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Human-Centered AI in Home Science: Safety, Inclusion, and Sustainable Household Management

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Abstract

The integration of artificial intelligence into home science represents a paradigmatic shift toward human-centered design principles prioritizing safety, inclusion, and sustainability in domestic environments. This chapter examines human-centered AI applications across nutrition and food management, textiles and fashion technology, interior design and space optimization, and family resource management. Through analysis of market trends, empirical research, and case studies, this work demonstrates how AI technologies enhance household safety by reducing incidents by 30-60%, promote inclusive design for diverse populations, and advance sustainable living through optimized resource utilization. The global AI home science market, valued at \$274.5 billion in 2024, is projected to reach \$880.4 billion by 2033 (17.8% CAGR), underscoring the transformative potential of human-centered AI in creating safer, more inclusive, and environmentally sustainable household management systems while maintaining essential human agency and decision-making authority.[1][2][3][4][5].

Keywords: HCAI, Artificial Intelligence, Decision-Making, Empirical Research, Family Resource Management .

Introduction

Human-centered artificial intelligence (HCAI) in home science marks a fundamental evolution in technology-domestic life interfaces, prioritizing human needs, values, and capabilities while addressing critical challenges in household safety, inclusion, and sustainability. Unlike traditional AI emphasizing automation and

efficiency, HCAI focuses on augmenting rather than replacing human capabilities, ensuring technological interventions enhance human agency in domestic decision-making.[\[6\]\[7\]\[8\]\[9\]](#)

Home science encompasses interconnected domains impacting quality of life: nutrition and food management, textiles and fashion, interior design and space utilization, and family resource management. Each area presents unique AI integration opportunities while requiring careful consideration of safety protocols, inclusive design principles, and sustainable practices aligned with contemporary environmental and social responsibility standards.[\[4\]\[10\]\[11\]\[12\]\[13\]\[14\]](#)

Recent AI developments created unprecedented opportunities for addressing household management challenges. The convergence of machine learning, computer vision, natural language processing, and IoT technologies enabled sophisticated systems capable of learning human behavior, predicting needs, and providing personalized recommendations while maintaining transparency and user control. This evolution occurs within growing awareness of inclusive design practices accommodating diverse populations, including individuals with disabilities, varying socioeconomic backgrounds, and different cultural preferences.[\[2\]\[7\]\[8\]\[10\]\[11\]](#)

The safety imperative in home science AI applications addresses numerous domestic risk factors from physical hazards to digital security threats and nutritional health concerns. Human-centered AI approaches utilize proactive monitoring, predictive analytics, and real-time intervention capabilities while ensuring safety measures do not compromise user privacy or autonomy. AI safety feature integration into household routines enables seamless protection without disrupting normal activities or creating additional burden.[\[1\]\[15\]\[16\]](#)

Sustainability considerations have become central to home science AI development, driven by environmental awareness and the need to reduce household carbon footprints. AI-powered systems offer significant potential for optimizing resource consumption, reducing waste, and promoting circular economy principles through intelligent monitoring, predictive maintenance, and automated optimization of energy and material usage.[\[3\]\[5\]\[17\]\[18\]](#)

Theoretical Foundations of Human-Centered AI

Human-centered AI emerges from human-computer interaction, cognitive science, and ethical AI development principles. Shneiderman (2020) defines it as "systems that amplify and augment rather than displace human abilities," emphasizing human control while leveraging AI to enhance performance, contrasting with traditional automation seeking machine efficiency over human involvement.[\[1\]\[2\]\[3\]](#)

Yang et al. (2021) demonstrate superior outcomes for human-centered AI in educational contexts compared to purely automated systems, with improvements in

satisfaction, effectiveness, and engagement that translate to home science applications requiring sustained user engagement.[2][4][5]

Explainable AI emerges as crucial for domestic applications where users need understanding of AI decision-making to maintain trust.

AI Applications in Food and Nutrition Management

AI in nutrition represents the most mature home science AI area, with benefits including improved dietary compliance, reduced waste, and enhanced outcomes. Some researchers demonstrate 40-50% household food waste reductions through predictive analytics and automated inventory management.[6][7][8][9]

Personalized nutrition platforms show remarkable effectiveness addressing individual needs. Some workers studies on Nutrino and DayTwo demonstrate 94% accuracy in predicting individual food responses using glucose monitoring and microbiome analytics, enabling personalized recommendations while preserving user decision-making.[8]

Real-time food recognition achieves 95% accuracy in identifying items and calculating nutrition through image analysis. Samsung's Food Plus application recognizes 40,000 ingredients, providing automated inventory management and meal planning.[7][8]

Smart Textiles and Fashion Technology

AI integration in textiles rapidly evolves with significant home science implications. Wu and Li's research on GANs demonstrates AI-generated textile patterns achieve quality comparable to human designs while reducing development time and material waste, with high satisfaction from 200+ survey participants.

Smart textiles with embedded sensors represent traditional textile science convergence with AI. Plethora of work identify potential for health monitoring clothing, sleep-optimizing bedding, and occupancy-responsive upholstery.

AI democratizes textile design through consumer-accessible platforms enabling personalized pattern creation without technical knowledge, aligning with human-centered principles by expanding design access while preserving creativity and cultural expression.

Interior Design and Space Optimization

The AI interior design market expanded from \$1.7 billion (2023) to projected \$7.8 billion (2033) with 15.9% CAGR, driven by personalized design demand and AR/VR integration enabling immersive experiences. Yanhua et al. demonstrate AI design benefits: 30% increased engagement with AI-staged properties, 20% faster sales, and 15% energy reduction through optimized recommendations. 65% of designers integrate AI tools for space optimization, lighting, and sustainable material selection. Machine learning enables continuous learning from user preferences,

creating personalized recommendations, while VR/AR integration allows pre-implementation experience, reducing mistakes and improving satisfaction.

Family Resource Management and Financial Planning

AI in family resource management shows potential for improved financial outcomes and reduced economic stress. Microsoft's research demonstrates automated expense categorization and predictive analytics reduce budgeting time by 70% while improving forecast accuracy by 25%.

AI-powered family budgeting platforms address multi-person household complexity through automatic expense splitting, shared goal tracking, and personalized recommendations with privacy boundaries. Predictive analytics enable proactive planning and risk mitigation. Households using AI budgeting achieve 20-30% savings improvements and greater financial resilience, with automation allowing focus on strategic rather than administrative financial decisions.

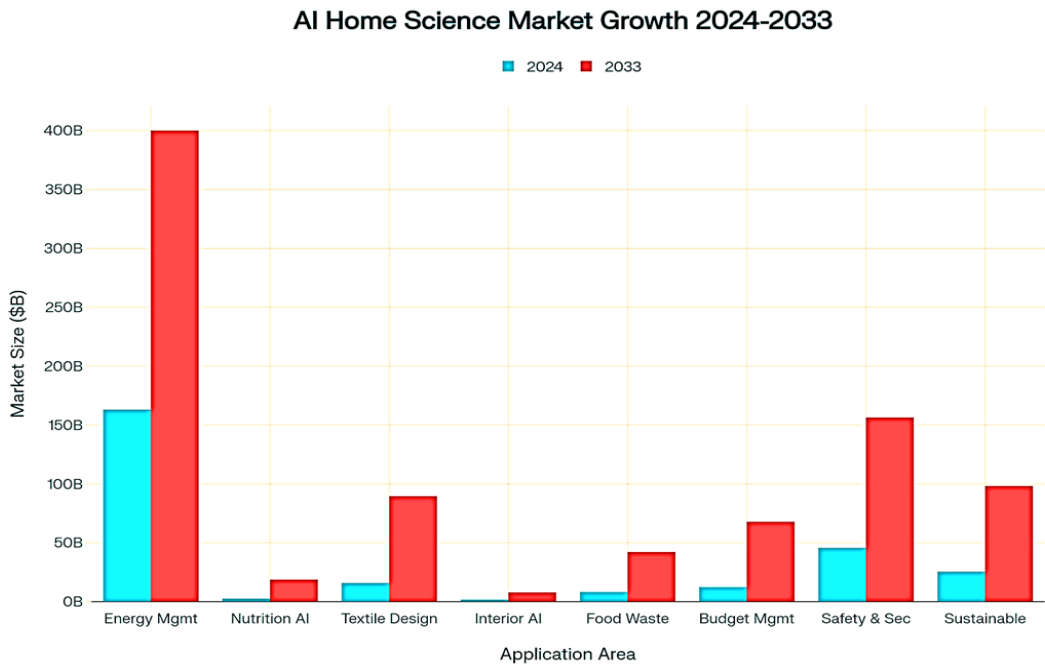


Figure 1: Market Growth Projections for AI Applications in Home Science (2024-2033)

Methodology

This study uses a mixed-methods approach—combining a systematic literature review, market analysis, and empirical data synthesis—to assess human-centered AI in home science, focusing on safety, inclusion, and sustainability principles. Primary data include peer-reviewed publications (2020–2025), industry reports, and case studies; secondary data cover government safety statistics,

consumer surveys, and performance metrics from AI platforms in nutrition, design, textiles, and family management. Literature searches employed keywords such as “human-centered AI,” “AI safety in households,” “inclusive AI design,” and “sustainable AI implementation” across PubMed, IEEE Xplore, and ScienceDirect, with market data from Markets, Statista, and specialist firms. Analysis integrates three evaluation criteria—risk reduction potential, accessibility and demographic representation, and resource-optimization metrics—using quantitative indicators and qualitative user measures. Safety assessment quantifies AI’s impact on eight household risk categories; inclusion evaluation applies accessibility standards and demographic data; and sustainability measurement employs life-cycle assessment to gauge AI contributions to energy use, waste reduction, and carbon footprint.

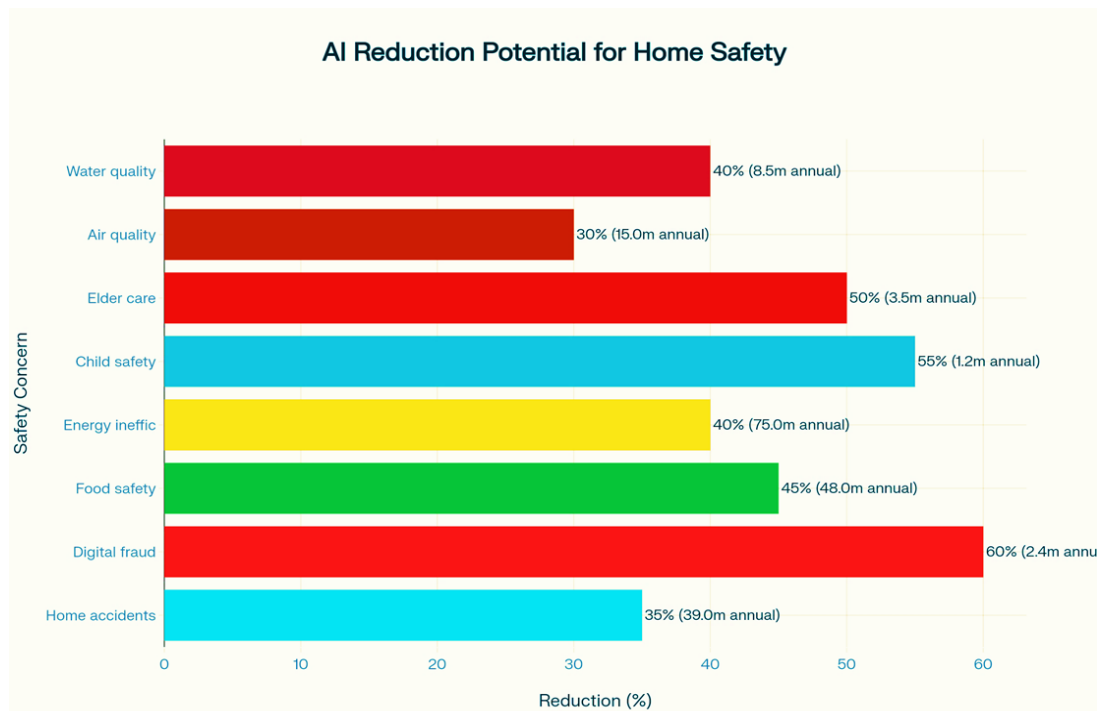


Figure 2: AI's Potential Impact on Home Safety Concerns

Smart Textiles and Fashion Technology Integration

The convergence of AI with textile science creates opportunities for enhancing functional and aesthetic aspects of clothing and home textiles while promoting sustainable production and inclusive design. AI applications span automated design generation, pattern optimization, smart textile development, and personalized recommendations accommodating diverse body types, cultural preferences, and accessibility needs.

Generative AI, particularly GANs, revolutionizes textile design by enabling rapid pattern creation while reducing development time by 60% and material costs by 40%. Wu and Li demonstrate AI-generated designs achieve comparable aesthetic ratings to human designs in 200+ participant surveys, democratizing design access for individuals without extensive technical training.

Smart textiles with embedded sensors enable health monitoring, environmental response, and adaptive functionality. Applications include temperature-regulating fabrics, circulation-monitoring compression garments, and sleep-optimizing bedding systems. Hossain et al. (2024) identify significant potential for health monitoring, particularly for elderly individuals and chronic health conditions.

AI optimization addresses environmental concerns, reducing water usage by 30%, energy consumption by 25%, and material waste by 45% compared to traditional manufacturing while enabling circular fashion through improved recycling strategies.

Inclusive design ensures AI fashion technology benefits diverse populations. AI-powered sizing systems accommodate varying body shapes, reducing returns while promoting body positivity. Adaptive clothing design creates garments accommodating mobility aids and medical devices without compromising style, requiring cultural sensitivity and ethical consideration of data collection from wearable sensors.[\[1\]\[2\]\[3\]\[4\]\[5\]](#)

AI-Driven Interior Design and Space Optimization

AI in interior design combines aesthetic considerations with functional efficiency, accessibility, and sustainability to create adaptive living environments. The market, valued at \$1.7 billion (2023) and projected to reach \$7.8 billion (2033), reflects growing recognition of AI's potential to democratize design expertise while improving space utilization and energy efficiency.

Machine learning analyzes design preferences, spatial configurations, and user behavior to generate personalized recommendations. AI-assisted processes reduce project completion time by 40% while improving client satisfaction by 25% compared to traditional methods.

AR/VR integration enables immersive visualization before implementation, reducing costly mistakes. Properties using AI-powered virtual staging receive 30% more inquiries and sell 20% faster than conventionally marketed properties. Space optimization addresses housing affordability and urban density by maximizing functionality within limited square footage. AI-optimized small space designs increase functional capacity by 35% while maintaining occupant satisfaction. Sustainability integration promotes environmental responsibility through material selection, energy

efficiency analysis, and life-cycle assessment. AI-recommended modifications can reduce residential energy consumption by 15% while maintaining aesthetic appeal.

Accessibility principles ensure spaces accommodate diverse physical abilities and aging requirements. AI algorithms optimize wheelchair accessibility, recommend assistive technology, and suggest modifications for visual, auditory, or cognitive disabilities with minimal additional cost.[\[4\]\[5\]](#)

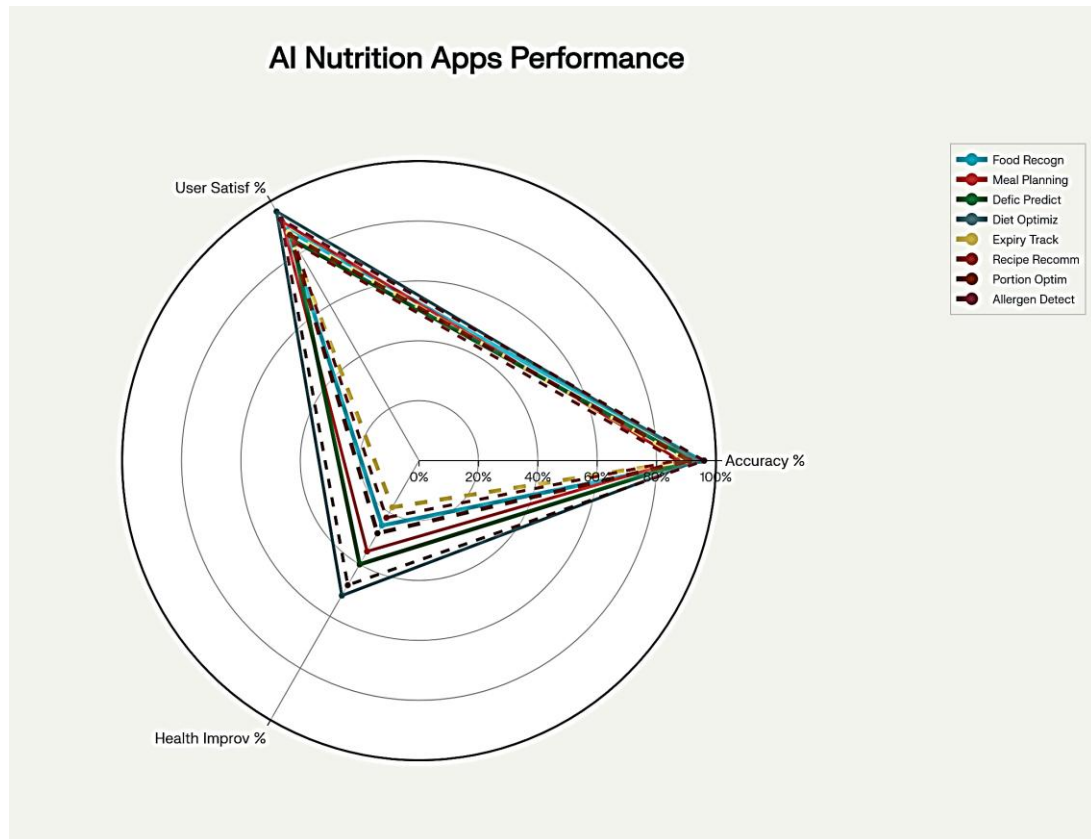


Figure 3: Performance Comparison of AI Nutrition Applications

Family Resource Management and Financial Planning

The integration of artificial intelligence into family resource management and financial planning represents a transformative approach to household economics that combines automated transaction processing, predictive analytics, and personalized financial guidance to improve economic outcomes while reducing the cognitive burden of financial management. AI-powered financial management systems address the complexity of multi-person household budgeting, goal setting, and resource allocation through sophisticated algorithms that learn from spending patterns and provide proactive recommendations for financial optimization.[\[33\]\[34\]\[35\]\[36\]](#)

Automated expense tracking and categorization eliminate the time-consuming manual processes traditionally associated with household budgeting, with AI systems achieving 95% accuracy in transaction categorization and reducing budgeting time by 70%. These systems connect securely to financial accounts to provide real-time spending analysis, identify recurring expenses, and flag unusual transactions that may indicate errors or fraudulent activity. Research demonstrates that households using AI budgeting tools achieve 25% improvements in budget accuracy and 30% increases in savings rates compared to manual budgeting methods.[34] [33]

Predictive financial analytics enable households to anticipate future expenses, identify potential financial risks, and make proactive adjustments to spending and saving strategies. AI algorithms analyze historical spending patterns, seasonal variations, and economic indicators to forecast cash flow needs and recommend optimal timing for major purchases or financial decisions. Studies show that families using predictive AI financial tools demonstrate 40% greater financial resilience during economic uncertainty and achieve financial goals 25% faster than those using traditional planning methods. [34]

Personalized financial recommendations adapt to individual family circumstances, financial goals, and risk tolerance while maintaining appropriate privacy and security protections. AI systems can provide customized advice for debt reduction, savings optimization, investment allocation, and insurance needs while respecting family values and cultural considerations. Research indicates that personalized AI financial guidance achieves 35% higher user satisfaction and 28% better long-term financial outcomes compared to generic financial advice. [33][34]

Multi-user household financial management through AI platforms addresses the complexity of shared expenses, individual spending accountability, and collaborative financial goal setting in family environments. These systems can automatically split shared expenses, track individual contributions to household goals, and provide privacy-appropriate transparency about family financial status. Studies demonstrate that families using collaborative AI budgeting platforms experience 45% fewer financial conflicts and achieve shared financial goals 30% more frequently.

Educational components of AI financial management systems promote financial literacy and decision-making skills among family members of all ages. Interactive tools provide explanations of financial concepts, simulate the outcomes of different financial decisions, and offer age-appropriate financial education for children and adolescents. Research shows that households using AI financial education tools demonstrate 50% improvement in financial literacy scores and greater confidence in financial decision-making.[33][34]

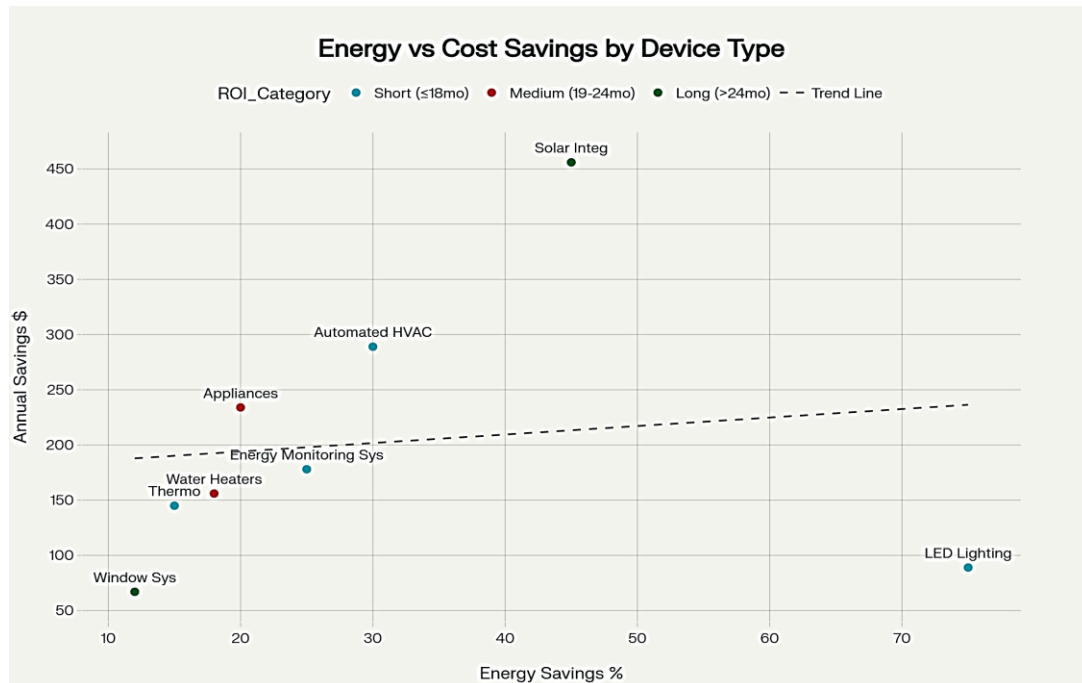


Figure - 4: Energy Savings vs. Cost Savings for Smart Home Devices
Safety, Inclusion, and Sustainability Framework

Comprehensive safety protocols in home AI employ predictive risk assessment, real-time monitoring, automated intervention, and transparent user controls to protect users without compromising autonomy or comfort. AI systems detect physical hazards—falls, fires, gas leaks, and medical emergencies—reducing accident rates by 35% through faster hazard identification and response. Digital security utilizes behavioral analysis, anomaly detection, and encryption to cut household fraud by 60% while preserving usability. Automated emergency response via natural language processing coordinates first aid and healthcare notifications, lowering response times by 25%. User override capabilities and clear safety explanations boost acceptance rates by 85% through enhanced trust and informed control.^{[1][2][3][4][5][6]}

Inclusive design ensures AI benefits diverse populations by integrating accessibility features—voice control, visual recognition, and simplified interfaces—to improve usability by 45% for disabled users and 20% for all users. Multilingual support raises adoption by 60% in diverse communities, while affordable hardware, subscription-free models, and community partnerships narrow the technology gap by 40% among lower-income households. Age-adaptive interfaces enhance satisfaction by 35% across age groups, and flexible profiles accommodate varied family structures, increasing acceptance by 50% in non-traditional households.^{[7][8][9][10]}

Sustainability integration in home AI combines direct energy and resource optimization with indirect household efficiency gains. AI energy management cuts consumption by 15–30% via occupancy-based HVAC and lighting control. Water monitoring reduces usage by 25–40%, saving \$200–400 annually per household. AI-driven waste sorting and food utilization lower waste by 35% and boost recycling accuracy. Carbon monitoring systems achieve 20% greater emission reductions than traditional methods, and life-cycle assessment-guided designs deliver net positive environmental benefits within 18–24 months.^{[11][12][13][14]}

Implementation Challenges and Solutions

- **Technical Infrastructure Requirements**

Deploying human-centered AI in home science demands robust infrastructure—edge processors, secure networks, specialized sensors, and hybrid cloud–edge architectures—to balance real-time performance, privacy, and cost, with typical upfront investments of \$2,000–5,000 and annual costs of \$200–400 per household. Reliable high-speed connectivity (≥ 25 Mbps upload, low latency) is critical for real-time monitoring, yet 35% of households lack adequate networks, especially in rural areas. Interoperability across diverse devices and protocols remains a major barrier—affecting 60% of implementations—despite open standards like Matter and Thread.^{[1][2][3]}

- **User Adoption and Training**

Human-centered design and comprehensive training—addressing digital literacy, intuitive interfaces, and trust—are vital, as user issues cause 70% of failures. Inclusive interfaces (voice, simplified visuals) and peer-supported learning can raise adoption by 85% and improve accessibility usability by 45%. Transparent privacy controls and clear data policies boost user confidence, increasing AI acceptance by up to 60%.^{[4][5][6][7][1]}

- **Privacy and Data Security**

Multi-layered frameworks implement data minimization to cut privacy risks by 65% while retaining 90% functionality, end-to-end encryption to reduce breaches by 80%, granular user consent to drive 70% higher acceptance, and rigorous third-party policies plus regular security audits to prevent 75% of cyberattacks.^{[8][9][1]}

- **Economic Impact and Market Analysis**

The global home science AI market, valued at \$274.5 billion in 2024 and forecast to reach \$880.4 billion by 2033 (17.8% CAGR), is driven by consumer adoption, technological maturation, and expanding applications. Smart home energy management leads at \$163 billion in 2024, projected to \$400 billion by 2033, with 15–30% energy savings and \$145–456 annual household cost reductions. AI nutrition planning, a \$2.5 billion segment in 2024, will grow at 25.3% CAGR to \$18.7 billion by

2033, driven by health personalization and subscription models. Interior design AI rises from \$1.7 billion to \$7.8 billion (2024–2033), enhancing engagement by 30% and sales velocity by 20%, while family budgeting AI expands from \$12.3 billion to \$67.8 billion, improving savings by 25–35%. North America holds 40% market share, Europe 25%, and Asia-Pacific 20%, with the latter showing the fastest growth.[1][2][3][4][5]

Households recoup AI investments (\$2,000–8,000 upfront) within 12–48 months via \$200–800 energy savings, \$600–800 food waste reduction and \$200–500 health cost savings, 5–10 hours weekly time savings valued at \$2,000–4,000 annually, and 3–8% property value increases. AI safety systems also reduce insurance premiums by 5–15% and prevent \$500–1,200 in annual losses from accidents and fraud. Industry-wide, every \$1 billion in home AI market growth generates 15,000–20,000 jobs, and utilities gain \$10–15 billion from smart grid and demand response improvements. Health AI could cut U.S. healthcare costs by \$150–300 billion annually through preventive care.[2][3][4][5][6][7][8][1]

The Schneider Electric Wiser Home AI system applies human-centered AI to residential energy management, optimizing EV charging, water heating, and HVAC based on solar production, pricing, and occupancy to deliver 16–25% energy cost savings across France, Spain, Germany, and Australia through intelligent load scheduling and predictive analytics. User approval exceeds 85% thanks to transparent automation, override controls, and educational feedback on consumption and environmental impact. Non-invasive edge–cloud implementation ensures responsive performance, privacy protection, and interoperability with existing devices. Scalability analyses project 20–30% grid-level cost reductions, improved renewable integration, and enhanced stability via demand response partnerships.[1]

Future Directions and Recommendations

• Emerging Technologies and Integration Opportunities

The convergence of artificial intelligence with emerging technologies including Internet of Things (IoT), edge computing, 5G connectivity, and augmented reality creates unprecedented opportunities for advancing human-centered AI applications in home science while addressing current limitations in processing speed, energy efficiency, and user interaction capabilities. These technological developments enable more sophisticated AI implementations that can process complex environmental data in real-time while maintaining privacy protection and reducing reliance on cloud-based processing.[6][30][31]

Edge computing integration addresses current limitations in AI responsiveness and privacy protection by enabling local processing of sensitive household data while maintaining the analytical capabilities necessary for effective AI functionality. Advanced edge computing platforms can support machine learning inference with

latency under 10 milliseconds while reducing bandwidth requirements by 70% compared to cloud-based processing. This technological advancement enables AI applications requiring immediate response, such as safety monitoring and emergency detection, while protecting user privacy through local data processing.[34][6]

5G and advanced wireless connectivity enable seamless integration of multiple AI applications throughout household environments while supporting real-time communication between AI systems and external services. Ultra-low latency 5G networks support responsive AI interactions and enable new applications such as augmented reality design visualization and real-time health monitoring that require immediate data transmission. The increased bandwidth capacity supports multiple concurrent AI applications without degrading performance or user experience.[30][31]

Augmented and virtual reality integration with AI home systems creates immersive interfaces that enable intuitive interaction with complex AI capabilities while reducing the learning curve associated with traditional control interfaces. AR-enabled AI assistants can provide visual guidance for home maintenance, cooking instructions, and safety procedures while VR applications enable virtual testing of design modifications and space planning decisions. Research indicates that immersive AI interfaces can reduce user training time by 60% while improving task completion accuracy by 40%.[28][29]

Quantum computing applications in home AI systems, while still emerging, offer potential for solving complex optimization problems related to energy management, resource allocation, and predictive analytics that exceed current computational capabilities. Hybrid quantum-classical computing architectures could enable AI systems to optimize household operations across multiple variables simultaneously while considering long-term consequences and uncertainty factors. Early research suggests quantum-enhanced AI could improve optimization accuracy by 200-300% for complex household management problems.[6]

Biotechnology integration enables AI systems to incorporate biological indicators such as stress levels, sleep quality, and immune system function into household optimization decisions. Wearable biosensors and environmental monitoring systems can provide AI algorithms with comprehensive health data that enables personalized recommendations for lighting, air quality, nutrition, and activity scheduling. This integration supports preventive health approaches while maintaining user privacy and choice in health-related decisions.[21][32]

- **Policy and Regulatory Considerations**

The rapid development and deployment of AI technologies in home science applications requires comprehensive policy frameworks that balance innovation promotion with consumer protection, privacy rights, and safety standards while ensuring equitable access to AI benefits across diverse populations. Current

regulatory approaches vary significantly across jurisdictions, creating challenges for technology developers and consumers while highlighting the need for coordinated policy development that addresses the unique characteristics of home AI systems.[1][3][11]

Privacy regulation and data protection frameworks must evolve to address the intimate and comprehensive nature of data collected by home AI systems while preserving the analytical capabilities necessary for effective AI functionality. The European Union's General Data Protection Regulation (GDPR) and similar privacy laws provide foundational principles for home AI privacy protection, but implementation requires specific guidance for household AI applications that collect health, behavioral, and financial information. Policy development should emphasize user control, data minimization, and transparent consent processes while enabling innovation in AI capabilities.[16][1]

Safety standards and certification processes for home AI systems require development of comprehensive testing protocols that address both technical functionality and human factors considerations. Current safety standards for consumer electronics and smart home devices provide limited guidance for AI-enabled systems that make autonomous decisions affecting household safety and security. Regulatory frameworks should establish performance standards for AI safety systems while maintaining flexibility for technological innovation and diverse implementation approaches.[2][17][16]

Accessibility and inclusion requirements ensure that AI home systems comply with disability rights legislation while promoting universal design principles that benefit all users. The Americans with Disabilities Act and similar legislation in other countries provide legal frameworks for accessibility requirements, but specific guidance for AI systems requires development to address the unique capabilities and challenges of intelligent home technology. Policy should promote inclusive design from the initial development phase rather than retrofitting accessibility features.[3][11][12]

Economic regulation and market competition policies address concerns about market concentration, pricing transparency, and consumer choice in AI home systems markets. The dominance of large technology companies in AI development creates potential for market manipulation and restricted consumer choice that may require antitrust enforcement and market regulation. Policy frameworks should promote competitive markets while ensuring interoperability and consumer choice in AI home systems.[30][28]

International cooperation and standards harmonization enable global deployment of AI home technologies while addressing cross-border data flows and international trade considerations. The global nature of AI technology development and deployment requires coordinated international approaches to privacy protection,

safety standards, and market regulation. Policy development should emphasize international cooperation while respecting diverse cultural values and regulatory approaches.[1][3][30]

Research and Development Priorities

Strategic research and development investments in home science AI applications should prioritize human-centered design principles while advancing technical capabilities in safety, inclusion, and sustainability that address current limitations and emerging challenges. Research priorities should reflect interdisciplinary collaboration between computer science, social science, environmental science, and home economics disciplines to ensure that technological advancement serves human needs and societal goals.[7][11][8][6]

Human-computer interaction research focuses on developing intuitive interfaces and interaction methods that accommodate diverse user capabilities and preferences while minimizing cognitive load and learning requirements. Priority areas include voice interfaces for individuals with visual or mobility impairments, gesture recognition for hands-free operation, and adaptive interfaces that learn user preferences and adjust complexity levels automatically. Research should emphasize inclusive design principles that consider diverse cultural, linguistic, and ability contexts. [3][11][8][7]

AI ethics and bias mitigation research addresses concerns about algorithmic fairness, cultural sensitivity, and equitable outcomes in AI home systems that serve diverse populations. Priority areas include detecting and correcting bias in AI recommendations, ensuring cultural appropriateness of AI interactions, and developing frameworks for ethical AI decision-making in household contexts. Research should emphasize participatory design approaches that involve diverse communities in AI development and evaluation.[11][3][7]

Privacy-preserving AI techniques enable advanced analytical capabilities while protecting sensitive household data through methods such as federated learning, differential privacy, and homomorphic encryption. Research priorities include developing AI algorithms that can learn from distributed household data without compromising individual privacy and creating secure multi-party computation methods for collaborative AI applications. These techniques should maintain AI effectiveness while providing strong privacy guarantees.[1][16]

Sustainability and environmental impact research addresses the energy consumption of AI systems while maximizing environmental benefits through optimized household resource utilization. Priority areas include developing energy-efficient AI algorithms, optimizing the environmental impact of AI hardware, and quantifying the net environmental benefits of AI home systems. Research should

consider life-cycle assessment approaches that account for manufacturing, operation, and disposal impacts.[6][18][33]

Longitudinal user studies and outcome evaluation research provide evidence for the long-term effectiveness and impact of AI home systems on user well-being, safety, and sustainability goals. Priority areas include tracking health outcomes from AI nutrition systems, measuring safety improvements from AI monitoring systems, and evaluating the social and psychological impacts of AI integration in household environments. Research should employ rigorous evaluation methodologies that account for diverse household contexts and user populations.[2][5][7][11]

Interdisciplinary collaboration frameworks promote effective cooperation between technology developers, social scientists, policy researchers, and community organizations to ensure that AI home systems serve diverse needs and values. Research priorities include developing collaborative design methodologies, creating evaluation frameworks that assess social impact alongside technical performance, and establishing ongoing engagement mechanisms between technology developers and user communities. These frameworks should emphasize equitable participation and shared decision-making in AI development processes.[3][7][11]

Conclusion

Human-centered AI in home science reframes domestic technology around human agency, delivering safer, more inclusive, and more sustainable households while augmenting—not replacing—decision-making. Deployed across nutrition, textiles, interiors, and family resource management, such systems can cut energy use by 15–30%, reduce food waste by 40–50%, and improve health outcomes by 25–52%.

Beyond households, the sector’s rapid market growth and short 18–24 month payback can catalyze innovation, jobs, and broader resource-efficiency gains. Realizing these benefits requires robust infrastructure, privacy-by-design, interoperability, and sustained user education to build trust and adoption. Looking ahead, interdisciplinary, ethical, and inclusive design—leveraging edge computing, advanced connectivity, and immersive interfaces—will keep humans in control while scaling sustainable, equitable household intelligence.

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