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Innovation Showcase Session











Prevention in Action

Brian Brown
Director of ARMED & Prof Doc Researcher

Brian.brown@hastec.ltd 07850318950

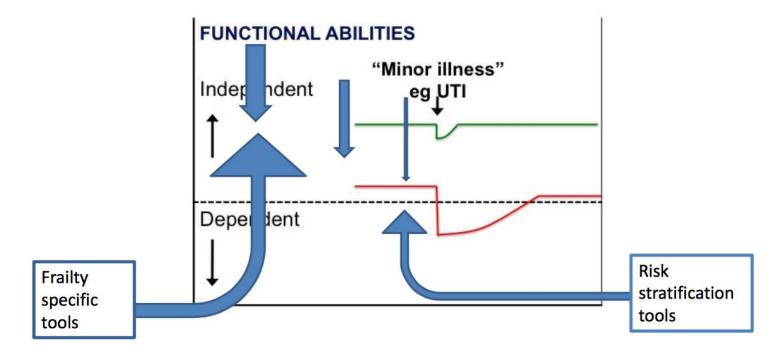


The Frailty Conundrum



Frailty as an abnormal health state

(Loss of physiological reserve)

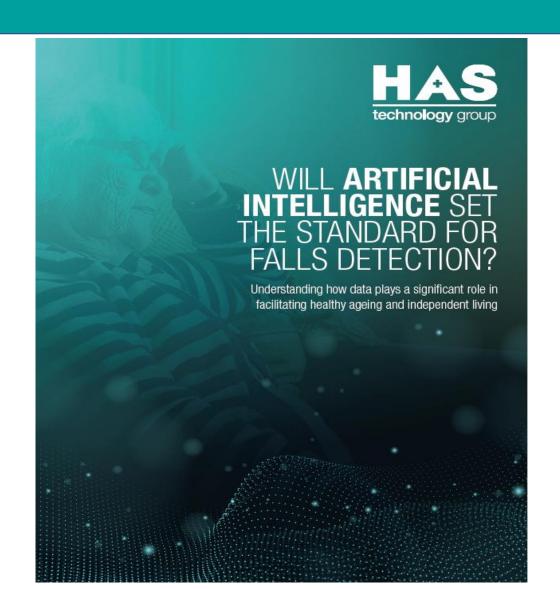


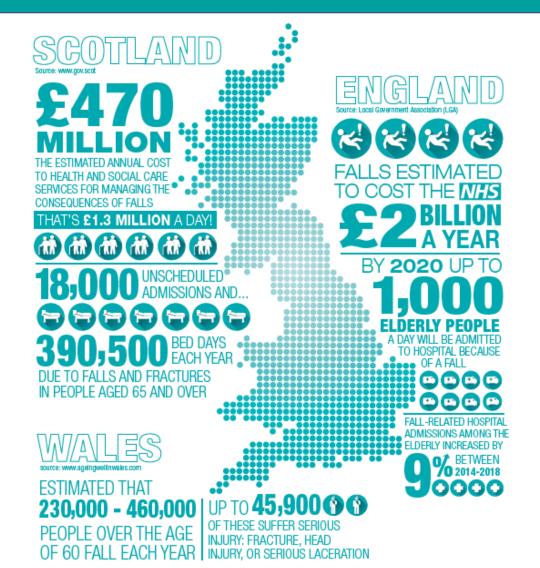
Clegg, Young, Iliffe, Olde-Rikkert, Rockwood. Frailty in elderly people. Lancet 2013; 381: 752-762

The Role of Artificial Intelligence

https://www.armedprevention.co.uk/news/whitepapera











Measurements

- Weight
- Segmental body fat %
- Segmental muscle mass
- Body fat % (age 5 99 years)
- Healthy body fat indicator
- Total body water %
- Muscle mass in kg
- Bone mineral mass
- Visceral fat indicator
- Daily Calorie Intake
- Metabolic age
- BMI

















Identifying Escalating Risk

The Known Unknowns



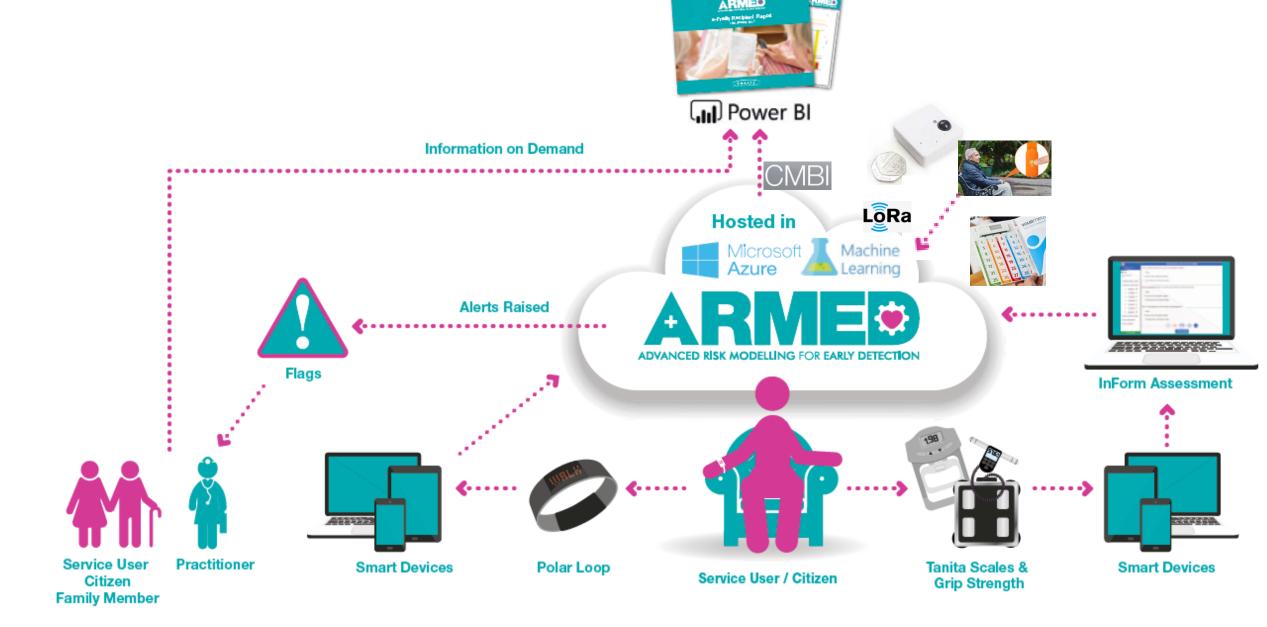




Polar Wearables – Data Metrics – 10

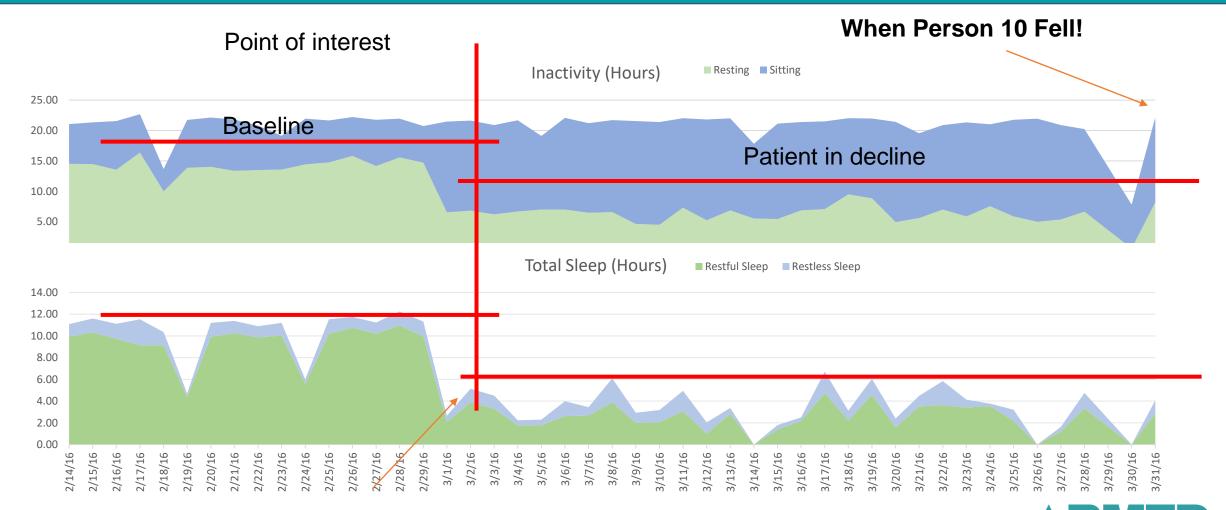
Date	Resting	Sitting	Low	medium	high	Total sleep	restfull sleep	Restless sleep	inactivity stamps	Distance walked	Steps taken	How is service user feeling today	Duty	Week	Marith 6 1020mm
01/03/2016	6h 33min	14h 55min	2h 31min	0	0	2h 40mins	2h 5mins	34mins	4	0.65mi	2346	Not so good			
02/03/2016	6h 49min	14 48min	2h 23min	0	0	5h 8mins	3h 53mins	1h 15mins	3	0.58mi	2112	Okay		22 24 2	
03/03/2016	6h 13min	14h 41min	2h 42min	0	0	4h 30mins	3h 18mins	1h 12mins	1	0.65mi	2346	Okay	-18		4.
04/03/2016	6h 42min	14h 59min	2h 18min	0	0	2h 14mins	1h 46mins	28mins	3	0.56mi	2048	n/a	•18	Mr.	6.
05/03/2016	7h 2min	12h 5min	1h 54min	0	0	2h 19mins	1h 48mins	30mins	3	0.49mi	1780	n/a	1.0	4 43 10	
06/03/2016	7h 1min	15h 3min	1h 55mi	0	0	3h 59min	2h 37min	1h 22min	3	0.47mi	1714	Okay		12	
07/03/2016	6h 29min	14h 43min	2h 47min	0	0	3h 27min	2h 40min	46min	2	0.71mi	2562	Not so good			
08/03/2016	6h 36min	15h 6min	2h 17min	0	0	6h 6min	3h 53min	2h 13min	4	0.59mi	2136	Okay			
09/03/2016	4h 38min	16h 55min	2h 26min	0	0	2h 57min	2h Omin	56min	2	0.60mi	2287	Not so good		119 % Daily goal status	
10/03/2016	4h 31min	16h 53min	2h 35mi n	0	0	3h 11min	2h 3min	1h 8min	3	0.69mi	2514	Okay		plesta	_ ·
11/03/2016	7h 19min	14h 42min	1h 50mi n	0	0	4h 58min	3h 4min	1h 53min	3	0.47mi	1724	Okay	Food Activity	Training No.	More More
12/03/2016	5h 15min	16h 34min	2h 10mi n	0	0	2h 3min	1h 1min	1h 2min	4	0.56mi	2032	Not so good	***** EE T	16:16	7 W \$ 99%
13/03/2016	6h 53min	15h 8min	1h 58min	0	0	3h 22min	2h 49min	33min	4	0.56mi	2014	Not so good	2	≑ LAR.	
14/03/2016	5h 32min	12h 18min	2h 22mi n	0	0	n/a	n/a	n/a	0	0.60mi	2174	Not so good	27	Week	Month I—I
15/03/2016	5h 28min	15h 40min	2h 40min	0	0	1h 49min	1h 23min	25min	3	0.85mi	3028	Okay	26047	- 11	.14mi
16/03/2016	6h 52min	14h 31min	2h 36mi n	0	0	2h 31min	2h 10min	20min	3	0.70mi	2520	Okay	Steps		Distance
17/03/2016	7h 6min	14h 24min	2h 30mi n	0	0	6h 43min	4h 44min	1h 59min	3	0.77mi	2788	Okay	(3)		A
18/03/2016	9h 30min	12h 31min	1h 42min	0	0	3h 7min	2h 12mins	55mins	2	0.48mi	1730	Okay	7h45min	24	49kcal
19/03/2016	8h 51min	13h 8min	2h Omin	0	0	6h 4min	4h 34min	1h 29min	1	0.57mi	2056	Okay	Active time		Calories
20/03/2016	4h 57min	16h 46min	2h 16mi n	0	0	2h 24min	1h 34min	50min	3	0.60mi	2176	Not so good		Δ	
21/03/2016	5h 37min	13h 56min	1h 47min	0	0	4h 30mins	3h 31min	58min	2	0.52mi	1866	Okay		0	
22/03/2016	7h 1min	13h 52min	3h 6min	0	0	5h 51min	3h 37min	2h 13min	1	0.81mi	2944	Okay		nactivity stamps	
23/03/2016	5h 53min	15h 27min	2h 31mi n	0	0	4h 8min	3h 25min	43min	2	0.69mi	2468	Okay	•		•
24/03/2016	7h 33min	13h 29min	2h 48min	0	0	3h 46min	3h 33min	13min	2	0.84mi	2990	n/a	_		_
25/03/2016	5h 52min	15h 53min	2h 14min	0	0	3h 13min	2h 11min	1h 2min	2	0.65mi	2312	n/a	5h18min		89% Hothul steeps
26/03/2016	5h Omin	16h 57min	2h 2min	0	0	n/a	n/a	n/a	3	0.58mi	2120	n/a			C
27/03/2016	5h 22min	15h 31min	2h 6min	0	0	1h 39min	1h 12min	26min	3	0.55mi	1986	n/a	C		_
28/03/2016	6h 41min	13 34min	2h 39mi n	0	0	4h 46min	3h 19min	1h 26min	4	0.72mi	2592	n/a	4h43min Restrict sleep		35min
30/03/2016	0h 37min	7h 12min	1h 16mi n	0	0	n/a	n/a	n/a	1	0.37mi	1296	n/a	□ 🕏		J
31/03/2016	8h 14min	13h 56min	1h 49min	0	0	4h 5min	2h 51min	1h 13min	3	0.51mi	1844	n/a	Feed Addity		cations More







Patient 10 - Data Visualisation Following Recent Data Re-Analysis











E-Frailty - CM2000 Pilot Report

(Nithsdale Mills & JM Barrie House)

Author: Moira Charters Head of Partnerships & New Initiatives Loreburn Housing Association

26 June 2017



ARMED use Within Loreburn HA



Reported falls since May 2018 (reported as @ 20/11/18) where ARMED not deployed

	Number of Reported Falls	Number of Unique Individual Fallers	GP Visit	Ambulance Called	Social Care Package Instigated
Sheltered Development 1	30	9	11	16	9
Sheltered Development 2	13	5	2	3	3
Sheltered Development 3	9	5	2	2	3
Sheltered Development 4	7	3	0	0	0
Total	59	22	15	21	15

- Establishments 1-4 (where ARMED has yet to be deployed), there has been 59 reported falls in this timeframe of 22 unique people
- There has been a lot of statutory service involvement of GP callout's, ambulances called, and packages of care put into place. This has conservatively costed at **approximately £200,000***

How many falls has there been within Sheltered Development 5 where ARMED has been deployed?



- In development 5 where we have the ARMED solution rolled out there has been zero falls. The cost of the ARMED solution over the same period would be **approximately £8,000**
- The ARMED solution in this example would represent a significant return in investment in the region of **25**: **1** save to spend ratio

Medication Adherence Management





"What if we could identify issues like UTI's prior to the person being diagnosed....."

- Fully managed by local pharmacies. Medications collected / delivered directly to the individual
- Provides an audible and visual prompt to the user with which medication number to be taken
- Alerts configured per person with where the "non adherence" messages are sent
- Provides data for future use within the ARMED analytics to identify common but problematic issues such as UTI's
- 25% increase in adherence seen to data



Measure more, live better

We are part of



Taking you to where technology matters















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PUTTING THE SIM AT THE HEART OF HEALTHCARE

Mobius Telecare the world's first SIM cards specifically configured for use in Telecare and Telehealth devices

Agenda

Why is a SIM important?

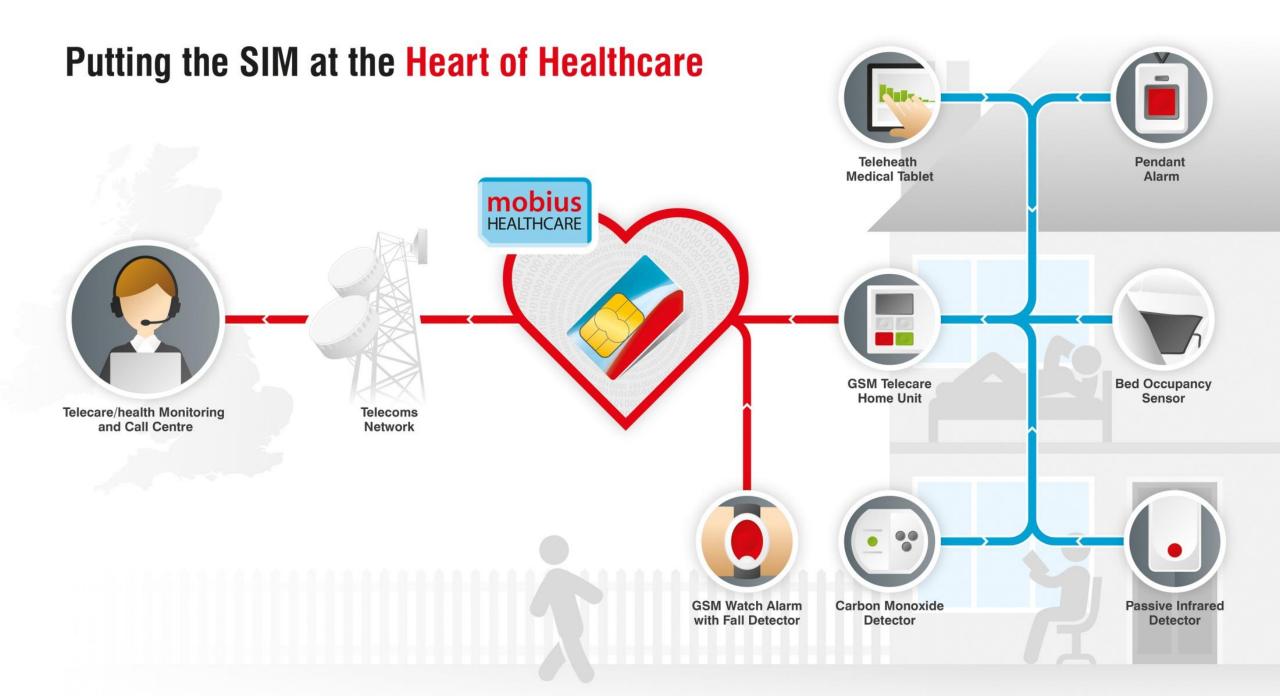
What can be achieved

Security

Who we work with

Case Study





What can be achieved

Proven uptime – 99.996% - 3 Year Average

Dual location network – Multi-path – Auto-failover (4s)

TSA QSF Accredited – Since 2017

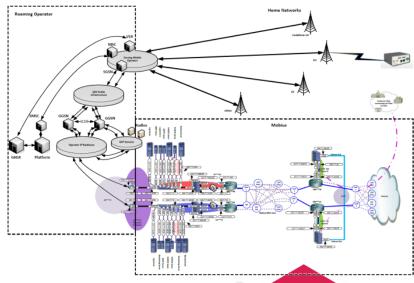
Strong Support - ISO9001:2015

Security – PCI DSS Accredited since 2013













IoT Security

Built for the credit card industry from the ground up

Only IoT MVNO to have full PCI DSS Accreditation

Only IoT MVNO able to provide full off-net Private Mobile Network (PMN)

More experience of building PMN than any other IoT MVNO



QUALYS SSL LABS

Who we work with





Scotia

LOCH











East Ayrshire



JUSTEAT

e-cebs































Secure Payment

Telecare & Health



















Case Study – Worcestershire Telecare

The Status Quo

- SIMs perform ok, but not reliable 100% reduction in service calls enough for Telecare
- Worcestershire diagnosed their own issue.
- Frequent engineer visits
- Low confidence

The Outcome/Benefits

- All prior "coverage issue" sites now online
- Long Term Partnership
- Visibility Quality of Reporting
 - Accurate
 - Reducing Admin Time & Cost





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Who are we?

- Aim to introduce the UK's first fully digital, designed for Cloud, proactive Telehealthcare <u>services</u> platform
- Innovation experts with over 20 year's experience in IT Solutions for the coordination of Health and Social Care.
- Victrix and partners are a team of 12 highly qualified and experienced IT, Social and Health Care professionals (with the support from over 30 software developers in our €1.3 billion turnover partner Getronics).
- O Getronics investment programme for 45% of Victrix in April 2018
- Joint market and technical development plan

Getronics at a Glance

USER FOCUSED. GLOBAL. END-TO-END.

- Focused on business reinvention for over 130 years
- O Direct presence in 23 countries
- 1.3 billion USD revenues
- 2,800 customers
- 9,000 employees
- 20 Data Centres with Pan-European footprint

- Global Workspace Alliance founding member
- 10m Workspace assets supported
- Service operations in 185 countries, one single point of contact
- 13 Service Desk Locations with 24/7
 Support in 22 Languages







Digital Inputs



Data Processing



Digital Outputs

VOIP
Telecare
Telehealth sensors
IOT
Health data
Social Care data
Survey data
ENSOM protocol



Risk stratification
Prioritisation criteria
Rule structuring
Predictive analysis
Al
Bl



Automated workflows
Outbound calls
Digital media
Health intervention
Social intervention
Actuators (domotics)
Data output







Aurora Platform

FEATURE	BENEFIT
Designed for pure Cloud, local install/hybrid optional	Easy to configure, install and maintain, reducing costs. Customer can also use local back-up while gaining confidence in Cloud security and reliability.
No software installation required, only internet connection.	Low maintenance and support costs, fast set up, very flexible. Remote workstations for part-time workers from home optional. Improves access to low-cost, high-skilled workforce, improving profitability.
<u>Customer Choice</u> - Administrator configured screen content (selects relevant data for standard presentation) and format (colours, position, size)	Flexibility to configure screens with the appropriate amount of data depending on operator profile, increases efficiencies and service quality



FFATURE

Aurora Platform

FEATURE	DENETH
Digital voice-recording via software	Reduced cost (no need for third-party recording software), and highly efficient voice recording retrieval. Increases service quality and reduces costs by saving operator time.
No telephony hardware, all telecare comms handled by state of the art Asterisk software https://en.wikipedia.org/wiki/Asterisk_(PBX)	No servers required to receive traffic from the telecoms network, cheaper, more flexible, lower maintenance, saves time and cost.
Person-centred domain model	Allows service provider to offer telecare, advanced telecare, proactive telehealth, IOT, Activities of Daily Living monitoring, or simply proactive outbound calling, without the need to have a telecare unit.

RENEEIT

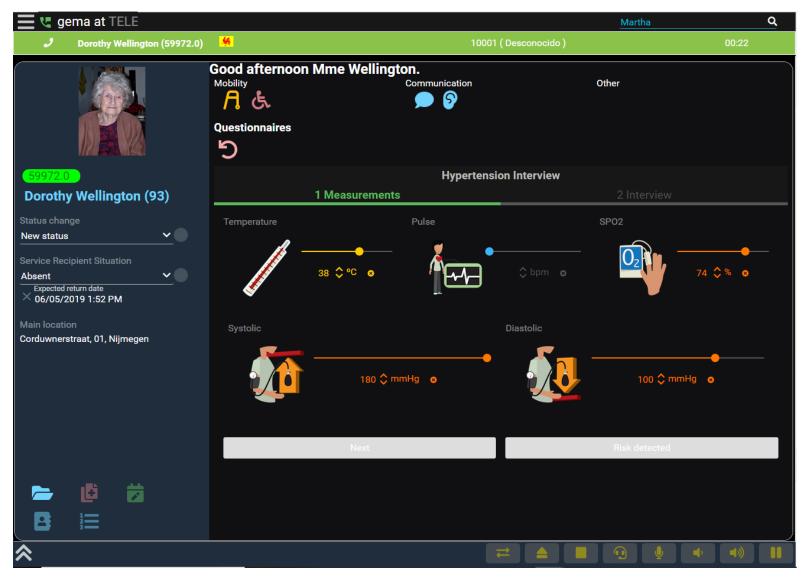


Aurora Platform

FEATURE	BENEFIT
Psychometric questionnaires option - gather data to detect anxiety, depression, loneliness – key factors in deterioration of ability to optimally manage chronic disease conditions.	Predictive and preventive approach to healthcare, improves quality of life, reduces cost of health and social care provision.
Single data entry point on single database, valid across all users in the system	No need for replication or synchronisation
"Elastic Search" engine, built-in extremely powerful reporting tool https://en.wikipedia.org/wiki/Elasticsearch	Fast and flexible management reporting, increases value to subcontracted service provision, and improves operational efficiency, reduces costs and increasing margins.



Aurora Platform





Price Model

VICTRIX CLOUD

Coordinated Health/Care

Telehealthcare

Proactive Telecare

Only pay per use

Traditional platform supplier

Digital Cloud Telecare



 \approx

Standard Telecare

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TSA Innovation Showcase: Stirling

TONY BRENNAN, BUSINESS DEVELOPMENT MANAGER

TUESDAY 11th JUNE

INTRODUCING APPELLO



- UK's largest telecare monitoring centre with over 190,000 connections.
- Developed the first end-to-end digital telecare solution in 2015-2016.
- Over 180 developments and over 6,500 residents benefitting from our digital telecare service, Smart Living Solutions (SLS).





















Our digital journey started by creating the UK's first digital telecare monitoring centre

- At Careline, we monitor both analogue and digital connections.
- We have been monitoring thousands of digital connections across the UK for over 3 years.
- Received our 1 millionth digital call in early 2019.
- Our large call volumes has enabled us to see the market impact of telecoms changes. Approximately 11% of analogue calls fail first time.

Benefits of Appello Smart Living Solutions



Future-proofed and Secure





Digital telecare removes the risks associated with upgrades to the UK telecoms network

Speed





Connection speed has been reduced from 1m40s to just 3s

Social Engagement





Integrated video supports a community environment and helps tackle loneliness and social isolation

Aesthetics and Usability





The appearance of the technology is modern, discreet and removes stigmas associated with supported living devices

Data, Analysis and Insight





Rich data is readily available, supporting organisations to make better informed decisions about care and resources.

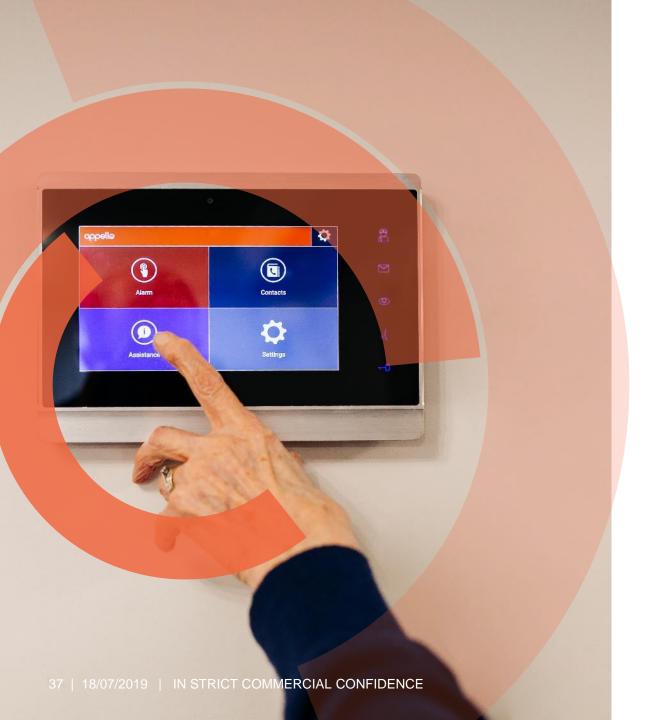
Opportunities





Digital enables other solutions to be integrated such as smart home and healthcare technology, creating a single package of support and care.





The LivingHub: a gateway to digital telecare

~

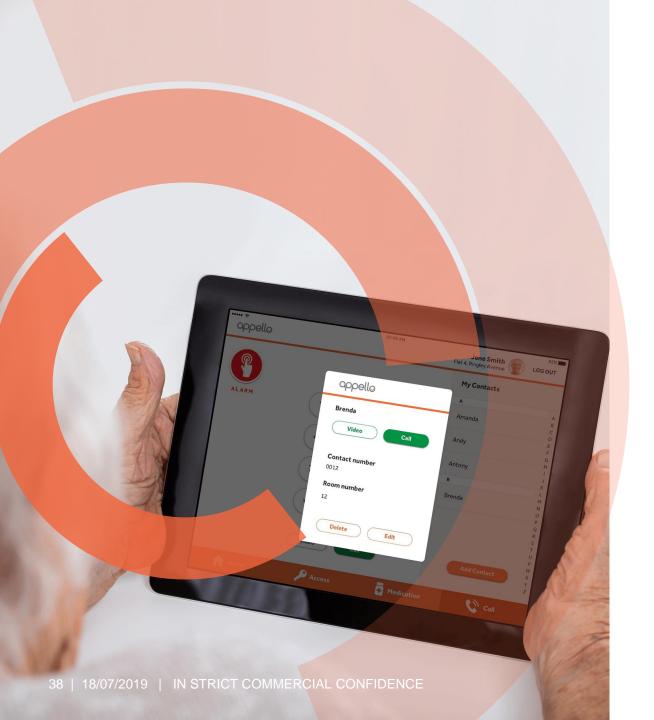
The Appello LivingHub provides residents access to their suite of Smart Living Solutions. It is built with usability in mind – even for those who are unfamiliar with technology.

The digital touch screen display uses simple graphics and large fonts so residents can easily gain access to all the services Appello deliver to their home.

Features include:

- Digital Emergency Alarm
- Non-emergency calls
- Room2Room video calling between residents.
- Video door entry
- I'm OK notifications
- Direct links to your website for fault reporting etc...
- Home automation, where required.
- Wifi Enabled Hot Spots
- Blu-Tooth Connectivity





Benefits of SLS are really valued by customers

0-----0

82% of residents feel that the connection speed of the new system gives them **greater reassurance**

89% of residents feel **safer** being able to see who is entering their property

81% of residents strongly agree or agree that communicating with the house manager via video is **less obtrusive**

Over half of residents feel that their wellbeing has been improved now they can communicate via video with residents



DIGITAL NETWORK

- Upgrades to the network are progressing and will be complete over the next few years.
- The impact is already apparent, with analogue first time failure rates steadily increasing (currently 11%.)

"The best system for a digital network is a fully digital system"

BT, 2019



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Introduction to TeleAlarm

11/06/2019

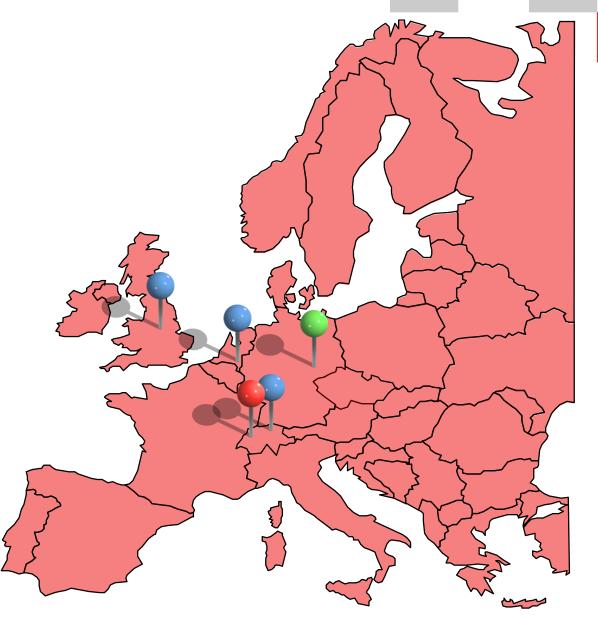
Richard Bailey – Country Manager UK and Ireland





Introduction to TeleAlarm

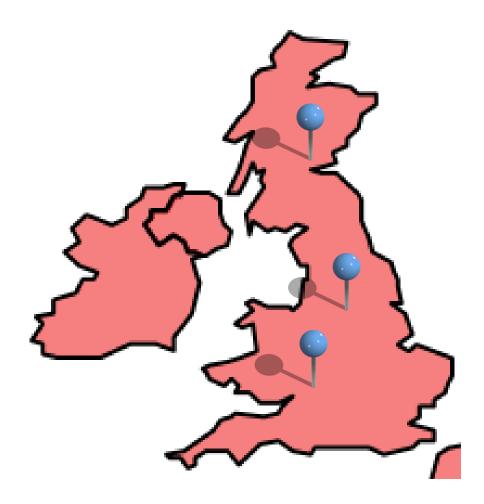
- Company founded in Switzerland in 1956
- Head office in Leipzig, Germany
- Manufacturing by our parent company, Leesys in Leipzig.
- R+D still based in Switzerland
- Sales teams in Germany, Switzerland, the Netherlands, Belgium and UK
- Export to France, Spain, Austria, US, South Africa
- TeleAlarm employs 50 staff
- Turnover approx. 12M Euros





Experience in the UK and Ireland

- 10,000 Telecare units sold in UK and Ireland per year
- Our customers are local authorities, housing associations and private companies
- UK sales team 3 members, each with over 20 years experience in TEC
- In June 2019 we have employed a Sales Manager for Scotland
- Scotland Excel framework award in 2018





Experience in IP Technology

- In 2010 we developed our first Digital dispersed alarm unit
- In 2017 we launched our new range of digital dispersed alarm units
 - TA74 Combined Analogue and fixed line IP
 - TA74 GSM Combined Analogue, fixed line IP and GSM
 - Analogue protocols including BS8521
 - IP protocols including SCAIP
 - Compliant to EN 50134 standards for social alarms
 - Committed to the implementation of CENELEC EN50134-9 protocol
 - Device firmware can be upgraded remotely futureproofing
 - Independently IP penetration tested (devices and cloud services platform)







Experience in IP Technology

- We have 2 live monitoring centres receiving both fixed line IP and Mobile IP dispersed alarm units
 - Dublin, Ireland
 - Dumfries, Scotland
- Installed base in UK and IE of around 12,000 digital dispersed units
 - 70% still using analogue protocols
 - 5% fixed line IP
 - 25% GSM/GPRS
 - 5000+ Analogue devices to be upgraded nationally starting July 2019
- Launched Cloud Services platform
 - Allows service providers to configure and monitor devices remotely
 - Evolving service with new features implemented regularly







Experience in IP Technology

- New products launched TA70 Audio Extender
 - Allows the service user to hear and speak to the operator from a different location in the property (internet not required)

Power line adaptors utilize the mains power in the user's home to minimize

cabling and make installation simple







Thank you!

■ Website: <u>www.telealarm.com</u>

■ Twitter: @TeleAlarmuk



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BUSINESS INTRODUCTION
JUNE 2019





CHIPTECH - COMPANY PROFILE



- Established in 2000, Chiptech is a specialist electronics design and manufacturing company, who create quality products to help people remain independent, safe and well in their homes.
- Chiptech is the largest equipment supplier of monitored personal alarms in Australasia
- Chiptech's products are manufactured to the highest standards in Christchurch, New Zealand. Safety is the most important factor in all we do.
- The main supplier to support the analogue to digital NBN migration in Australia. A proven set of products to support the roll out.
- Chiptech have supplied and are supporting in excess of 200,000 ERICA/EVE products
- Now launched in the UK, Chiptech are established to support UK and European customer's

















GOING DIGITAL RISK AND MITIGATION





- Traditional TELECARE has been an extremely reliable life safety service on 50v PSTN LINES for many years
- Moving to Digital presents risks Resource / Comms / Process of switching / Cost
- CHIPTECH have huge experience in this field reducing Risk through years of innovation







Risk	Mitigation
Comms availability	Multiple paths available in one unit (+ remote updates)
Bad Install – No Signal	Governed voice guided install + Comms monitoring/alarm
Power Consumption	Increased battery life (more than traditional PSTN)
Cellular network changes	Remote cellular updates
Cost	Low Cost Units No recurring fee for management portals SIM overage risk reduced – calls come from ARC
I need 2 pendant devices for in the home and out the home	Not now

GOING DIGITAL IP DAU'S AT A GLANCE

YEARS OF EXPERIENCE IN ASSISTING SERVICE PROVIDERS THROUGH THE ANALOGUE TO **DIGITAL SHIFT.**



EVE (IP + ANALOUGE)

SIM A 1 DIGITAL / IP 2 ANALOGUE EVE enables quick communication to the monitoring centre when help is needed with multiple communication path backup.

SIM B

1 DIGITAL / IP

2 ANALOGUE

PSTN

5. ANALOGUE

2 Sim Slots + PSTN pathways.

(5 Comms paths)

300m Peripheral range

80hr battery

Advanced Safety Functions

Remote Config/Updates

SIM A



DIGITAL / IP



CARER APP w/ **FALL BACK MONITORING**



VOICE **GOVERNED**

EVA (IP) SELF INSTALL + APP

Voice guided installation to assist and govern adequate cellular coverage, and setup

Professionally monitored, App monitored or a combination of both.

300m Peripheral Range

70hr battery

Advance Safety Functions

Remote Config/Updates

GO

Chiptech is proud to offer a new wearable mPERS solution, specifically designed for summoning help beyond the boundaries of the home.

The device works in the home connecting to base units and outside the home.

Chiptech's experience in developing personal emergency devices, combined with cellular and GPS location technology has culminated in the creation of this sleek wearable device. Following a button press, a report is sent to monitoring and users can be located via SmartCare® Locate, which plots GPS data.

Superb sound quality allows 2 way communication wherever you are.



GOING DIGITAL GO – ONE PENDANT FOR INSIDE AND OUTSIDE



GO



Chiptech's mPERS solution brings the inside, outside in one device. Working over mobile outside the home and communicating to EVE, EVA & ERICA inside the home.



LOCATION



SUPERB SPEAKERPHONE



AUDIBLE NOTIFICATIONS



MOBILE IP



869Mhz RADIO CONNECT TO HUB



REMOTE UPDATES

- 1-2 Month Battery
- Wireless Charger
- Lost Mode
- Waterproof
- Hypoallergenic Chain / Spilt Ring

- 4hr Rapid Charge
- Fall Sensor (Optional)
- Impact resistant
- LED Visual Feedback
- NO RECURRING FEES FOR THE PORTAL
- IP up and down on alert / Call back into unit from ARC (SIM Costs are governed)



THANKYOU

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Mangar Health

Who are we?

- Established in 1981, Mangar Health design, manufacture and supply inflatable moving and handling and bathing equipment.
- Mangar's products protect healthcare professionals from musculoskeletal injury, a worldwide problem that costs employers billions, and enable independent living for people with limited mobility, promoting health and wellbeing.
- Mangar supplies telecare response teams, care homes, emergency services (every NHS Ambulance Trust), government funded organisations and hospitals
- We have global distribution across the UK, North America, Europe and Australasia



THE CHALLENGE

People aged 65 and older have the highest risk of falling, with 30% of people older than 65 and 50% of people older than 80 falling at least once per year. (NICE, 2013).

Guidance predominately focuses on prevention but falls still happen.

THE SOLUTION

Post Fall Management solutions that safeguard lives and reduce impact on NHS

Appropriate equipment

Training in ISTUMBLE health assessment

Support through an App

THE FUTURE

Empowering better decision making around lifting

Better outcomes for fallers

Reduced impact on Ambulance Services and Hospitals



The Impact

Of A Long Lie

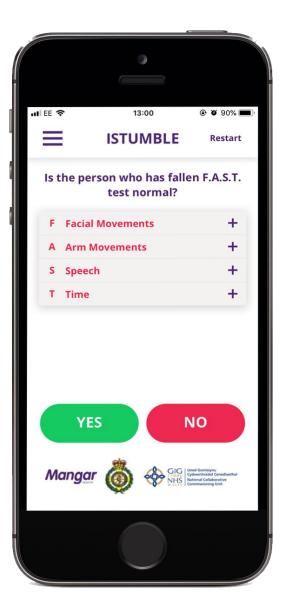
- Lying on the floor for a long time following a fall is on the most serious consequences of the fall. Even a delayed initial recovery greater than 10 minutes will begin to impact a fallen resident and a 'Long-Lie' of more than an hour is associated with;
 - Skin damage resulting in pressure sores
 - Reduced confidence
 - Increased anxiety
 - Hypothermia
 - Dehydration
 - Pneumonia
 - Kidney failure (through rhabdomyolysis)
 - Death



The Solution; Creating Better

Through Education And Support

- Empowering care professionals to implement post fall management protocols and safeguard lives by;
 - Providing appropriate falls equipment
 - Building awareness around the impact of a 'long lie'
 - Identifying when it is important to call an ambulance
 - Training in health assessment techniques, used by the Ambulance Service – ISTUMBLE
 - Access to the ISTUMBLE App





Benefits Of Good Quality

Post Fall Management

- The faller can be assessed quickly and decisions about appropriate care made within minutes
- The fallers' families can be reassured their loved on is being lifted safely and not lying for hours on the floor waiting for help
- The portability of the Camel inflatable lifting cushion means it can be used inside or outdoors, so it doesn't matter where the fall happens
- The ISTUMBLE App has been developed as a quick check facility to ensure a health assessment takes place accurately at the time of the fall
- Faster intervention of an uninjured resident after a fall reduces the likelihood of the resident requiring an admission to hospital.
- The faller experiences a dignified lift and remains in their home







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Cognitive disabilities and their effect

Memory

- Difficulties to remember duties and assignments
- Hard to remember tasks and the correct order

Planning

Difficulties to structure and schedule in relation to time

Time perception

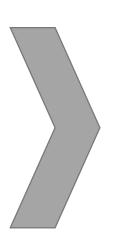
 Hard to know when a task is to be performed, how long the activity is going on, as well as limit the scope and end an activity.

Initiative

Difficulties starting up activities

Problem solving, communication

 Hard to take in information, to remember, and to stick to a plan







Cognition Support

- Our cognition solutions are supporting people and their loved ones whether they be adults, children or families as a whole to increase their independence, improve self-worth, make their contribution to society and to the workforce.
- There are many case studies across our web-site www.abilia.uk about how we have supported people and organisations in a variety of ways.;
 - Dementia
 - Learning Disabilities
 - ADHD
 - ADD
 - Stroke
 - Brain Acquired Injury
 - Mental Health
 - Autism



MEMOTimer

MemoDayPlanner

HandiCalendar







£89.00

£380.00 - £545.00

£120.00 pa











Thank you

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