



# **Zero Effort Technologies: Considerations, Challenges and Use in Health, Wellness, and Rehabilitation (Synthesis Lectures on Assistive, Rehabilitative, and Health-Preserving Technologies)**

*Alex Mihailidis, Jennifer Boger, Jesse Hoey, Tizneem Jiancaro*

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This book introduces *zero-effort technologies* (ZETs), an emerging class of technology that requires little or no effort from the people who use it. ZETs use advanced techniques, such as computer vision, sensor fusion, decision-making and planning, and machine learning to autonomously operate through the collection, analysis, and application of data about the user and his/her context. This book gives an overview of ZETs, presents concepts in the development of pervasive intelligent technologies and environments for health and rehabilitation, along with an in-depth discussion of the design principles that this approach entails. The book concludes with a discussion of specific ZETs that have applied these design principles with the goal of ensuring the safety and well-being of the people who use them, such as older adults with dementia and provides thoughts regarding future directions of the field.

Table of Contents: Lecture Overview / Introduction to Zero Effort Technologies / Designing ZETs / Building and Evaluating ZETs / Examples of ZETs / Conclusions and Future Directions

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