

# Abilia

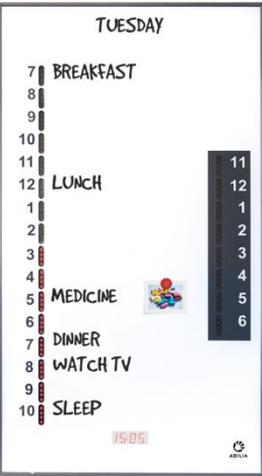
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ABILIA

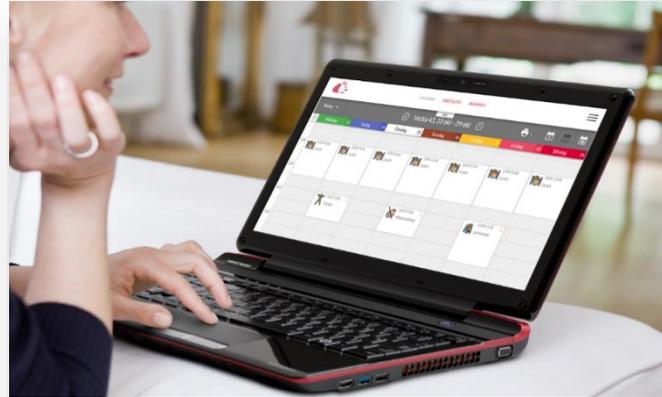
# Hi-TEC & Lo-TEC Cognition Aids

				
Manage time and single events	MemoTimer	MEMOdayplanner	HandiCalendar	MemoPlanner
Plan the days events	✓	✓	✓	✓
Plan today and ahead		✓	✓	✓
Checklists			✓	✓
Remote support by relatives and caregivers			✓	✓

# Building better outcomes

HandiCalendar can support

- Autism
- ADD/ADHD
- Dyslexia
- Mental Health
- Learning Disabilities
- ABI rehab
- Stroke rehab
- People living with Dementia



By using myAbilia and assistive aids, we can help individuals:

- Build positive routines
- Increase communication
- Reduce anxiety
- Build independence and life skills
- Manage social isolation
- Reduce friction when learning new skills

# Case feedback

MJ - wanted to focus on personal hygiene – staff recorded their own voice notes, including each staff member's voice into M's calendar to make her aware of their rota as this helped M to feel more secure. Their voice notes gave clear, precise instructions for personal care tasks like brushing teeth, showering or cleaning her room. Coupled with clear photographs of M's belongings, there has been a marked improvement in M's cooperation with her planner and increased awareness of routine.

PP – P is fiercely independent and uses his planner for medical appointments alongside using it as a journal to track what he's written about each day. P is a writer of local history books and his planner enables him to be independent and manage his own time, but also prevents missed appointments. P also uses his planner to record health issues and concerns, so that he can discuss those with family members and care providers as well as feeling more in charge of his own medical conditions. On a recent visit to his Consultant P was able to go back into previous days to discuss medical issues in much greater detail via his planner.

GR – G lives with P and uses his planner to build routine into his volunteer work - G enjoys his 3 days a week work but can overrun on tasks so having set timers allocated within tasks enables him to be more in control of his own work. His planner focussed initially on few tasks and gradually increased once G was confident – G's planner is connected via an apple watch, so his support is unobtrusive.

AFG – are using the planner to log information for appointments and sessions, enabling other OT's in support team to access info and understand what each individual needs each day. Also using planner to help support individuals access more activities within the scheme and encourage taking part in activities and clubs to rebuild independence.

# Case feedback

Ian uses his planner to support him to take his medication daily. Staff support Ian 24/7 due to health conditions, and Ian has expressed that he wanted to become more autonomous over his own medication. Staff used planner to help remind Ian to take meds on time and to feel more in control. Once Ian had routinely begun to use planner, staff were able to add more tasks into his planner and Ian is now looking for work. His planner reminds him of appointments and events alongside the medication reminders, and Ian now wants to help our team at Abilia to train other individuals to become more independent using technology.

LG – Initially L was resistant to trying the planner as he hadn't previously used technology. Care provider mentioned that he loves football so we loaded his planner with all of the Arsenal and Shrewsbury Town fixtures to build up L's confidence. Once staff were happy he was routinely using – and embracing - the planner they began to add in personal care tasks which L took notice of and began to complete with minimal staff input and support. L uses his planner to remind him to eat healthily, which was a target set by L at the start of the pilot, and L now helps staff write the meal plan for each week.

PS – P lives with two other men and has minimal literacy skills. Staff were initially concerned about implementing planner because of this – decided to use personalised photos and voice notes for every task and P is engaging and building up time out of the home with support – during lockdown P became very dependent on staff for personal care and this is gradually reducing now that staff are building independent skills and routine into P's planner. P enjoys gardening and staff have scheduled longer periods in the garden to encourage P to be more mobile and to encourage physical activity, which has been particularly important as P's day-to-day routine was completely upset by last year's lockdown.

# Case feedback

- D is 18 and is supported to live as independently as she can. D is Autistic and is determined to have autonomy over her own routine and life. D can at times exhibit risk-taking behaviours which her care providers agree is partly down to her age and partly about wanting control – they've used D's planner to minimise some of those risks whilst also giving D the support she still needs. MyAbilia enables staff to be more hands-off which in turn helps D feel confident.
- E – is 17 and uses her planner during the two days she attends college, but also to support her independence at home. E and her Mum both agreed when they implemented the calendar that E's Mum's support was more often seen as nagging, leading to friction. E's calendar means Mum can continue to support remotely via myAbilia whilst E feels confident that she knows her own routine. E's planner has improved timekeeping in College, has increased E's personal hygiene and has noticeably reduced friction between E and her Mum.
- W – W is in his late 70's and hadn't used technology previously. W's support team felt that he could be encouraged to come out of lockdown via his planner, and whilst W's daily routine is still very much led by staff, W uses his planner to communicate with his support workers and to remind them of activities he enjoys. The team input W's favourite activities like FaceTiming his Sister and cooking with his support worker, and W took to using his planner daily very quickly.



**ABILIA**

Thank you for listening;

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