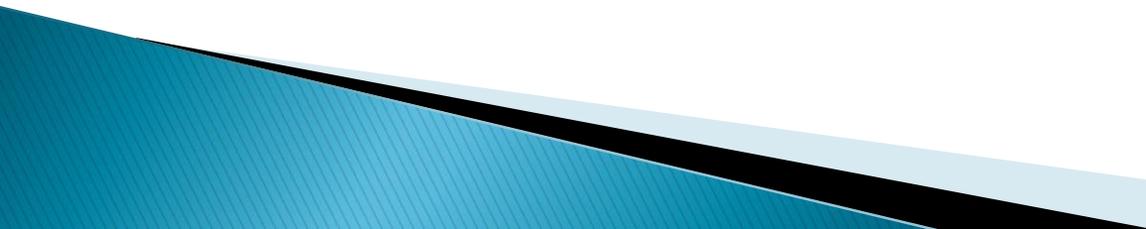


# Kay Smith

Service user  
Vascular Patient  
Dermatology Patient  
Diabetic Patient  
Cardiology Patient  
Author  
Patient Advocate  
Retired Nurse.



# Joining up care

A consultant who heads up a team to co-ordinate care for individuals for the journey through the NHS from acute care and incorporating Social care and housing needs for clients with Chronic conditions.

Looking outside of the box of conventional care for what is in the clients best interests.

Alternative Therapy's.



# Self Help

Looking for alternative help by advocating for others as a Tenant Participant in the Housing planning and implementation.

Looking for Innovation that can help with day to day living.  
Suggestion of trying VR and Alexa Shhhhh don't say her name  
in case she's listening

Most people will have heard of AI.... But few will know about VR.

# Using VR or Alexa in care Setting

VR used to be attached to a smart phone, now its an single headset that connects to the internet and has millions of programs to help with a multitude of therapeutic conditions

Alexa can do lots more than the average person thinks she can in a social care? Amenity housing usage.

# Smart Innovation at work

Smart Housing Units are leading the way in Innovation in social care.

From closing blinds;  
to switching lights off,

Sensor Pads both in seating and in Beds,  
Alerting response Teams to inactivity/Falls.

Appropriate to each individuals needs

Shortly it will be able to allow care teams to respond visually on TV where appropriate

# Virtual Reality in Social care

During the pandemic and the near two year period of isolation called shielding!

Virtual Reality was used more than could have been imagined in Social care.

Allowing people to connect in virtual forums if able to do so. People able in their minds at least to get out of the confines of their homes.

Bucket lists achieved for Others.

# Finally

I have used VR and A.... now for 3 years.  
I've used it for Mental health during Shielding  
Coping as my condition deteriorated.  
After the trauma of acute kidney failure  
After a Heart attack

Mostly I use it for pain, every day.

I've used A... daily to assist in living an independent life  
Now its used for every aspect of my care, till my last breath, But  
as My VR doctor has told me often.....

“NOT TODAY”