The Growth of Cutting Edge Technology-Enabled Care in Aging Services

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Health System Challenges

- The “Age Wave”
  - Growing senior population
  - Caregiver shortage
- Rising acuity rates
- Higher cost of care
- New Healthcare Models
  - Accountable Care
  - Shared Savings

Success in a Changing Environment

Triple Aim
The Institute for Health Improvement

- Improve Health of Population
- Enhanced Care Experience
- Reduce Total Cost of Care

Impact for Aging Services

- Hospital systems focus on shared savings and decreased re-admission rates
  - 50% of hospitalized residents return to community
- Coordination of care and prevention of hospital use - essential to financial success of healthcare system
- New models of care to promote aging in place
- Increased application of technology
“A good hockey player plays where the puck is. A GREAT hockey player plays where the puck is going to be.”

Wayne Gretzky

**Good to Great**

Technology to support an “Aging in Place” model

- Baby Boomers want to remain in single family homes as long as possible
  - Traditional in-home care
  - Technology enabled care
- Tech-savvy boomers want options
- When moving to community setting, availability of technology used in care will be deciding factor

**Keys to Success in a Changing Environment**

- Ability to adapt to the changing requirements of senior care
- Ability to institute effective care practices that result in better health and wellness, and greater independence for seniors, at the best possible cost
- Ability to deliver quality care where and when it is needed

**Adopting Technology in Healthcare**

A Vision for Healthcare Enabled by Technology

- Activity/safety monitoring
- Engagement/communication
- Emergency/fall/wandering monitoring
- Medication management
- Vital signs monitoring
- Telehealth
- Others
Activity & Safety: Remote Monitoring
- BeClose
- Care Innovations by GE & Intel
- eNeighbor by Healthsense
- GrandCare
- Lively

* List is not inclusive and products are not endorsed

Engagement & Communication
- GreatCall from Jitterbug
- Independa
- It’s Never Too Late
- LivWell Health
- Luminosity

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Emergency, Fall, Wandering: Pendants
- Care Innovations
- eNeighbor
- Guardian Medical Monitoring
- Philips Lifeline
- QMedic
- VRI
- Navistar GPS Shoe

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Medication Management
- Dispense-A-Pill by HealthOneMed
- Manage My Pills by Philips
- MedFolio Pillbox
- MedMinder

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Vital Signs Monitoring
- Cardiocom
- Care Innovations
- GrandCare
- eNeighbor
- Simply Home

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Other Technology
- Proteus Digital Pills
- HealthSpot Station
- JustShakeIt
- Google Glass
- Mobile devices

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Technology-Enabled Care

- Combines the best of focused personal caregiving with innovative technology tools
- Enables caregivers to provide superior support and care services
- Caregiving shifts from reacting to health crises to prevention and early intervention
- The vision of *Triple Aim* now becomes more achievable

Traditional vs. Technology-Enabled Care

- Observation of resident wellness
- Reporting of personal wellness
- Vital sign measurements
- Compliance to care plan
- Crisis management

Balancing High Tech with High Touch

- Technology is not a *substitute* for personal care
- Caregivers can be more effective
- More time for resident interactions
- 24/7 resident oversight maintained
- Fewer personal intrusions = increased privacy & independence
- Additional health conditions often uncovered, resolved

The Lutheran Home Association
Experience with TEC

Remote Monitoring Technology

- Remote monitoring system that utilizes sensors to track activities of daily living, far advancing the traditional emergency response system
  - 24/7 monitoring and real time data without personal intrusion
  - Accurate, objective information
  - Customized thresholds and alerts
  - Early detection of health and wellness issues
  - Information is available to utilize with medical professionals at appointments

Remote Monitoring Example

- Small sensors
- Telephone & email alerts
- No cameras or microphones
- Vital sign monitoring
- Check-in or reminder calls
- Early care intervention
Proactive Intervention

- Proactive vs reactive allows early intervention
- Monitoring medical conditions:
  - UTI's
  - CHF
  - COPD
  - Constipation

Informatics

- Trend Charts
- Health Alerts
- Care Plan
- Sensor/Monitor Events
- Data
- Information
- Knowledge
- Wisdom

Enhance Senior’s Experience

- Can remain independent longer
  - Automated reminder calls
  - Customizable alerts
- Less intrusion
- Increased safety
- Reassurance for family members
- Family satisfaction
- Enhanced care through staff accountability

Now What?

- Healthcare is changing
- Change can be difficult at times and we can help each other
- Technology-Enabled Care is vital in achieving the Triple Aim vision
- Each of us has an important role to play in making the vision a reality
- Be curious, ask questions
- Embrace technology!

Are you ready to move from Good to GREAT?
Healthsense Care Alliance

Kathy Messerli