect to your phone for full features
-  You don't need to use everything at once.



# Real-Life Examples



- 🧓 Older adult:
  - Uses fall detection + reminders
- 🏃 Fitness user:
  - Tracks workouts and sleep
- 🧠 ADHD user:
  - Uses timers and alerts
- 🦽 Mobility support:
  - Voice commands + smart home control
- 📌 Wearables adapt to different needs.

# Final Takeaways

- Wearables are:
    - Helpful
    - Accessible
    - Flexible
  - They support:
    - Health
    - Safety
    - Independence
  - Start small and build from there
- 📌 Technology should work for you — not the other way around.



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# Panel

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# Q&A





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**Thank you!**

