

Technology Enabled Care Case Studies

Jeff is in his mid-50's. He suffered a brain injury, has diabetes and a history of falls. Jeff moved to be close to his friend who supported him with managing his home life and getting about in the local community.

When Jeff's friend moved out of the area and couldn't provide the level of support he had been doing, this had a huge impact on Jeff. Without his friend's daily support, he couldn't manage appointments, regular routine was difficult for him to remember and travelling around in his local community became impossible to cope with, so he started going out less. Jeff also found that managing his diabetes was particularly difficult as he wasn't taking his glucose levels and eating at regular times.

Jeff was referred to the Technology Facilitator in Adult Social Care to see if Care Technology could support him to be more independent.

Working with Jeff, the Technology Facilitator found out about what was important. Jeff wanted to be able to manage his daily routine better, particularly his diabetes. He also wanted the confidence to be able to get out on his own in the community.

The solution:

- Jess was provided an app with a year's licence on his smart phone- The Abilia Handi Calendar app.
- Jeff's daily routine was input into the app. The app helped Jeff with his day-to-day routing, from when he got up, when to have meals and where to be for his appointments. This was particularly useful to remind Jeff to test his glucose levels, to prepare and have his meals at regular set times.
- The abilia app also supports with maps so when appointments come up Jeff can access the map.
- Jeff was also provided with a small GPS locator device which has an SOS button and falls detector on it and the ability to have a couple of numbers stored. The GPS device was linked to a monitoring centre so that if Jeff became lost and anxious when out or fell over, he could call through to the alarm centre or his contact to get the help he needed. This really did give Jeff the confidence he needed to be able to get back out into his local community again.

Technology so far has given Jeff the ability to be independent and enabled him to manage his routine better, keep on top of his physical and mental health and given him the autonomy of managing his life better.

Jenny is in her mid-60s she lives with her son who works fulltime and is supported by a carer visiting 3 times a day. Jenny suffers from Huntington's disease. Her mobility is poor and is at high risk of falls. Jenny finds picking things up difficult due to her condition. She spends a lot of time watching TV, which she enjoys.

Jenny was referred to the Technology Facilitator to see if there were any devices which could support her to manage her environment to reduce the number of falls, as she was getting up to turn on the lamp and TV without any support.

The Technology Facilitator work with Jenny to understand what was important and that was to use her TV and not have to sit and wait for carers to visit to turn it over, switch the lights. Jenny wanted to have better control over her environment.

The solution:

- First looked at what Jenny already had at home and found that she had Wi-Fi and a fire stick control.
- Jenny wasn't able to use the fire stick control to turn the TV over she was provided with an Alexa smart speaker for the lounge. The smart speaker was linked to the fire stick which gave Jenny the ability to have voice control, so she could tell Alexa to turn the TV over and to what channel she wanted to watch.
- Her lamp was fitted with a smart bulb and her fan connected to a smart plug. These were all linked to the smart speaker so Jenny can use voice commands to turn the lamp and fan on and off.

These simple and cheap devices have empowered Jenny to safely control her environment throughout the day when she is on her own and reduce the number of falls.

Stan lives alone and in his 80's. Stan had a stroke a number of years and over time his condition has deteriorated. Stan finds it difficult to communicate as he is unable to speak so finds it difficult to make his wishes and views known to those supporting him. Stan has a carer visit 4 times a day. Recently his daughter and carers have become concerned that Stan isn't managing at home and may need to go into a residential placement. His carers said they didn't think Stan was staying in bed and may be up all night.

Stan wanted to stay living at home however family were concerned and did not want him to be unsafe.

The solution:

- Anthropos monitoring system in Stan's home.
- The small sensors in the rooms could monitor and regularly check his activity.
- Smart plugs fitted to his TV microwave and kettle so the usage could be monitored. Sensors were fitted to his front and back doors.

Reviewing the data from the digital solutions was able to establish that Stan was coping. He was getting up during the night and going out. He was able to prepare drinks and meals. With this accurate data it gave enough evidence that Stan was safe and that he could remain being supported at home. The digital solutions now provide reassurance to Stan and family and continue to inform his care and support.