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Improving quality of life and the engagement benefits of using app based tech with the elderly or those suffering with Alzheimers

Application based technology is colourful, aesthetically appealing and designed to be attractive to us.....

Even borderline addictive.

This means our natural human reaction is to interact with the app, touch the screen and create a movement.

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Using this technology on a larger screen opens up the world of app based interaction to the elderly or those less able to use a smaller tablet.

Here are some of the additional benefits to your residents and patients other than the obvious, additional daily engagement.

Fall Prevention

Through more physical engagement using our touch screens, whether it be breathing exercises/hand exercises to full body exercises, or even increasing the range of motion completing a jigsaw puzzle.
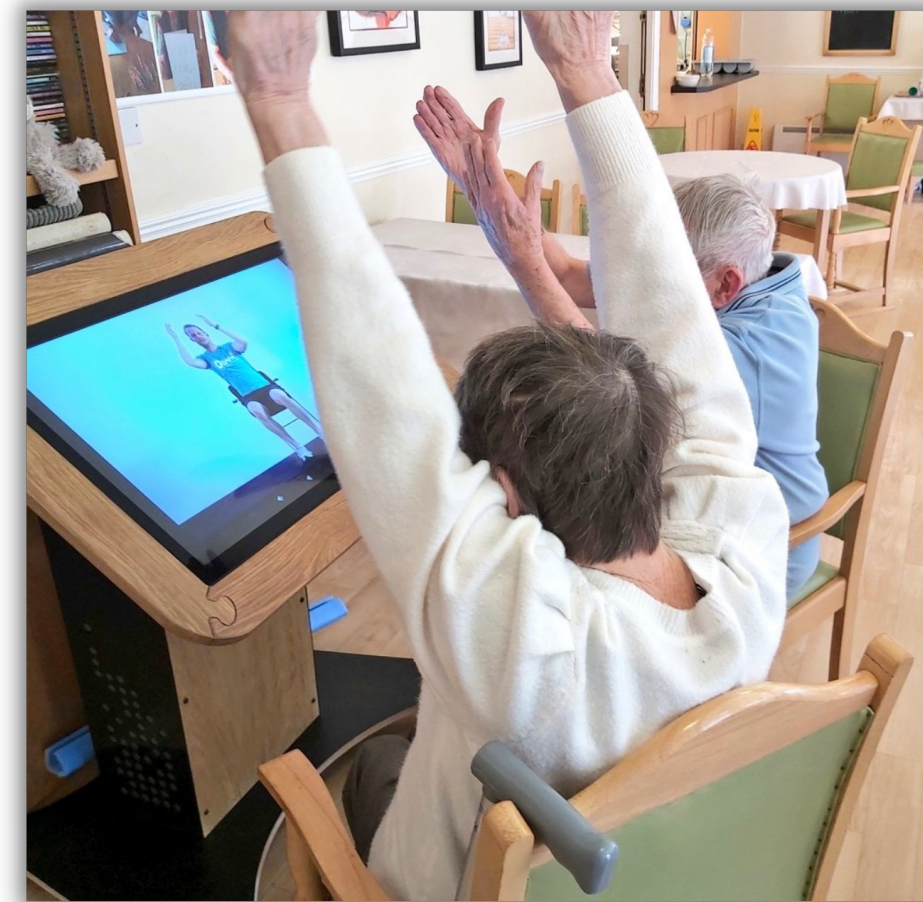
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Fall Prevention

The strengthening and increase of movement is proven to reduce the risk of falls in the elderly.

Source: https://www.inspired-inspirations.com/wp-content/uploads/2022/11/Ex-Falls-Prevention-in-Older-People.pdf

Reduction in cases of Dehydration

There are cases in Bristol NHS of the matrons in the dementia unit using their touch screen activity tables to distract their patients with engaging activities, whilst handing them a drink.

Reduction in cases of Dehydration

The patient would normally refuse a drink, however while being engaged with the table they will take their drink on "auto pilot".

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Less reliance on anti psychotic drugs

This study proves that behavioural intervention *(increased activity, physical or social and more staff collaborations)* results in reduction of the use of anti psychotic drugs with nursing home residents who were admitted to the home being prescribed anti psychotic drugs.

Less reliance on anti psychotic drugs

The idea of using a touch screen activity table correctly within a healthcare environment is that you can create instant engagement through attractive and meaningful activities, thereby increasing the activity of patients/residents and also increasing staff collaborations.
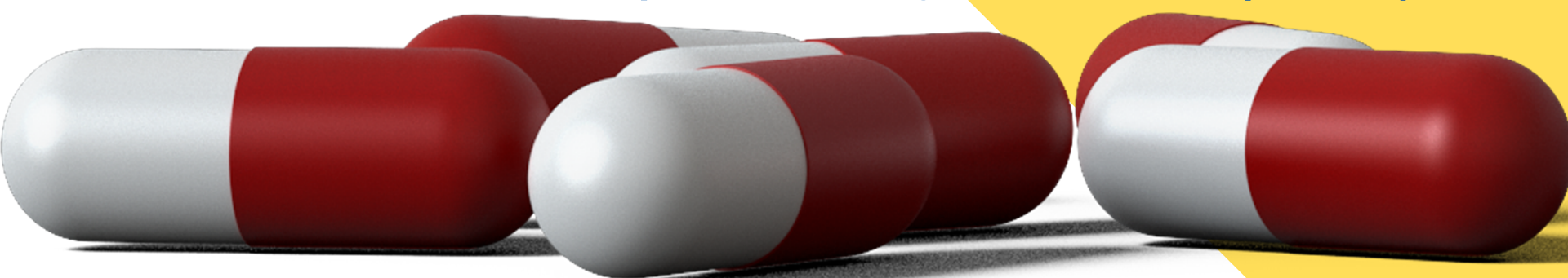
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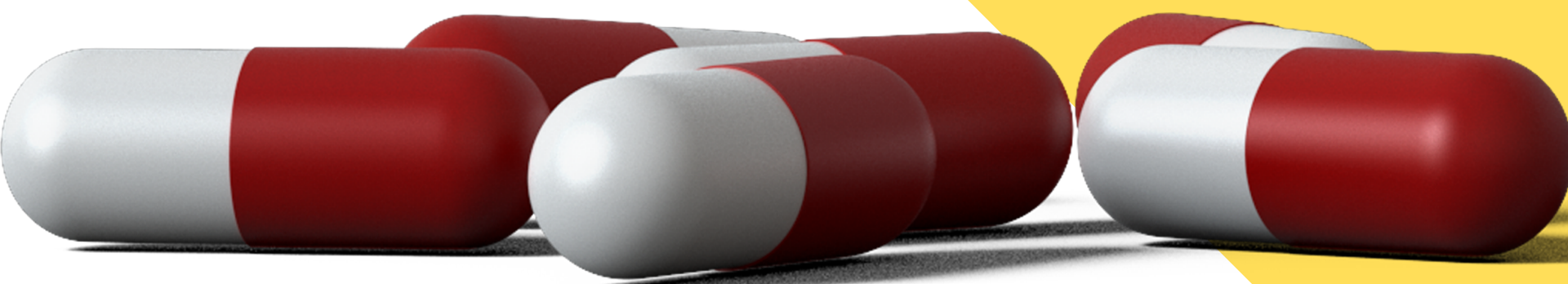
Less reliance on anti psychotic drugs

Resulting in less antipsychotic drug use and the following -

(a) Improvement in quality of life

(b) Improvement in family satisfaction

(c) Reduction in falls

(d) Improvement in the facility Quality Indicator score (regulatory compliance)."

Source: *https://www.inspired-inspirations.com/wp-content/uploads/2022/11/Reducing-Antipsychotic-Medication-Use-in-Nursing-Homes-A-Qualitative-Study-of-Nursing-Staff-Perceptions.pdf*

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Lowering heart rate prior to injections

Within a certain renal unit, our touch screen activity tables are used to create a calming sensory environment within a darkened room for patients before they have their injections, whilst playing Mozart.

Lowering heart rate prior to injections

This results in a lowered heart rate, less distress and a more comfortable patient experience.

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Managing instances of Sun Downing

To reduce the instances of nursing home residents experiencing the distressing effects of sun downing, the staff are trained to use their activity table as a distraction.

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Managing instances of Sun Downing

So as the usual signs of sun downing occur with a specific resident, they will bring a familiar place up on Google Earth, or play a song from the residents favourite singer on YouTube to divert their attention away.

Managing instances of Sun Downing

This usually results in the residents anxiety and stress being drastically reduced.

Source: *https://www.nia.nih.gov/health/tips-coping-sundowning*

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Rebuilding confidence & increasing social interaction

As time goes on, we may not have the same physical or cognitive abilities that we used to.

For those getting additional care, they can be well aware of this and conscious that they aren't as able.

This can result in a reduction in confidence and willingness to be involved in certain sociable activities.

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Rebuilding confidence & increasing social interaction

This can be combatted with engaging app based technology. By enjoying some gentle jigsaw puzzles with someone who has suffered a stroke, you can rebuild their confidence in they hand eye coordination.

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Rebuilding confidence & increasing social interaction

By engaging patients with cognitive challenges using memory game applications, you can rebuild confidence in their ability to store information, thereby increasing social interaction and confidence in their cognitive ability resulting in improved overall mood.

Cross generation communication

One benefit of using app based technology, is the youngest carers or healthcare staff tend to be the most confident. This then gives them far more activities to do in a confident manner with patients and residents, then resulting in more interaction points and an increase in socialisation for the patient/resident.

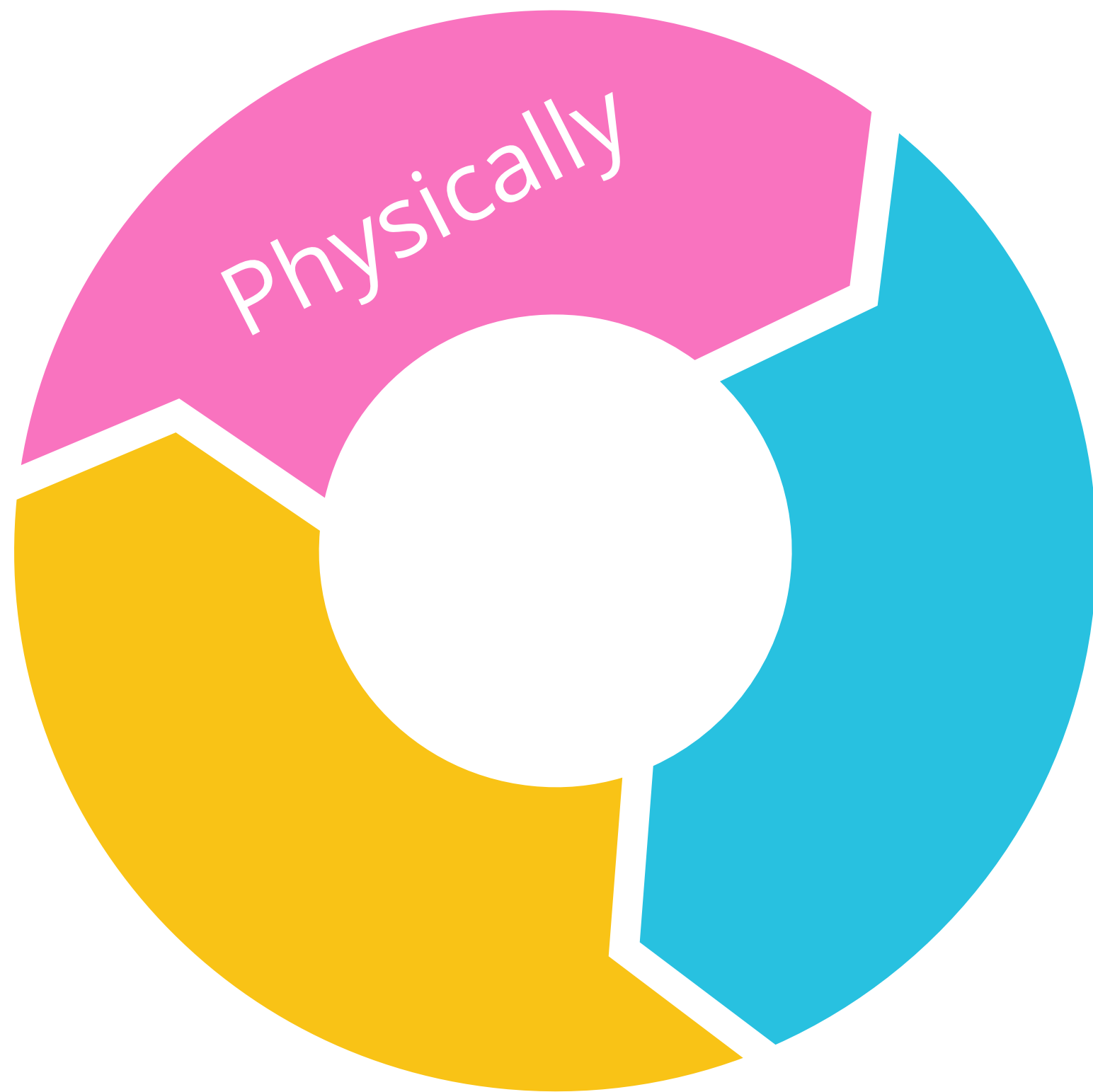tiny tablet

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Cross generation communication

The activity tables can also be used successfully with younger visitors, increasing the engagement of the patient/resident when their family visit.

Elements of an Engaged User

Physically

Physically:

Exercise

Dancing

Yoga

Breathing

Stretching

Hand/Eye

Competitions

Elements of an Engaged User

Physically

Cognitively

Physically:	Cognitively:
Exercise	Brain Games
Dancing	Words
Yoga	Numbers
Breathing	Quizzes
Stretching	Memory Games
Hand/Eye	History
Competitions	Research

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Elements of an Engaged User

Physically

Cognitively

Emotionally

Physically:	Cognitively:	Emotionally:
Exercise	Brain Games	Reminiscence
Dancing	Words	Music Therapy
Yoga	Numbers	Video Call Family
Breathing	Quizzes	Religious Services
Stretching	Memory Games	Social Interaction
Hand/Eye	History	Creativity
Competitions	Research	Sharing Media

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Thank you for taking the time to read our latest info, have a lovely day.