



**Northern Periphery and
Arctic Programme**
2014-2020



EUROPEAN UNION

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European Regional Development Fund

Mobile GPS security alarm



RemoAge
REMOTE SUPPORT OF AGED PEOPLE

Mobile security alarm with GPS

T1.5 Navigational and safety support

Summary

There are various types of mobile security alarms with GPS, such as watches or other small devices that hang around the neck or are carried in the pocket or a insole that is put inside your shoes. The devices are designed for persons with cognitive impairment who receive a mobile security alarm as a support and aid when they are outdoors. The means of assistance are granted according to the individual's needs and ability to handle the equipment and using the equipment require the individual's consent. The digital aids are used by persons who live in their own home or in nursing homes. The aim is to create safety and security that empower the user to freely go outdoors. The service support physical activity and enable a more independent life for of the individual users. The alarms from the security alarm are received and handled either by relatives, home care or staff at nursing home. The use of mobile security alarms increases the safety for persons, relatives and staff, and enables you to retrieve search as soon as possible if the need arises.

Typology of Impacts

Tangible impacts

Improved access to services

Cost savings

Time savings

Reduced energy consumption

Reduced environmental impact

Business development

Job creation

Improved competitiveness

Other tangible impacts (specify)

Intangible impacts

Building institutional capacity

Raising awareness

Changing attitudes and behavior

Influencing policies

Improving social cohesion

Leveraging synergies

Other intangible impacts

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Mobile security alarm with GPS

T1.4 Flexible support of family carers

A service for mobile safety alarm with GPS that increase the users independence and safety.

Service end users

Users who have early onset dementia or other forms of limited cognitive impairments but need to move and be physically active, as well as living a more independent life. The service is suitable for persons who live at home or at nursing homes.

Challenge

Older people who want to continue to live in their homes but feel insecure when going for a walk, either because of cognitive impairment or risk of falling or elderly people at nursing home who needs physical activity. Relatives to people with cognitive impairment are often anxious to allow the person go out alone because they are worried that they cannot find their way home again. At nursing homes, people with cognitive impairments and need for freedom of movement are often frustrated if they cannot move in larger areas than inside area of the nursing home. Normally staff goes on walk with individuals with such needs, but sometimes the users don't like this. The mobile safety alarm with GPS creates security for both relatives and staff, and they can allow the person go out alone, which makes him/her calmer.

Service provider roles and Collaboration

Social services in the municipality have the main responsibility to support frail older persons. Persons with a need for mobile security alarms with GPS can rent the device as a home care service. Either relatives or home service staff in the municipality search for the person if the person gets lost and cannot find to home. At nursing home the staff is responsible for looking out for a person who has not returned from his walk.

Service availability

Gällivare, Haparanda, Kalix, Luleå, Älvsbyn och Övertorneå municipalities in Norrbotten, Sweden.

Service Delivery, process and organization

There are various types of mobile security alarms with GPS, such as watches or other small devices that hang around the neck or are carried in the pocket or a insole that is put inside your shoes. The aim of this service is to increase participation and activation outside the home and create greater freedom of movement for individual users. Persons with cognitive impairment get a mobile security alarm as aids to use when they go out. The means of assistance are granted according to the individual's needs and ability to handle the equipment and require the individual's consent. The aids are used for persons who are living at home and nursing home. The alarm signals from the security alarm are received and handled either by relatives, staff in home care or nursing home.

The use of mobile security alarms increases the safety for the person, relatives and staff, and enables you to retrieve search as soon as possible if the need arises. Relatives or staff can via computer or smartphone locate the person who use the alarm or when the person has not returned and can quickly find the person.

Technology and tools

The service provider who is responsible for search can be relatives or care staff installs an application on their computer or tablet where they can locate the person wearing the alarm if a situation arises where the user needs to be found. The individual user has the mobile safety alarm with GPS when he/she is outdoors.

Service support

The care staffs need to learn how the program works and introduce the technology and equipment for the users. The service provider introduces one or more super users in the workplace to use the equipment. This person and the municipality's IT support further train relevant personnel. The staff has trained with the technology before placing them at the users. The service provider provides support via the internet in case of technical issues with the product.

Implementation process

The implementation process starts with a workshop. Participants in the workshop need to be managers from the organization that aims to provide the service, staff from home care, nursing home and project leaders for the introduction and implementation of the service in the community. The purpose of this workshop is to develop a plan for implementation for when the service pilot/implementation begins. After the meeting project leaders together with some staff create routines for the new work method. It is also important to plan for which activities the team needs to do before they start providing the service. Then they test the new working methods, local evaluation has been implemented via focus groups with staff and questionnaires for patients, relatives and staff. These documents have been presented to decision makers to guide decisions on full scale implementation of the service.

Further evidence and implementation guidelines in Swedish are available in the attachment section of the EMS system.

Skills, knowledge and competences

Home staffs have learned to use the GPS web service. Investigator of aid needs or homed care staff have shown users how the service works and local IT units have been helpful with training and support.

Risks and Solutions found

Risks;

- Poor internet access
- Fear of using new technology
- Finding users who want to participate in service pilots
- The care teams do not see the benefits of the service

Solutions;

- Activities to identify people for to the pilot and show them how the service works
- Training of assistance workers, home care staff and relatives in using the services
- IT technicians check internet access and download software in affected personal computers / tablets

Communication and dissemination

The professionals who assess care and support needs inform users about the possibility of receiving mobile security alarms with GPS. Project leaders have visited retirement organizations both to inform about the service and to spread the experience of it. Information has been distributed through local newspapers, articles in newspapers, radio and television interviews and conferences.

Service longevity

The participating municipalities have all implemented this service in their regular service offerings as a consequence of the RemoAge pilots.

Output metrics

- 39 users have used the service during the pilots. The service has following the project been implemented in all 6 participating municipalities
- About 30 professionals in municipalities have received training and are working with providing the services.

Tangible impacts

Improved access to services

6 municipalities in Norrbotten are now offering the service and several more municipalities have shown interest in implementing the service and some have already begun implementation after being inspired through RemoAge dissemination activities. Individuals who are using the service have in interviews expressed a greater sense of freedom, which increases participation and physical activity. Increased feeling of security has been reported by relatives and staff.

Time savings

The time the staff would have devoted to accompanying the person on a walk.



RemoAge is an EU-project that will find new ways of working with support to allow vulnerable older people to live longer in their homes in sparsely populated areas of northern Europe.

To support older people, family carers and healthcare staff, digital solutions and service packages will be tested and evaluated within the project.



Mobile security alarm via GPS

What is it about?
 Mobile security alarm enables people with impaired memory to do activities outdoors without needing assistance from a carer.

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Who is it for?
 The target group is patient/users with impaired memory functions who live in their own home and nursing home

How does it work
 The patient/user has a devices with alarm button so they can call for help if the feel insecure or unsafe. The devices have a GPS function so that the carer can see the patient/users position and take appropriate action.

Results

- People with impaired memory and their families feel safer and have greater freedom to live an independent life
- The carers feel safer in knowing that the user can use the alarm to call for help when needed
- Less worried patients provide a calmer environment in the nursing home

**For More Information
Please Visit RemoAge.eu**



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