FUTUREquipped

Health and Care Sector

SMART Homes and living at
home with Dementia

UNIT 3

Learning outcome

Developing an understanding of how SMART Homes enable people with dementia to live purposely, safely and autonomously at home.

SMART Homes for Dementia, why?

Introduction

In Scotland there are currently 90,000 people living with dementia. By 2020 that figure is expected to increase by 20,000 people per year. This dramatic increase will have a direct impact on how and where care will be delivered. A key outcome of Scotland's Dementia Strategy 2017-2020 is to ensure "more people living with dementia are enabled to live well and safely at home or in a homely setting" for as long as it is viable. (Scotland's National Dementia Strategy 2017-2020, 2018).
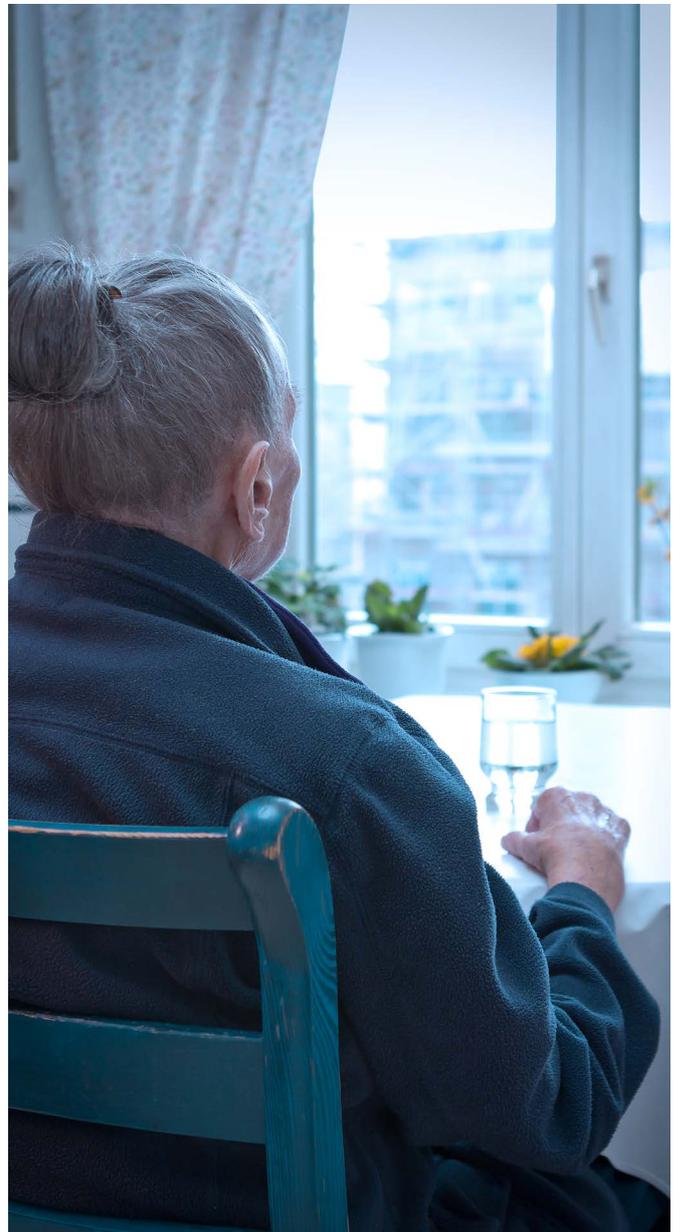
Key drivers for SMART Homes and Dementia now and in the future

Following on from the key drivers in the introductory booklet Section 2 p.3, the following are specific to the topic of this micro learning unit.

Follow the links below to learn more :

- Scotland's National Dementia Strategy 2017-2020 https://www.alzscot.org/campaigning/national_dementia_strategy

- 8 Pillars of Integrated Community Support (https://www.alzscot.org/assets/0000/4613/FULL_REPORT_8_Pillars_Model_of_Community_Support.pdf)

- Technology Charter for People Living with Dementia in Scotland https://youtu.be/JVclUf0QZ8A (please begin watching at 3mins 28 seconds)

Who are the key players and what is their role / interest / level of influence?

Following on from the innovation centres in the introductory booklet Section 4, p.5 the following are specific to the topic of this micro learning unit:

CENSIS - You will see more in action when watching Helga in her own home in TASK 1.

Digital Health & Care Institute (DHI) - The data will also provide real time details in case of an emergency situation, for example if an individual has fallen and has not moved in some time.

The Data Lab - This enables the analysis of data gathered to provide a true picture of the individual's condition and the creation of a person centered approach rather than "a one size fits all".

Check out
https://www.armedprevention.co.uk/

Desired outcome in relation to key challenges and opportunities for the development / adoption

Following on from challenges/ opportunities in the introductory booklet Section 5, p.6:

Desired outcomes in relation to Dementia Care:

Autonomy for individuals with dementia to live in surroundings that are familiar and safe, whilst promoting independence, choice and respecting the individual's rights.

The following three tasks will enable you to investigate SMART Homes and Assistive technologies in relation to Dementia in more depth.

On completion of all three tasks you will be able to test your knowledge by completing Assessment 1 and Assessment 2.

Task 1: Two case studies of individuals living with dementia

Case Study 1: Helga
Helga has Alzheimer's Disease. Learn more about Alzheimer's Disease from Video clip 1.1 https://youtu.be/wfLP8fFrOp0

In video clip 1.2 you will be introduced to Helga as you take a look around her SMART Home where she lives with her husband.

Whilst watching this clip make a note of the Assistive technology that is being used in Helga's Home.

Video clip 1.2: https://youtu.be/rscaYYVZZso

Case Study 2: Karen and Frani
Frani has early onset Frontal Temporal Lobe Behaviour Variant Dementia. Learn more about Frontal Temporal Lobe Behaviour Variant Dementia from video clip 2.1 https://youtu.be/QuJFLr5Ib9k

In video clip 2.2 you will be introduced to Frani and his wife Karen who will discuss the use of assistive technology in keeping Frani safe.

Whilst watching this clip make a note of the assistive technology that is being used to keep track of Frani's location providing peace of mind for Karen.

Video clip 2.2: https://youtu.be/DEoIM4X2wU8

Task 2: "How a SMART Home can help"

Please use the link below and explore section 4 on " How a SMART Home can help":

http://www.bbc.co.uk/guides/z3d99j6#zw4rr82

Start to consider how these adaptations could help Helga and Frani in the future.

Task 3: "How technology can be used to keep people safe at home"

Please follow this link to read more about the topic:

https://www.alzheimers.org.uk/get-support/staying-independent/what-assistive-technology-available

Extended Reading

Please use the link below to download the Technology Charter and read Benefits of Technology Enabled Dementia Care:

https://www.alzscot.org/news_and_community/news/3494_first_technology_charter_for_people_with_dementia_in_scotland_launched

Having completed task 1-3, please complete **Assessment 1** below.

Assessment 1

Multiple Choice Assessment (10 questions)

Download the KAHOOT App onto your phone, using your laptop/computer click the link https://play.kahoot.it/#/?quizId=37a5dbe5-5552-45cd-ab67-79ef2db80044

1. *Open the APP on your phone Click Classic Play*
2. *Enter Pin*
3. *Choose a nickname*
4. *Click OK, go*
5. *Click START button on laptop screen*
6. *Test your knowledge on what you have learned from the tasks above by clicking the corresponding colour/symbol on your phone that identifies the answer you wish to choose.*
7. *After each question click NEXT to move onto the next question*
8. *Have fun!*

Now move on to Assessment 2

Assessment 2 - Case Study 2

This assessment requires you to reflect on previous learning that has taken place within this unit.

In Assessment 1 you were introduced to Frani who has early onset Frontal Temporal Lobe Behaviour Variant Dementia. As Frani's disease progresses he is becoming less able to live independently at home. You have been asked by his wife Karen to research available technology and create an assistive living plan that will allow Frani to remain in his own home with his wife safely. Write a 500 word report detailing your findings.

Digital Assets
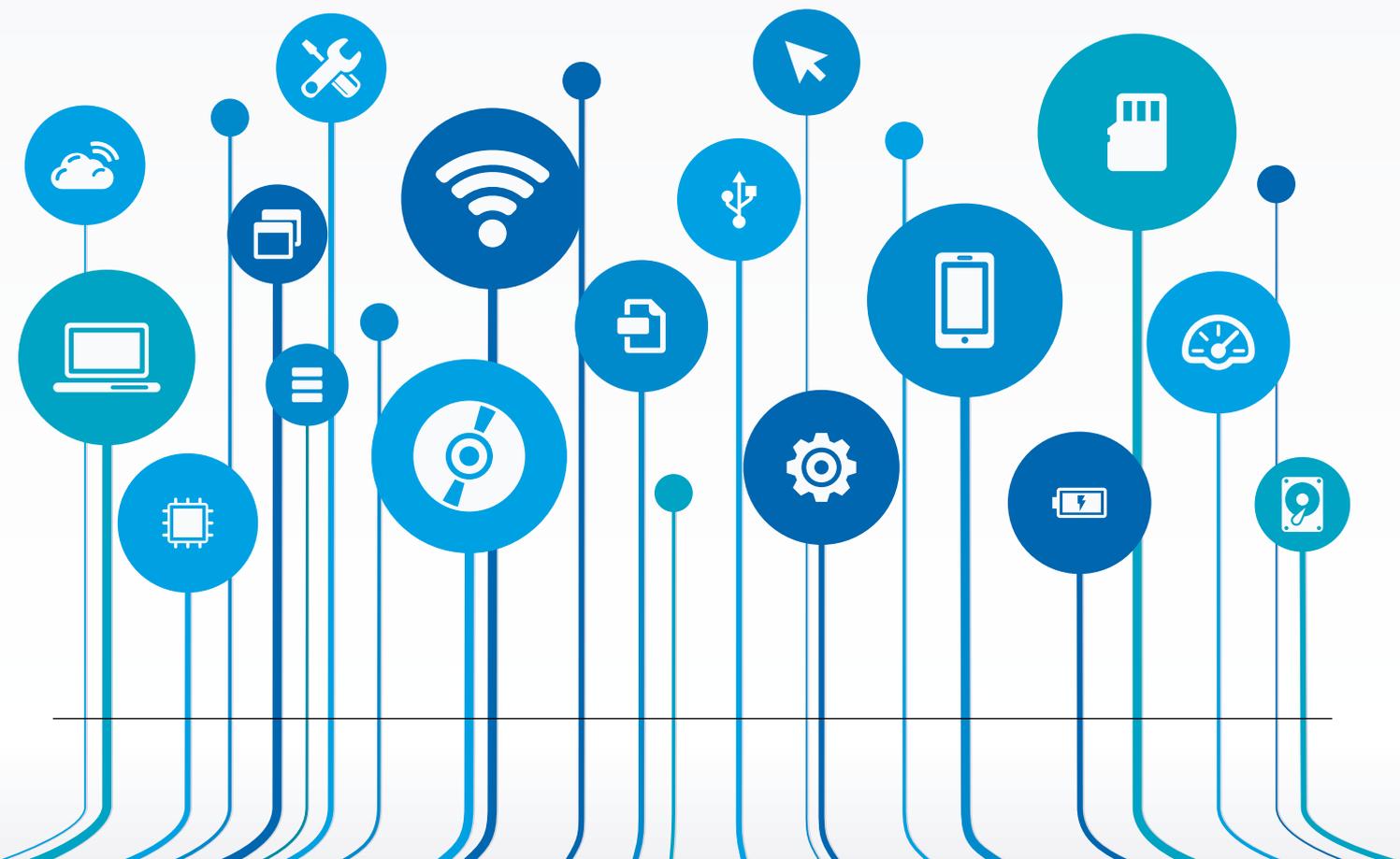
1. Helga: https://youtu.be/rscaYYVZZso
2. Karen and Frani: https://youtu.be/DEoIM4X2wU8
3. http://www.bbc.co.uk/guides/z3d99j6#zw4rr82 Smart Home
4. https://play.kahoot.it/#/k/37a5dbe5-5552-45cd-ab67-79ef2db80044

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