



**Maintain daily routines and activities**  
- cognitive impairment and dementia



# ABILIA

## About Abilia

Abilia works for a socially sustainable and inclusive society in which people with special needs feel safe, independent and involved. We are passionate about creating the conditions for everyone to live a more fulfilling life. We work for the UN's Sustainable Development Goals, as our assistive devices are adapted to the individual, create changed behaviour and have a lasting effect on the individual, the customer and society.

With more than 40 years of experience and supported by research evidence, we know that our assistive devices make a difference. Early intervention is an important key to improving levels of education, inclusion into working life and lifelong health.

## Elderly care

Early interventions in elderly care are critical for ensuring quality of life and independence. Care needs to be adapted to meet the needs of the ageing population. Age is the greatest risk factor for cognitive impairment or dementia. In order to achieve better outcomes, early interventions are required so that the individual can maintain or increase their activity level, sense of security and independence when there is a risk of increased disability.

One early intervention of importance is welfare technology which makes it possible for the elderly to live at home for longer and at the same time, lead an active life and maintain an influence over their everyday lives and society. It must be possible for the elderly to age safely, while maintaining independence and being treated with respect. One important factor is to have access to good healthcare and welfare and that these are based on the individual's needs.





# Cognitive impairment and dementia

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A large number of individuals around the world live with cognitive impairment or dementia. A cognitive impairment affects not only the individual but also their family members and society as a whole. Welfare technology, housing and welfare need to be adapted in order for the individual to continue to maintain a good quality of life.

Abilia offers welfare technology that compensates for cognitive impairments, thereby increasing the individual's ability to remain active and maintain daily routines.

## Signs and symptoms





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Cognitive impairment can be a result of ageing but can also be the first sign of illness. Early detection improves the conditions for care and treatment. This increases the chances of delaying symptoms and provides major benefits for the individual, family members and society. Dementia is a collective term for several illnesses, the most common of which are Alzheimer's disease, vascular dementia, Lewy body dementia and frontal lobe dementia. Early signs of cognitive impairment or incipient dementia may present when an individual has:

- difficulty in remembering dates and times
- repeating themselves
- difficulty orientating themselves in well-known environments
- not finding the right word
- unable to maintain a line of thought or concentrate for a long time
- difficulty in figuring things out, planning and carrying out activities such as paying bills, planning food purchases, shopping, cooking, or travelling on their own.

# Challenges may be due to the fact that the following cognitive functions are affected

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<p><b>Memory</b> </p> <p>Memory is defined as the following:</p> <p>Short term memory - temporary and dissolvable memory of approximately thirty seconds duration, from which time information is lost if it is not secured in the long term memory</p> <p>Long-term memory - long-term storage of information from the short-term memory. Both autobiographic and semantic memories Memory.</p> <p>Recall and processing - remembering information that is stored in the long-term memory and bringing it to awareness</p> <p>ICF-kod b1440, b1441, b1442</p>	<p><b>Time</b> </p> <p>How to define Time:</p> <p>An experience of time - subjective experiences that are connected to the length and passing of time.</p> <p>Time orientation - awareness of time of day, day of week, date, month and year.</p> <p>Time planning - organise events in a chronological order, allocate the time required to events and activities.</p> <p>ICF-kod b1802, b1140, b1642</p>	<p><b>Higher cognitive functions</b> </p> <p>Higher cognitive functions are defined as follows:</p> <p>Organising and planning - coordinating parts into a whole, systematising; mental function involved in developing a method of how to proceed or act.</p> <p>ICF-kod b1641</p>	<p><b>Energy level &amp; Motivation</b> </p> <p>This is how we define Energy Level &amp; Motivation:</p> <p>Energy level - Mental function that provides power and endurance</p> <p>Motivation - readiness to act, conscious or unconscious drive to act.</p> <p>ICF-kod b1300, b1301</p>
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## Early interventions are important to maintain routines and quality of life

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Early detection of cognitive impairment and dementia is of the utmost importance, as early interventions make a difference. Diet, exercise, an active life, medication, compensating welfare technology, and other support initiatives slow the effects of the disease on daily life.

This results in:

- the individual being able to stay at home and maintain their social contacts
- the individual being able to maintain daily routines
- the individual being able to maintain activities that bring them joy
- a mapping of activity capacity and cognitive impairments enables the individual to receive compensatory support for impaired functions, and instead focus on what works well
- providing compensatory support early in the cognitive impairment process facilitates learning and can prevent activity impairments
- compensating technology supports family members and care staff in their care of the individual.

# For those who suffer from cognitive impairment, and for their family members

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Abilia's welfare technology is designed for those with a cognitive impairment, and also provides great value for their family members. You receive shared tools to make everyday life work better. This may involve that both parties:

- Sleep better and thus function cognitively better during the day.
- Feel safe and have a sense of predictability in everyday life.
- Communicate about time and the day's activities.
- Be as independent as possible and maintain daily routines.

The above applies if you live together, as well as if there is a geographical distance.



# For those of you who work in Health and Social Care

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Abilia's welfare technology puts the user in focus and contributes to preventive measures, quality of life, and functional benefits. Our solutions support residents in their orientation of time and the maintenance of daily routines, memory and intellect, energy level, motivation and sleep.

Security, good sleep, and predictability in everyday life can create a sense of peace and quiet and give time for meaningful activities in the home. Businesses that implement assistive technology into their daily routines have taken a step in the right direction towards more digitalised care.

Wellbeing residents provides a safer and more stimulating working environment – as well as more satisfied and confident relatives.



# Proven and evidence-based welfare technology

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The technology below can be used in private homes and care homes. It is important to detect cognitive impairment, so that the right support can be provided in time. Support may need to be modified and supplemented if and when additional needs arise which is common in dementia.

## HandiCalendar – when the memory begins to fail

- HandiCalendar can be the first aid for an individual who has begun to experience cognitive impairment and is still at work and/or maintains an active leisure time. HandiCalendar works like an app on a mobile phone or tablet.
- HandiCalendar gives the individual an overview of their day, week and month. Planned activities can have audio reminders and information, such as a checklist or a phone, linked to them. In this way the individual receives the necessary information as soon as the activity begins.
- With the myAbilia web service, family members or other designated support persons can manage the calendar, pictures, and checklists from any computer and also see whether the activities have been completed.

## MEMOplanner – predictability and support for performing activities

- MEMOplanner is a stationary digital time and planning support system with an accompanying mobile app.
- The individual gets an overview and a sense of predictability of their day. Picture support and audio reminders in the form of recorded messages make it easier to absorb information.
- Link to myAbilia's web service allows both family members and healthcare professionals to add activities remotely.
- In a care home, MEMOplanner can be used by staff to administer information about e.g. who is on duty, what food is being served and what activities are on offer.



HandiCalendar



MEMOplanner

## MEMO Dashboard - for an active day

- MEMO Dashboard is an analogue planning board for those who need a visual overview of the day in relation to the course of time.
- The individual is given predictability in their everyday lives and receives support for reduced motivation/action and reduced memory and time orientation.
- Family members or home care services can plan the day together with the individual, and unblock their own time and improve relationships, as the aid can work to reduce anxiety, stress, and conflicts.
- In a care home, staff members are given a tool to make the individual as calm, independent, and active as possible which can unblock time for meaningful activities and create a calmer living environment.

## GEWA Maxi - makes it easier to control the TV

- GEWA Maxi is a remote control that is large and easy to understand. It can be programmed for a TV, music system and e.g. lamps.
- For an individual who can no longer manage an original remote with all its buttons, it is easier with large symbols and buttons where one press of a button can generate several features.
- Family members can continue to use the normal remote control.
- Care homes can make their environment more accessible to their target group and make residents more active and independent.



MEMO Dashboard



GEWA Maxi



## CARY Base - to maintain daily routines

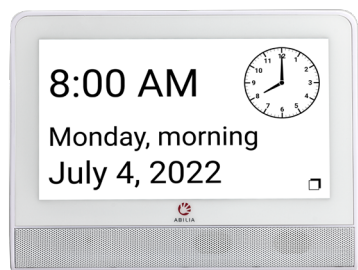
- CARY Base is a stationary calendar clock for those who require extra help to keep track of the time of day and the day's events.
- The individual can go and look at information about the day and what time of day it is.
- Seeing and receiving reminders of the day's activities provides an opportunity to maintain daily routines.
- Linking the calendar clock to the myAbilia web service allows a family member or care provider to add activities remotely, and thus to participate in the support.
- In a care home, CARY Base can be placed both in the individual's room, as well as in the day room to show activities to many people.

## MEMOday - keeping track of the time of the day

- MEMOday is a calendar clock for those who need extra help keeping track of the time of day.
- Here, the individual receives support regarding which day it is, whether it is morning, before noon, evening, or night.
- The aid is placed on the bedside table or another spot where the individual can look at the information and thus gain extra awareness of the time of day.
- When placed in day rooms in care homes, MEMOday provides a cognitively accessible environment for the target group.



CARY Base



MEMOday

## Somna Blanket – for better sleep

- Somna Blanket is for sleeping problems caused by stress and anxiety.
- Provides a calming effect.
- Easier to settle down before going to bed.
- Improves sleep quality.
- The chains in the blanket provide sensory stimulation, and the blanket also provides a sense of envelopment.
- With better sleep, an individual can have better activity capacity during the daytime.
- Individuals, family members and the care home all benefit from a calmer night.
- Individ, anhöriga och boendet tjänar alla på att natten blir lugnare.

## Somna Comforter – for peace and quiet during the day

- Somna Comforter is a day product that can provide a sense of calm and security.
- The blanket can be placed on the knee to relax while seated at the table or be used while resting.
- Equipping the care home with comforters provides better care for the target group.



Somna Blanket



Somna Comforter

## Alarms for privacy and security

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In the case of cognitive impairment it is common for an individual to get up in the middle of the night, leave the room, and mix up day and night. It is important to protect the privacy, security and safety of the individual. With alarm solutions, both privacy and security can be created. Abilia's solutions do not require large systems but can be quickly installed both in the individual's own home and in care homes. Alarms can be received via pagers or mobile phones.

## Emfit Safebed – when the individual is up at night

- The Emfit Safebed is a bed alarm that registers and sounds an alarm if an individual leaves the bed, or does not return to the bed within a certain time.
- With this alarm, the individual is given privacy, together with the security that a family member will be alerted in the event of them leaving the bed in the middle of the night.
- The alarm can go to a pager or a mobile phone.
- At the care home, the alarm can be connected to the existing system.

## Wisbi Home - for bedwetting

- Wisbi Home is used for incontinence problems in order to avoid that the individual remains lying on a wet bed/becomes wet in their bed.
- The alarm also alerts family members or staff if the person leaves the bed. This can ensure fast and good care.



Emfit Safebed



Wisbi Home

## Independent research shows the effects

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- Increased independence and the ability to start up, execute, and complete exercises.
- Better routines for both users and family members through overview and structure.
- Increased peace of mind as users felt safer and less stressed.
- Reduced stress leads to a better memory and increased capacity for social interaction.

Abilia's welfare technology is class 1 medical technology, and is CE marked in accordance with European Regulation 2017/745 – MDR.

**Access to the right assistive tool at the right time can make all the difference**

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