

AbiBird

user guide



AbiBird is an intelligent home activity sensor that connects to a smartphone app.

Once set up, the free-standing AbiBird sensor counts the movements of someone walking past and displays this hourly in the AbiBird app.

The app compares the activity to a simple pre-set routine and if it detects an anomaly it sends an alert.

You will need...



The AbiBird sensor
and



An iPhone with iOS 10+
OR



A smartphone with
Android 5+

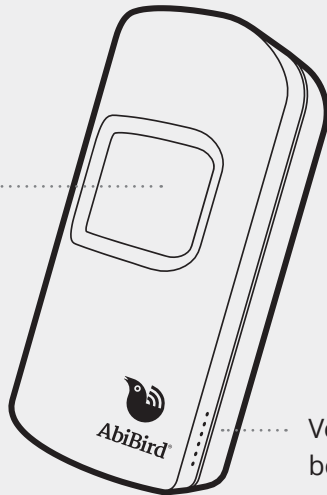
Contents

The AbiBird Sensor	2
Getting Started with AbiBird	2
Step 01: Download AbiBird app and create an account	3
Step 02: Turn ON, connect AbiBird sensor with app and account	3
Step 03: Name and place sensor	4
Step 04: Set up daily routines	4
Step 05: Turn ON and set notification preferences	5
Step 06: Test sensor is connected to app	5
Step 07: Add any additional sensors	6
Getting the most from AbiBird	6
Checking a sensor's status	6
Renaming a sensor	6
Reading activity graphs	7
Modifying or resetting daily routines	7
Adjusting alert sensitivity	8
Manually triggering an alert	8
Pausing notifications	8
Adding other carers to your AbiBird account	9
Advanced settings – Adjusting movement counts per hour	9
Troubleshooting	10
Support Centre	10

The AbiBird Sensor

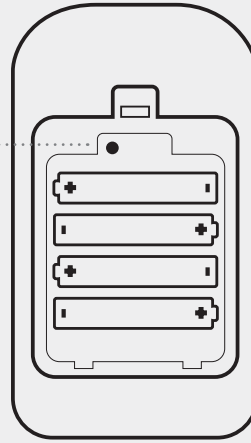
Motion Sensor

Uses body heat to sense motion in a horizontal line of sight to count the movements of someone walking past, displayed hourly in the AbiBird app.

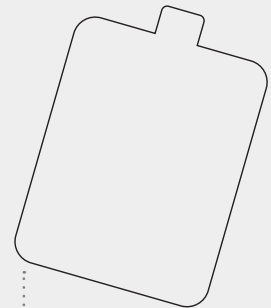


Vents for audio beeps.

Black button for changing modes, note that certain modes will light up the sensor: Active mode (no light); Bluetooth mode (blue/pink light); and Transport/Sleep mode (yellow light when going to sleep).



Four AA batteries.



Battery cover with sensor's ID numbers printed on the inside.

Getting Started with AbiBird

Follow these seven steps to get started with your new AbiBird

01

Download
AbiBird app

02

Connect sensor
with app

03

Name and
place sensor

04

Set daily
routines

05

Turn ON
notifications

06

Test
sensor

07

Add any
additional
sensors

If you want more detailed instructions for these steps, visit abibird.com.au/support where you can download detailed 'How-To Guides'.

AbiWander

You can use these steps to set up an AbiWander sensor. However, after Step 04 you **MUST** adjust alert sensitivity to 1 hour and motion count to 0. Refer to the insert that comes in the box with the AbiWander sensor.

01

Download AbiBird app and create an account

To download the app and create an account:

1. Download the AbiBird app



For iPhones download from the app Store.



For Android phones download from Google Play.

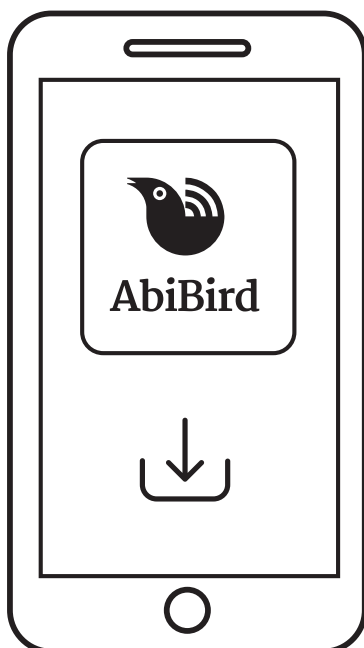
2. Set up an AbiBird account

Open the AbiBird app on your smartphone and follow the instructions to set up an account. You will need to provide your email address and a unique, 6-digit password.

3. Validate your email

You will receive an email titled: 'Welcome to AbiBird'.

Open the email and select the [Validate Email Address](#) link.



02

Turn ON, connect AbiBird sensor with app and account

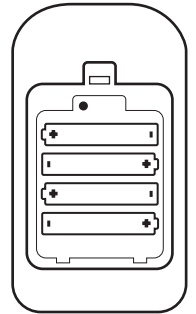
The AbiBird sensor uses Bluetooth to connect to the AbiBird app.

To turn ON your sensor and connect it with your app:

1. Switch ON sensor

Note, if inserting new batteries the sensor will automatically turn on.

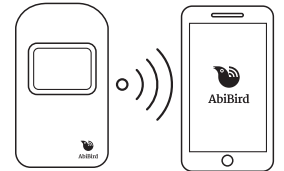
Otherwise, press the black button once, (located under the back cover) and wait up to a minute for AbiBird to turn on and connect to the network (beep once).



2. Connect sensor with app

Ensure your smartphone has Bluetooth turned ON.

Open the app and follow the instructions to connect it with the app. You will be prompted to press the sensor's black button once again, to turn the sensor's Bluetooth ON (blue/pink light). You may need to wait 30 seconds while the sensor validates.



3. Return sensor to active mode (Bluetooth OFF)

The sensor will exit Bluetooth mode automatically after 5 minutes. Alternatively, you can manually turn off the sensor's Bluetooth mode by pressing the black button once again. The blue light will turn off and the sensor will beep twice.

Switching the sensor OFF and ON

AbiBird can run for up to 12 months on four standard AA batteries.

However, if you need to turn OFF the sensor for transport or other reasons, first make sure its Bluetooth is off, then press and hold the black button until the sensor lights up yellow for about 20 seconds.

To turn the sensor back ON, press the black button once. The sensor will beep once to confirm it's ON and in active mode.

03

Name and place sensor

Once your sensor is connected with the app, the app will prompt you to name the sensor.

1. Name Sensor

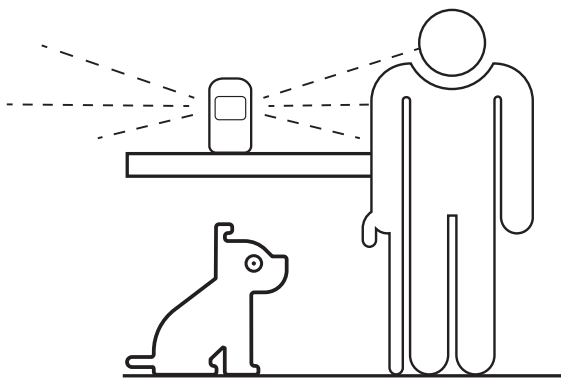
AbiBird uses this name on all notifications (alerts and emails) so give your sensor a name that's easy to identify e.g. Mum's Unit, Dad's House.

2. Place Sensor

Now place your sensor in the room you want it to monitor.

For best results:

- Position the sensor as far away as possible from obvious vibrations such as appliances.
- Place the sensor on a stable surface that's between waist and shoulder height, higher than where your pets can move about, but no higher than your shoulder.
- Face the front of the sensor towards the area in the room where the person frequently walks past.
- Ensure there is nothing blocking the sensor's view, including any glass.



You can rename your sensor should you move it to a different location, see *Renaming a sensor*.

04

Set up daily routines

After you have named your sensor, the app will prompt you to create a routine.

A routine is the hours your cared-for person is active in their home, normally from when they wake up until the time they go to bed.

AbiBird continually compares activity in the room to the routine you've set. If it detects an anomaly (no movement during set routine times), it will automatically trigger an alert. An alert means something unusual may have happened and you should check on the person.

To create a routine:

1. Select location

On the *Location* page, the default is the **LIVING ROOM**. If your sensor isn't in the living room, select a different option.

2. Select activity level

On the *How active?* page, the level of activity defaults to **MOBILE**. If this isn't appropriate for your cared-for person, select a different activity level.

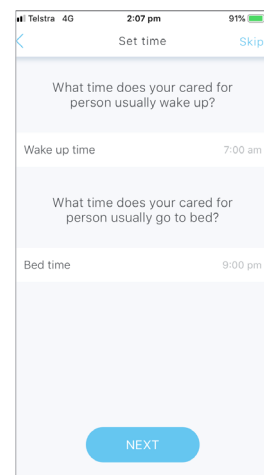
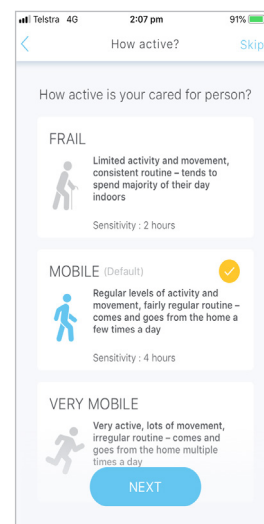
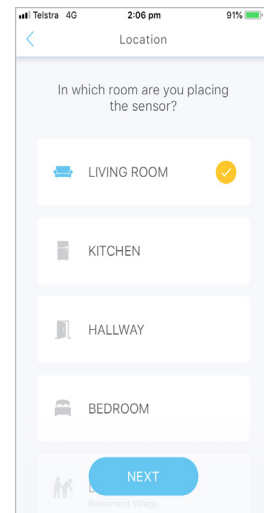
The activity level you choose automatically sets the alert **Sensitivity**. Alert sensitivity is the number of hours AbiBird waits before sending an alert. You can adjust alert sensitivity at any time, see *Adjusting alert sensitivity*.

3. Set time

On the *Set time* page, Living room, Kitchen or Hallway sensors default to wake up and bed times of 7am to 9pm. Bedroom sensors default to bed and wake up times of 9pm to 7am. You can adjust these times by tapping on each time.

4. Confirm your selected routine

On the *Confirmation* page, review your routine and select **DONE**.



05

Turn ON and set notification preferences

Once you know your sensor is set up and ready to go, you need to turn ON notifications. Notifications include pop-up notifications to your smartphone (alerts) and emails to your email address.

To turn notifications ON and set your preferences:

1. Access Notifications



For iOS 10+ smartphones (iPhone):

Select **Accounts** (bottom right), then select **Notifications**.



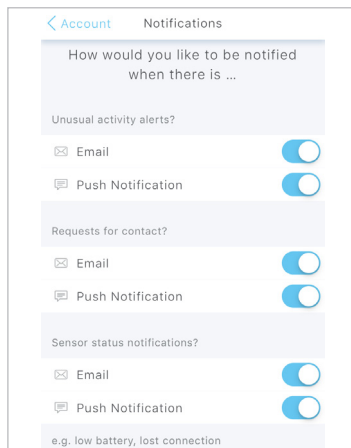
For Android 5+ smartphones:

Select the **≡** menu (top left), then select **Notifications**.

2. Enable email and/or push notifications

Tap each switch to turn ON/OFF email and/or push notifications from AbiBird for unusual activity, requests for contact, and changes to sensor status.

We also recommend changing your relevant phone settings for the AbiBird app to ensure notifications remain on your phone screen until you tap to either view or remove them.



Notification settings apply to all sensors connected to your account. You can change your notification preferences at any time by following the above steps.

You can pause notifications for an individual sensor (see *Pausing notifications*).

06

Test sensor is connected to app

It may take an hour for your sensor to update the app and display data (dot events on the graph), but you can test everything is working by triggering a 'Request for contact'.

To test your AbiBird sensor is correctly set up, and that you can receive alerts on your smartphone:

1. Initiate a manual alert

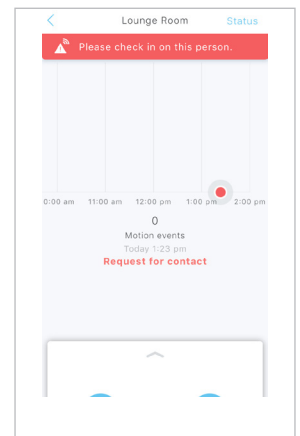
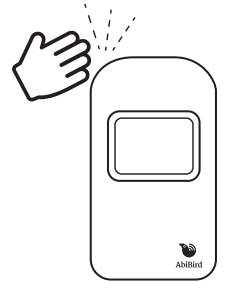
Tap your sensor up to 10 times and wait up to 30 seconds for the sensor to beep once and light up red.

2. Check the app received the alert

Check the app shows one or more motion events (red dots) on the graph.

If there are no red dot alerts on the graph, refer to *Troubleshooting* at the end of this guide.

You can check a sensor's status from the graph page at any time by selecting **Status** (see *Checking a Sensor's status*).



07

Add any additional sensors

You can have more than one sensor connected to your AbiBird account.

To add an additional sensor:

1. Ensure that any other sensors have Bluetooth turned off (see Step 02 point 3).

2. Add another sensor

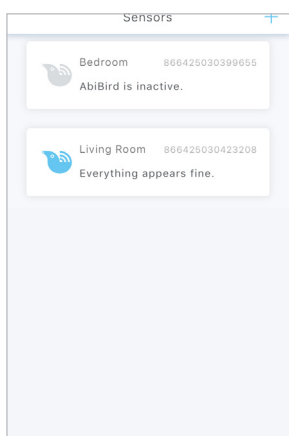
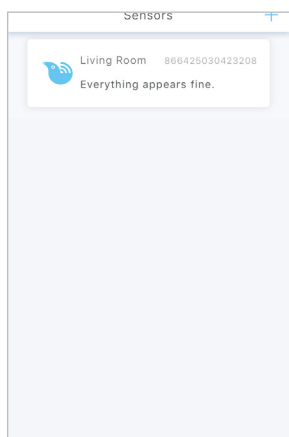
From the AbiBird app *Sensors* page, select the + icon (top right for iPhone, bottom right for Android).

3. Follow the app instructions to

- Connect sensor with the app (see Step 02)
- Name and place sensor (see Step 03)
- Set up daily routines for sensor (see Step 04)
- Test sensor is connected to the app (see Step 06)

Add each sensor separately.

Each sensor you add will be listed in the AbiBird app *Sensors* page.



Getting the most from AbiBird

When you start using AbiBird, you may find these commonly used functions useful.

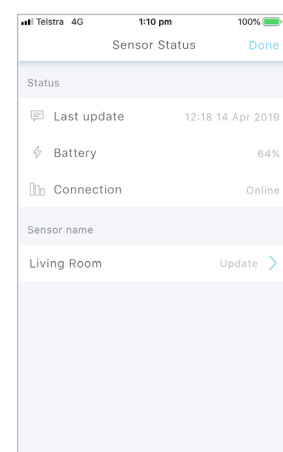
If you want more help with these functions, visit abibird.com.au/Support where you can download detailed 'How-To Guides'.

Checking a Sensor's status

You can check your sensor's last update, battery level and connection.

To check a sensor's status:

1. From the graph page, select **Status** (top right).
2. On the *Status* page you can check:
 - The time and date of the **Last update** from the sensor.
 - The percentage of **Battery** power the sensor has left.
 - The status of the **Connection** to the sensor – on or off line.

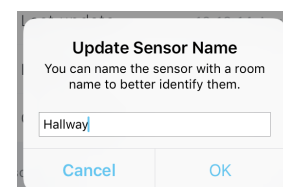
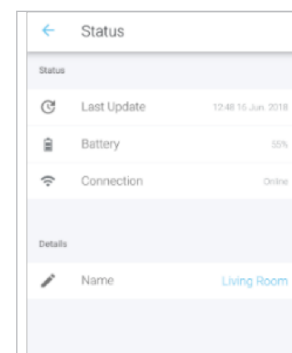


Renaming a sensor

You can change the name of your sensor – perhaps you have moved it to a different room.

To rename a sensor:

1. From the graph page, select **Status** (top right).
2. On the *Status* page under **Details**, select the name of the sensor.
3. In the pop-up, type a new name for your sensor and select **OK**.



That's it. You're all set!

Reading activity graphs

Each sensor connected to your app has a separate activity graph.

The graph is updated every 60 minutes and each update is marked on the graph as a dot.

The four types of updates are:

● A grey dot signifies expected activity within the last 60 minutes as nothing unusual has occurred compared to the set routine.

● A grey dot with an orange outline indicates that unusual activity has entered the **'Sensitivity tolerance'** zone.

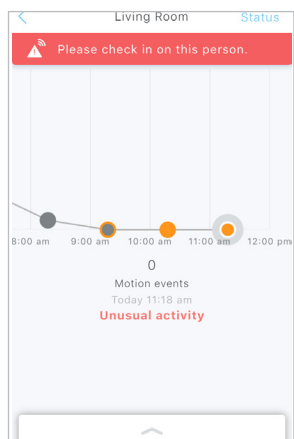
● An orange dot signifies **'Unusual Activity'** compared to the expected routine you set up, indicating a possible emergency. Your cared-for person may be unable to move or be inactive.

● A red dot is a **'Request for Contact'** from the cared-for person. It indicates your cared-for person has manually triggered an alert and it will show on the graph immediately.

To view activity over the last 48 hours:

1. Swipe back through the graph.
2. Tap an update (dot) for the time and number of motion events recorded during that hour.

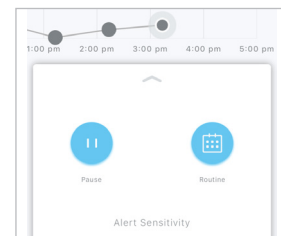
If you notice excessive unusual activity (orange dots) on the graph, you can adjust the routine and/or the alert sensitivity. (see *Modifying or resetting daily routines* and *Adjusting alert sensitivity*).



Modifying or resetting daily routines

As you become familiar with your cared-for person's daily activities, you may want to modify or reset routines to better reflect their weekly schedule.

Access the *Routine* page by tapping the ^ icon at the bottom of the app's graph page for the slide-up panel, and select **Routine**.

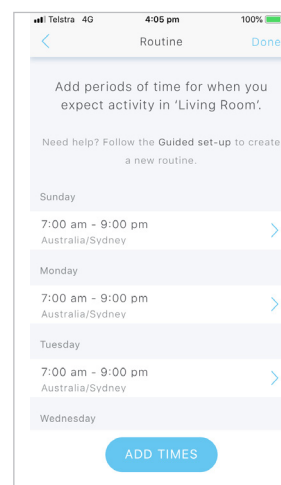


To override the existing routine and reset a new routine:

1. On the *Routine* page, select **Guided Set-up** (iPhone) or **TAP HERE** (Android) and follow the app instructions.

To add times and create multiple daily routines:

1. On the *Routine* page, select **ADD TIMES** button (iPhone) or **+** icon (Android).
2. Add times and select the day/s they apply to, then select **Add** (iPhone) or **Done** (Android).



3. Continue until all times are added.

FOR EXAMPLE: If your cared-for person goes out every Tuesday from 4.15pm-8pm, you can exclude that time by setting two routines for Tuesday: a morning routine from 6am-4pm; and an evening routine from 8pm-10.30pm.

To change times:

1. On the *Routine* page, select the time period you want to change.
2. Adjust the times and select the days they apply to, then select **Update** (iPhone) or **Done** (Android).

To delete times:

1. On the *Routine* page, select the time period you want to delete.
2. Select the **DELETE TIME PERIOD** button (iPhone) or **REMOVE TIME SLOT** button (Android), then select **Update** (iPhone) or **Done** (Android).

Adjusting alert sensitivity

While AbiBird updates your app every hour, *Alert Sensitivity* controls how long AbiBird waits before generating an alert.*

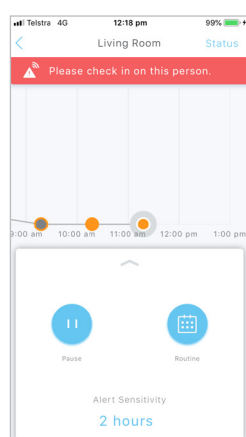
By default, a sensor's *Alert Sensitivity* is set according to the activity level you selected for your care-for person when you first set up your sensor.

If you selected...	Then Sensitivity defaults to...
FRAIL	2 hours
MOBILE	4 hours
VERY MOBILE	6 hours

You can change this wait time to anywhere between 1 and 6 hours. Increasing alert sensitivity will reduce the number of alerts but will also reduce the monitored hours. Thus, if you adjust a sensor's alert sensitivity, you must also modify the daily routines for the sensor accordingly. (see Point 3 below)

To adjust alert sensitivity:

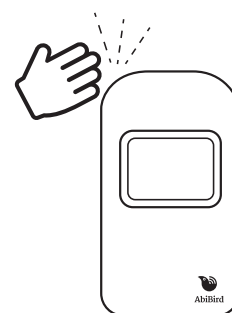
1. Tap the ^ icon at the bottom of the graph page for the slide-up panel and select **Alert Sensitivity**.
2. Pick the number of hours you want AbiBird to wait before generating an alert.
3. Modify the routine to accommodate your change (see *Modifying or resetting daily routines*). For every hour you add to alert sensitivity, add the corresponding hour to the start and end of the daily routine. Conversely, for every hour you remove from alert sensitivity, remove the corresponding hour from the start and end of the daily routine.



FOR EXAMPLE: The person usually goes to bed at 9pm but has had a fall at 6.50pm today and cannot get up. By 8.50pm activity would be unusual for 2 hours 10 minutes, which exceeds a 2-hour alert sensitivity but falls below a 3-hour alert sensitivity. Therefore, if you have a 2 hour alert sensitivity, then by 8:50pm an Unusual Activity notification will be sent out to associated smartphones*. However, if you have changed to a 3-hour alert sensitivity, then activity will be assumed to be normal and no notifications will be sent.

Manually triggering an alert

In addition to AbiBird's automatic notifications, your cared-for person can also manually trigger a 'Request for Contact' alert. AbiBird will immediately mark the graph and send a notification and/or email to your smartphone*.



To manually trigger an alert:

1. Tap the sensor up to 10 times and wait for the sensor to beep once and light up red.

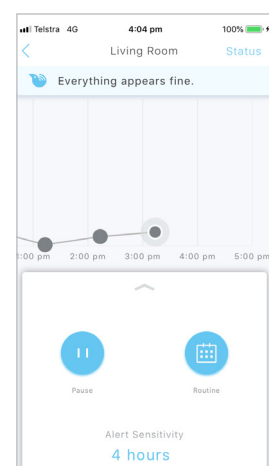
A red dot will immediately appear on the sensor's graph in the app.

Pausing notifications

You can pause notifications when you're expecting activity to be different from the routine, such as when the person is away for the weekend.

To pause notifications:

1. From the slide-up panel at the bottom of the graph page, select **Pause** and all notifications of any unusual activity from that sensor will stop. AbiBird will however, continue updating the graph every hour as usual.



IMPORTANT: Remember to turn off pause

Remember to tap **Resume** on the panel (to 'un-pause' the sensor's notifications) when you are ready to receive notifications again (when your cared-for person is back home).

*Notifications must be ON in app and phone setting.

Adding other carers to your AbiBird account

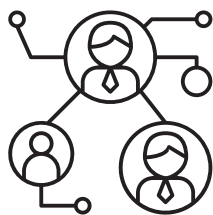
If you're looking after a loved one, there may be other family or friends who you want to be part of your carer support network.

You can add as many people as you wish to your account, so they can keep an eye on things too.

You will always be the primary account holder.

To add others to your account:

1. Ensure those you wish to add have downloaded the AbiBird app to their smartphones and validated their email address (see Step 01).
2. From the *Sensors* page on your AbiBird app, select **Accounts** (bottom right on iPhone) or ☰ menu (top left on Android), and select **Members**.
3. On the *Members* page, select + icon and follow the app instructions.
4. Repeat the process above for each additional person you want to add.



IMPORTANT: You control your AbiBird

Only you, the primary account holder should set the routine, alert sensitivity and pause settings on your phone as these settings affect all phones connected to your AbiBird account.

Secondary account holders should only adjust the notification settings on their phones (see Step 05).

NOTE: Secondary Carers

When logging in to your new account, you will be prompted to connect a sensor. This step is not necessary as you have been added to an active account. You will need to switch accounts.

From the *Sensors* page on your AbiBird app, select **Accounts** (bottom right on iPhone) or ☰ menu (top left on Android), and select other account to choose the account you wish to view.

Advanced Settings Adjusting movement counts per hour

AbiBird captures data in hourly cycles and sends it to the app each hour. The upper limit default setting is 255 movement counts per hour with a default lower limit of 1.

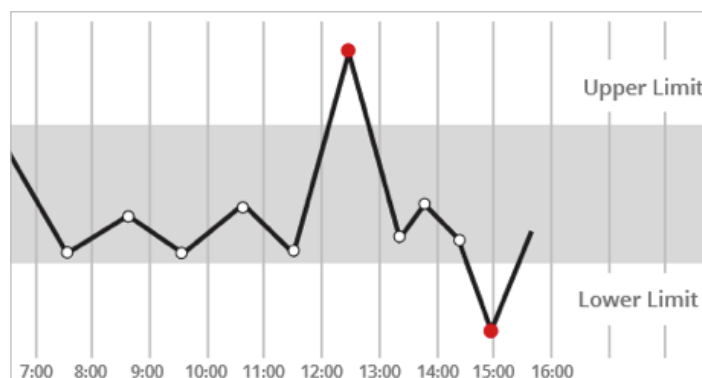
For those carers who want to change these settings:

1. From the slide-up panel at the bottom of the graph page, select **Routine**, then select any daily time period.
2. Scroll to the bottom and select **Advanced Settings**, then on the **Motion event count range** slider, slide to set the upper and lower thresholds according to how much motion is expected during active times.

IMPORTANT: The lower limit should never be 0 (this is only used on the AbiWander sensor).

If you set the lower limit to 0 for your AbiBird sensor, you will not receive any alerts when there is no activity.

We recommend the lower limit is always set to 1.



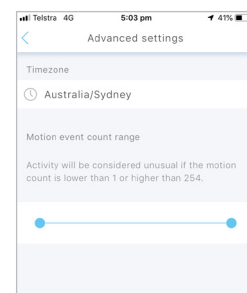
AbiBird alerts the carer when the motion event count is either above the upper threshold count or below the lower threshold count set.

Changing timezones

If you and your cared-for person are in different timezones, you can change the timezone on your app from your location (default) to the location of the sensor.

To change timezone settings:

1. From the slide-up panel at the bottom of the graph page, select **Routine**, then select any daily time period.
2. Scroll to the bottom and select **Advanced Settings**, then select the currently set timezone.
3. From the pick list of timezone options, select the timezone where your sensor is.



Troubleshooting

Cannot connect the AbiBird sensor to your smartphone

- Ensure your smartphone is updated to the latest version of iOS 10+ (iPhone) or Android 5+ and that Bluetooth is enabled within your smartphone's settings.
- Ensure the Bluetooth of all other sensors is turned off, see Step 02 point 3.
- Check that the light on the sensor is flashing blue or pink to confirm Bluetooth is activated on the sensor.
- Once connected, your sensor will be listed on the AbiBird app *Sensors* page (titled **Sensors** on iPhones or **My Sensors** on Android phones).
- If after following the above you still cannot connect, please contact our Support Centre.

Not receiving any motion event counts on a sensor's graph

- Refer to Step 06 – *Test your Sensor is connected to app*.
- Stand in front of the sensor and physically move for 10 seconds.
- Tap your sensor up to 10 times and wait for the sensor to beep once and light up red.
- The app should show at least one or more '**Request for Contact**' alerts (red dots) on the graph. If the app does not show a red dot, remove the batteries, wait 20 seconds, reinstall them, wait another 20 seconds and repeat the steps above.
- If after following the above there is still no motion detected, please contact our Support Centre.

Cannot add additional people to the app

- Ensure they have downloaded the app, created an account and validated via the email notification.

Not receiving any alerts:

- The AbiBird sensor reports on three types of alerts, which can be viewed on the graph:



Grey dot with an orange outline indicates that unusual activity has entered the '**Sensitivity Tolerance**' zone.



Orange dot signifies '**Unusual Activity**' compared to the expected routine, indicating a possible emergency that your care-for person may be unable to move or be inactive.



Red dot is generated by the cared-for person and indicates an immediate '**Request for Contact**' notification.

If you do not receive any red dot alerts, follow the troubleshooting steps: *Not receiving any motion event counts on a sensor's chart*.

Receiving too many false alerts

- Adjust the sensor's alert sensitivity on the app, to better suit the cared-for person's daily routine. (see *Adjusting alert sensitivity*)
- Place the AbiBird sensor in a quieter location to avoid background vibrations (see Step 03).

Not receiving app or email notifications

- Ensure the relevant app and email notifications are enabled (see Step 05)

AbiBird app is not responding normally

- Switch your smartphone off and on again.

Carer support network

You can share activity and alert notifications with others. They will also need to download the AbiBird app on their phones.

From the *Sensors* page on your app, select **Accounts** (iPhone) or the top left ☰ menu (Android), then select **Members** and press the + icon (top right for iPhone, bottom right for Android).

Support Centre



0800 13 21 20



abibird.co.nz/support



support@abibird.co.nz