Smart Home Health Model

OUR MISSION

Senior Independence of Southwestern Pennsylvania is a Christian, non-profit organization open to all faiths, that is dedicated to providing living alternatives and high quality services that help to meet the changing needs of the community.

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Senior Independence’s
Smart Home Health Model Feature List

Senior Independence combines the use of technology and additional people services to allow residents to remain living in their homes independently longer and safely.

Through the use of smart home health technology and personalized care plans, the Community Health Program can provide residents:

- Social interaction
- Interactive memory games
- Smart health and wellness monitoring
- Self-Health assessments
- Medication reminders
- Smart activity and safety monitoring
- Appointment and event reminders
- Wander detection

Customizing each care plan helps provide a smoother continuum of care from private homes to independent living to supportive care.

Senior Independence recognizes it is not just about providing the tools for the residents to remain engaged, active and independent but it is also just as important to provide information back to the care giver on the loved one.

Through smart alerting and secure portal access the smart home health system provides the care giver:

Smart Alerting (Email, Phone Call, Text Message)

- Was the medication taken
- Did the resident get out of bed
- Did the resident take their health and wellness readings
- Is the resident wandering
- Is the resident eating
- Is the resident active

24x7 Portal Access

- Health and wellness readings
- Care notes and health assessments
- Activity levels
- Alert history
- Trending history
- And much more
Smart Home Health Model Features

**Smart Home Health Base Station** – The touch screen Home Base Station allows the caregiver and resident to:

- **Video Calls** with family members and friends
- **Share pictures and messages**
- **Family can schedule appointments and set reminders**
- **Coordinate care information with each other**
- **Play games, trivia, etc. to keep our minds sharp**
- **Get the news, weather, etc that mom wants**
- **Makes us all feel connected and involved.**

Listen to Music

All this without the complexity of using a computer!
Activity and Safety Devices – Provides the following:

- Did mom get out of bed today – If not let me know
- Is she eating – If not let me know
- If there are steep steps off the back porch she could get hurt so alert us if she is there
- Is she leaving the stove on again – Have it shut off
- If someone comes in or out the door during certain times let me know
- Mom gets out of bed at 4am turn on the light so she can see
- Is it too cold or hot in the house for mom. Alert me

The great thing about everything is it’s all done non-intrusively.

Example Rules for Motion Sensors

- If NO motion in bathroom or bedroom from 6 am to noon then email daughter and caregiver.
- If EXCESSIVE motion in bathroom for more than 45 minutes between 10 pm and 6am then call Emergency Call List.
- If WANDERING motion is detected in the home then call the caregiver.

Example Rules for Door Sensors

- If front door OPENED from 10pm to 6am then call neighbor.
- If pill box is NOT OPENED between 8am and 10am then make a reminder call to the loved one.
- If the refrigerator is NOT OPENED in 24 hours call daughter
- If the refrigerator is LEFT OPENED for 15 minutes call loved one
**Health and Wellness Devices** – The wellness devices allow the resident to be more proactive in the health care giving and trend vital signs for early indicators. Some of the devices include:

- Weight Scales
- Blood Pressure Cuffs
- Pulse Ox

Can also provide:

- Monthly/Yearly graphing reports.
- Readings are automatically uploaded to the care giver portal.
- **Rules (taken/not take).** Examples:
  - If weight is not taken contact the care giver.
  - If blood pressure is not taken, show message on the home base touchScreen “Dad, It’s Time To Take Your Blood Pressure”.
- Health Care Notes and History

All of this allows our loved ones to be more proactive with their health but also allows our family and care givers to provide an increased level of care and to be involved.

Again studies show 70% of loved ones and care givers find this to be helpful.
Medication Reminders – All the time we hear, “Mom is not taking her medications”. It’s not that she doesn’t want to, she just may be forgetting.

Part of the Home Base we can also put in a RX Tender and now it allows us to:

- Send a reminder to mom to take her medicine by placing a phone call to mom or even a family member
- Put a message on the TV or Base Station
- Monitor the medication drawer/box and alert family or the care giver if it has not been opened
- Use the RX tender to dispense the medications she needs
How it Works

- CookStop continuously checks for movement in the kitchen.
- If the resident leaves the room, or falls asleep, while cooking, Cookstop shuts the stove off.
- While CookStop can be configured for many different levels of security, or attention-span, it is functional upon installation, immediately reducing the chances of an accident.
The items in the Senior Independence Smart Home Health Model were provided by:

www.SeniorIndependenceSWPA.org
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In partnership with:

www.unifiedalerts.com
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