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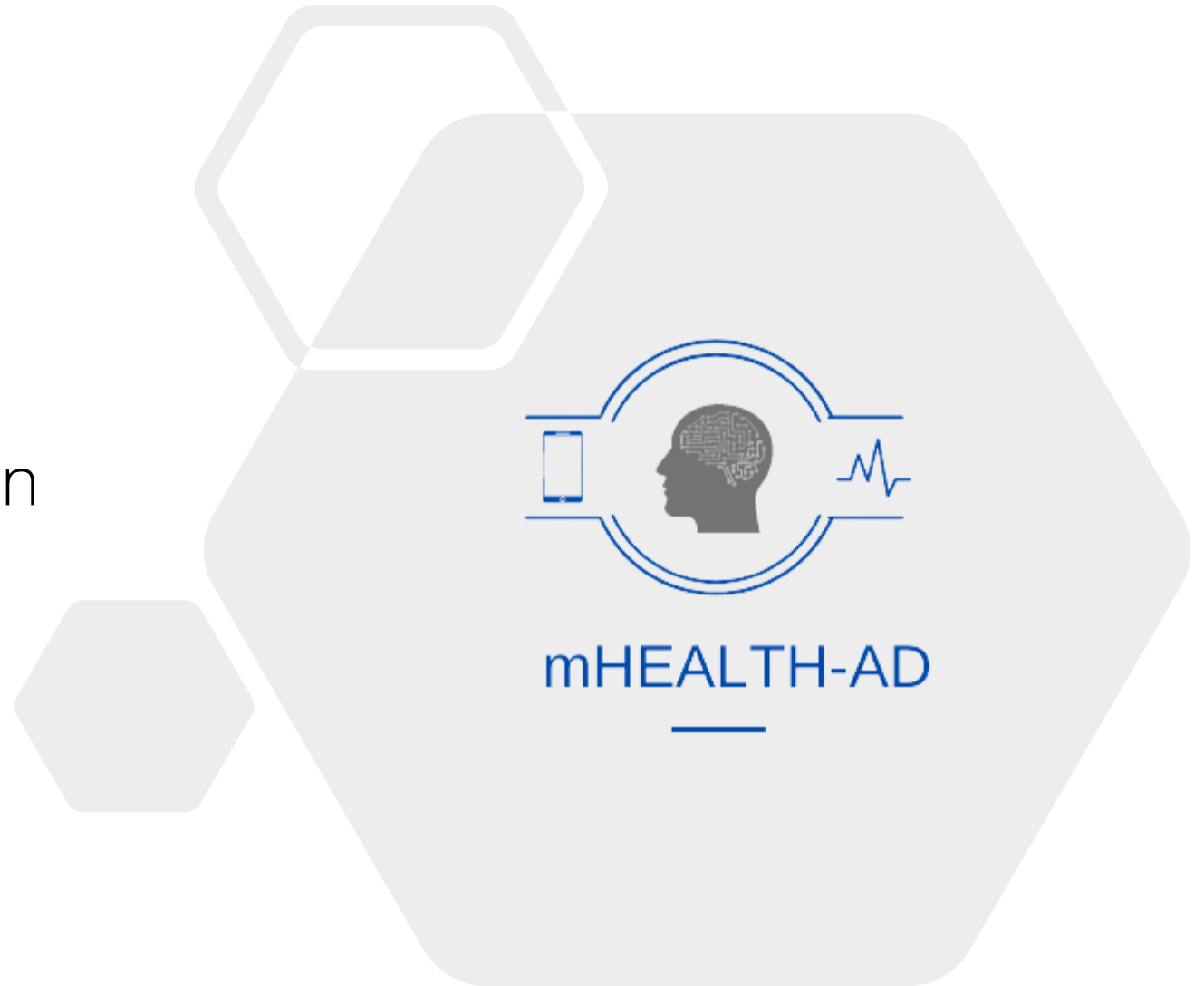
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Module 4

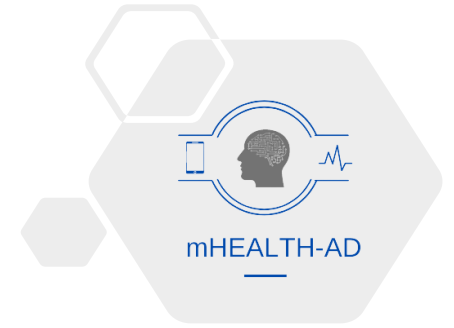
Mhealth for communication and planning



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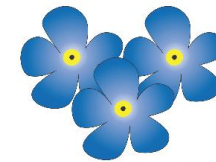


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Modules



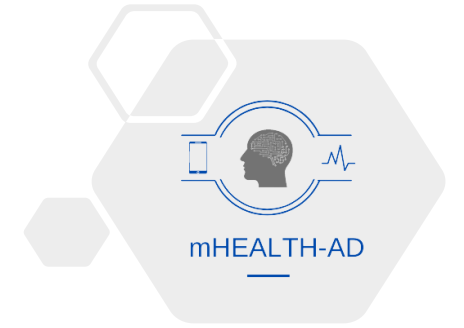
1. mHealth for Monitoring Health Indicators

2. mHealth for Tracking and Feedback

3. mHealth for Training Health Condition

4. mHealth for Communication and Planning

Agenda



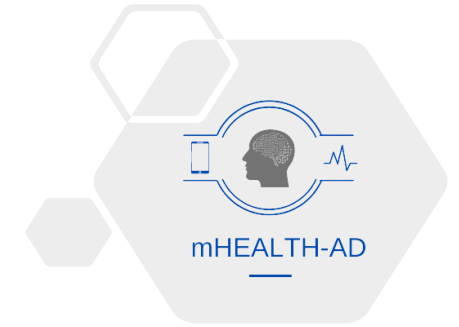
1. Introduction
2. Communication Devices & Strategies
3. Planning Devices & Strategies
4. Case Studies
 - Practical Activity
5. Discussion

Introduction



- Communication is affected by the progression of memory difficulties. Difficulties in communication is one of the earliest symptoms.
- Early signs:
 - ✓ difficulties of word finding (naming people and objects)
 - ✓ replacing the word with the wrong one
 - ✓ forgetting names of closed persons

Communication



Why communication is important?

It helps older adults to keep :

- A sense of self
- Sustain relationships
- Maintain their quality of life
- Understanding their needs
- Their wishes
- Their emotions



Source1:<https://pixabay.com/el/illustrations>

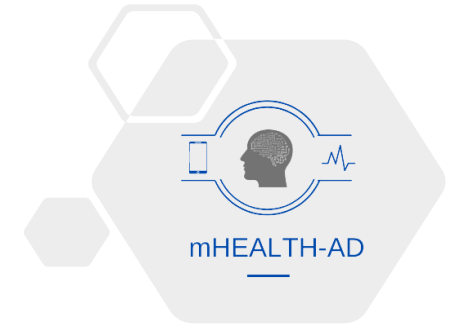
Communication



Barriers and Difficulties:

- Speech does not make sense
- The ability to only grasp a part of what you are saying
- Writing and reading skills that have deteriorated
- Loss of the normal social conventions of conversation
- Difficulty in expressing emotions appropriately

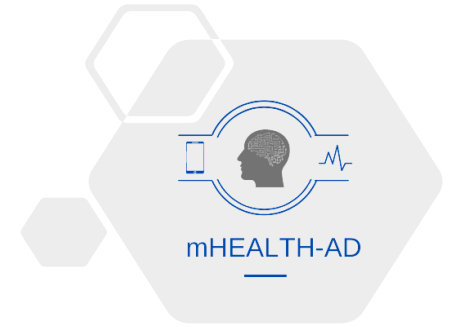
STRATEGY 1: Communication



Having successful communication, try to:

- Avoid competing noises
- Stay still while you are talking
- Maintain regular routines keep a consistent approach
- Repeating the message in exactly the same way is important for all the family and carers.

Devices of Communication



What types of devices and applications are available?

- Adapted Phones
- Applications
- Skype

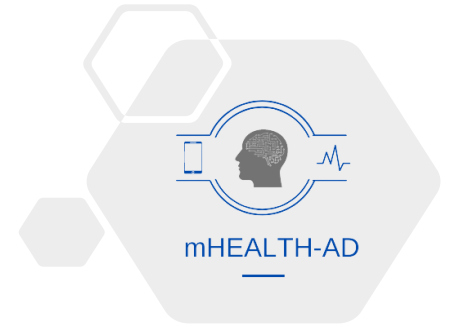


Source: <https://www.google.com/imgres>



Source: Raz cell phone dementia <https://www.razmobility.com/assistive-technology-blog/3-best-phones-for-people-with-dementia-or-alzheimers/>

Devices of Communication



Smart Speakers



Source:pixabay (<https://pixabay.com/el>)

Smartwatches



Source:pixabay (<https://pixabay.com/el/photos>)

Planning

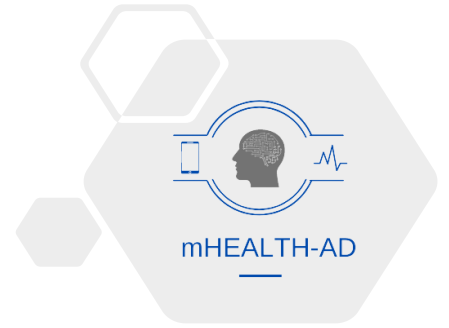


As memory difficulties progress with aging, it is very important to monitor any of those changes in physical or psychological health, as they can become more profound.

Memory problems can lead to difficulties:

- ✓ Remembering to take medication
- ✓ Attend appointments or daily chores
 - ✓ Social activities

STRATEGY 2: Utilization of Personal Planner



- Personal planner is a visual description of activities and events taking place each day. The main aim is to ensure that the older adult can have all its needs organized.
- The personal planner could be weekly or diary
- Create a personal planner with different dates.
 - Each date has to specify:
 - Time of date
 - Person involved in activity (friends, family,...)
 - Directions for the place to go when necessary.
 - Necessities: like water, documents, special clothes, ...

STRATEGY 2: Utilization of Personal Planner



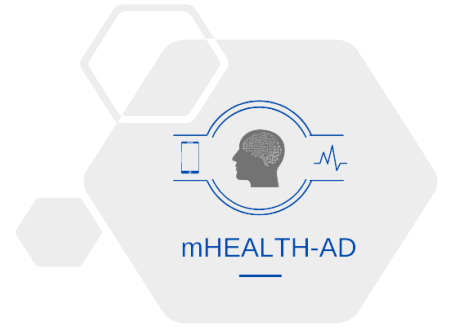
- Why is it important?
 - Keeping routine works
 - Keeping focus and structure day
 - Provides information to all



source: pixabay(<https://pixabay.com/photos/senior-walk-pension-park-4670347/>)

Plan an activity that you enjoy: “Taking a daily walking”

STRATEGY 2: Utilization of Personal Planner



Before making a plan, consider:

- The person's likes, dislikes, strengths, abilities and interests
- How the person used to structure his or her day
- What times of day the person functions best
- Ample time for meals, bathing and dressing
- Regular times for waking up and going to bed
- Time for activities



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STRATEGY 3: Utilization of Medication Planning-Reminder



Why is it important?

- ✓ It allows an efficient way to securely organise the medication
- ✓ It acts as a reminder to take the medication at certain time points
 - ✓ It allows a successful therapeutic process
 - ✓ It allows older adults to have self-management
- ✓ It allows families to check if their relatives are taking the medication

STRATEGY 3: Utilization of Medication Planning-Reminder



Use of Pillbox:

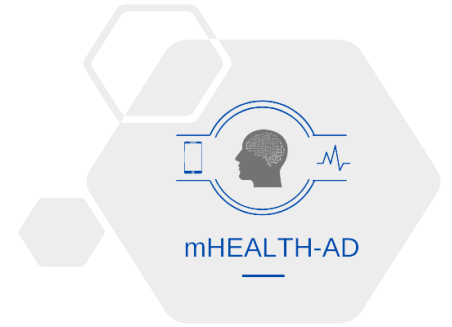
There are many types of pillboxes:

- ✓ **Weekly**: 1, 2, 3 or 4 doses a day.
- ✓ With an **alarm**: 1, 2, 3 or 4 doses a day.
- ✓ Digital: coordinated with a **Smartphone**



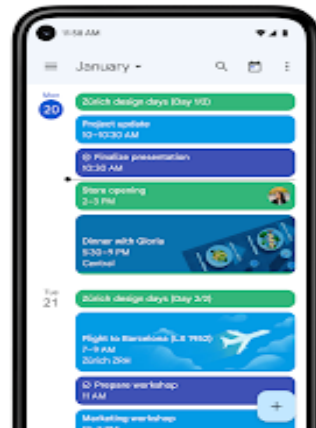
Source: <https://www.pexels.com/photo/a-variety-of-candies-in-a-pill-organizer-7723362/>

Planning Devices



Calendar: An app for scheduling your daily activities and appointments

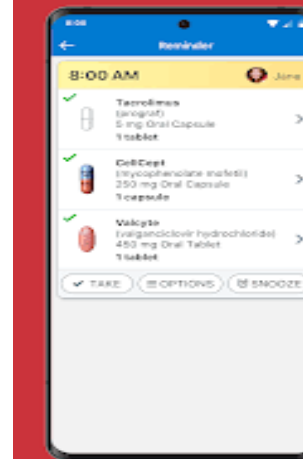
Intelligently manage work, school, and personal calendars



https://play.google.com/store/apps/details?id=com.google.android.calendar&hl=en_US

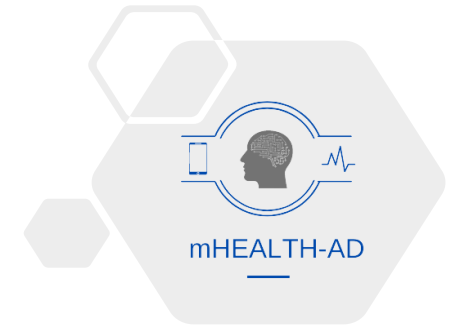
MyMedSchedule Plus: This application is used in order to help patients and caregivers follow their med schedules

Get a reminder when it's time to take a medication

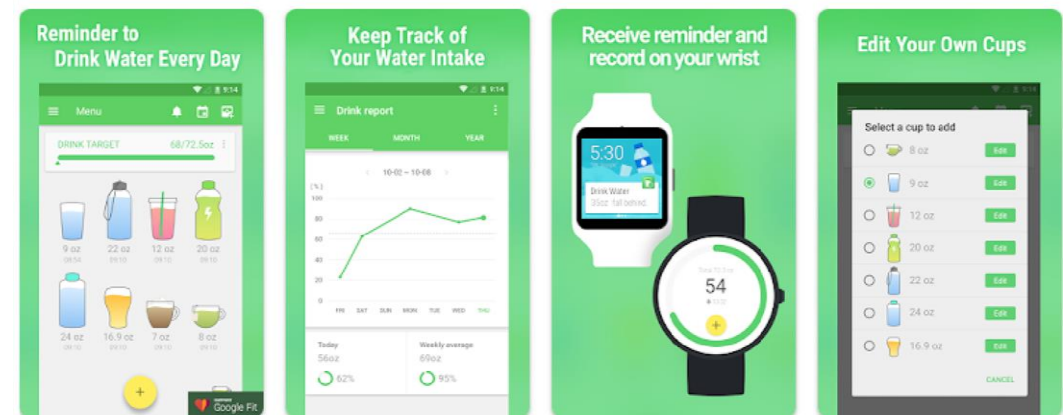


Source: <https://play.google.com/store/apps/details?id=com.medactionplan.mymedscheduleplus&hl=en>

STRATEGY 4: Use of Hydration app-reminders



- Hydration is important in older adults for their physical and mental wellbeing.
- Is essential also:
 - Regulation of body Temperature
 - Digestive Health
 - Kidney Function
 - Cognitive Function
 - Medication Management



Source: https://play.google.com/store/apps/details?id=com.northpark.drinkwater&hl=en_US

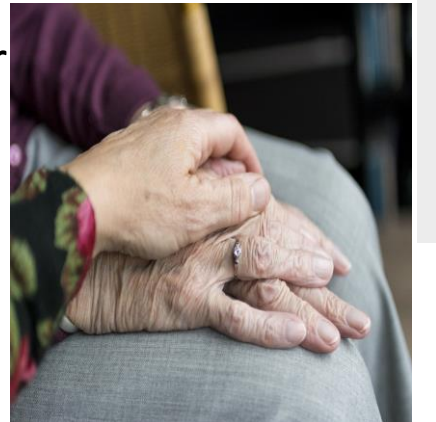
Use Case 1 - Reminder



There is a woman named Sonia who is an elderly woman who has been diagnosed with dementia. Sonia has difficulty remembering the names of people she has just met and often forgets her medication. She also has long-term illnesses like high blood pressure and diabetes that require her to take medications on a regular schedule to stay healthy. She lives on her own and is a very active person who participates in various activities.

She feels very dissatisfied when she is not able to manage things on her own. She wants to keep being active and have control of her own life. In the past month, she tried to keep track of her medication regimen but forgot many doses. One day, as she was walking, she fainted and was hospitalized. It was very difficult for her family, and they decided to discuss with her the possibility of exploring some new solutions.

Sonia's family has set up a daily reminder system to help her keep track of her medication schedule. The reminder system enabled her to stay in control and in charge of her own healthcare decisions and enhance her independence.



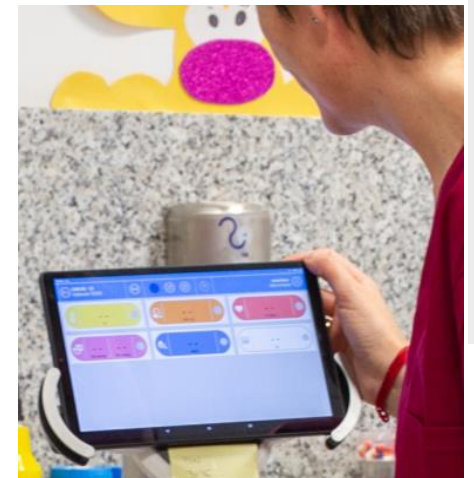
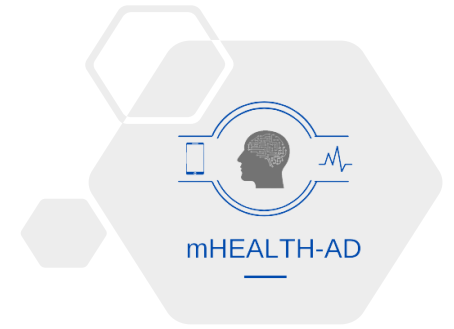
Source: <https://pixabay.com/el/photos>

Use case 2-Communication

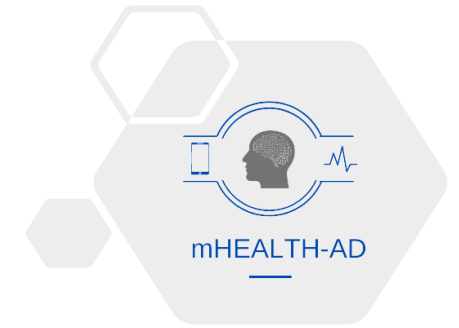
Marta is an elderly woman who receives professional care in her home offered by a local Home Care Company. Usually, the same team of caregivers' support Marta, but sometimes due to illnesses or vacation time of the originally assigned caregiver, a new caregiver must attend her.

Mobile health applications designed to exchange information on her life, family situation, routines, preferences, favorite food and health-related data, etc. can help to overcome this stressful situation for Marta as the new caregiver enters the home fully informed.

When friends & family visit Marta, the same mobile health application can help them to communicate on topics that interest Marta at the same time as they can add important information or photos related to recent activities, old hobbies, or places of importance to Marta.



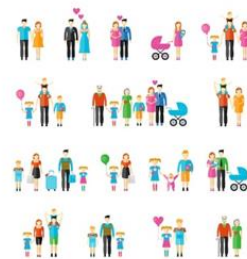
Activity-Communication



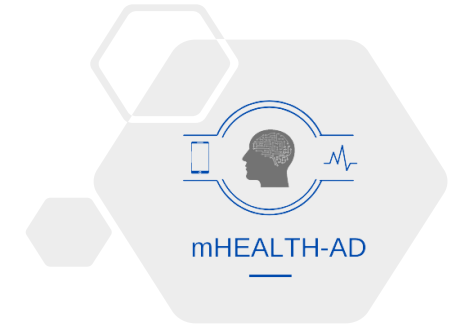
Sit down with a partner and take 5 minutes to create a basic communication sheet. Pick a topic category (past experiences / daily activities / preferences etc) and ask some simple questions:

- What is your profession?
- Do you have a family? Spouse, children, divorced etc?
- Have you traveled a lot?
- What does your morning routine look like?
- What are your hobbies?

Once you have finished with the questions, download some pictograms <https://www.freepik.com/free-photos-vectors/pictogram> which fit to these questions and add them to your communication sheet. Present the conversation sheet to the rest of the group.



Activity-Calendar



Let's get start!

Create in Google Calendar a week with daily activities (grocery, housework) and social events!

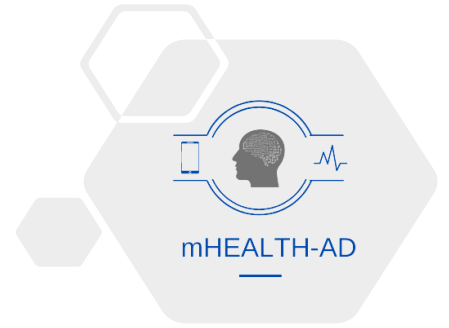


Source:pixabay(<https://pixabay.com/photos/iphone-grandmother-mobile-4130253/>)



Source: <https://www.pexels.com/photo/senior-women-using-smartphone-while-surfing-internet>

Discussion



Communication:

Think about other topics which you would like to be able to have included in your communication sheet. What kind of pictograms could help you to communicate in the future?

Planning:

- ✓ Difficulties or obstacles in using apps for planning
- ✓ The kind of support you find most helpful
- ✓ The impact on your daily activities

Questions



Thoughts and Doubts

