



PEDALLING DOWN MEMORY LANE

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Residents of Anchor care homes are using technology to stay active while taking a 'trip down memory lane', helping them to unlock happy memories from the past and build new ones in later life.

Anchor is piloting Memoride in some of its Yorkshire care homes. It enables users to pedal their way down fondly remembered paths or new destinations that they've always wanted to visit.

The technology works by attaching a small chip (similar in size to a memory card) to a pedal exerciser. The motion generated on the pedals is fed to a tablet through Bluetooth, which is connected to Google Maps, where the journey is displayed on Streetview mode. The tablet connects to a TV screen, also through Bluetooth, so that the journey can be watched by everyone in the room.

Anchor has four pedal exercisers and one piece of Memoride technology. Even though one person is controlling the journey with the chip connected to their pedals, everyone pedalling goes on the same journey. This is designed to encourage engagement, giving the residents things to talk about – like sharing memories of hometowns and holidays.

Among them is Jean, 85, who has dementia. She has lived at Thornton Hill care home in Skipton for a

year and recently used Memoride for the first time, describing the experience as 'marvellous'.

Jean took a ride along the seafront at Morecambe where she used to holiday regularly, and this prompted memories of trips to Blackpool, where – when Memoride took her to the Pleasure Beach – she shared stories of watching the dancing at the Tower Ballroom.

Jean also visited the streets of Silsden, where she grew up. She began to talk in detail about the places her mother worked, telling animated stories about the visits she and her siblings would take to see her. Jean recalled the bar she used to go dancing at on a Friday and as she moved around the town would regularly say, "Wasn't there a picture house in Silsden?" and "The school is near here, I'm sure it is."

After using Memoride, Jean was visibly happy and laughed about the fact that she hadn't moved her legs like that in while.

This has been a typical reaction to using Memoride, as Diane Armstrong, a service improvement advisor at



AROUND 10,000 PEOPLE EXPLORE THE WORLD THROUGH MEMORIDE EVERY DAY – IT'S USED IN MORE THAN 100 NURSING HOMES, DAYCARE AND REHABILITATION CENTRES AND HOSPITALS ACROSS 10 COUNTRIES.

Anchor, explains: "Like Jean, the impact on those that have used it is noticeable and almost always positive. When we complete sessions, people are tired and happy – and that is good, physical exertion is healthy."

She has already seen ways that Memoride is helping staff to learn more about residents.

"It helps to unlock memories that we wouldn't otherwise necessarily get to, and this helps us to plan activities that are more tailored to them, as well as other aspects of their care.

"For example, one gentleman went to Benidorm on Memoride which is where he's told us he used to go on holiday. He cycled past a restaurant and said: 'I used to love eating the paella there!'. So, we found out something new that he likes to eat, that we can serve him."

Memoride doesn't just give residents the chance to relive past journeys

and places. Anchor residents have been able to visit new places and it has been used during the pilot to help prepare residents for days out.

"If we are taking our residents somewhere new, they may feel quite anxious," Diane explains. "We have used the technology to visit the place virtually first and take a look around, which has helped to alleviate this anxiety when they really visit. Some residents can't go on the actual visits, but they can go to all the same places using Memoride, so they are still included."

Staff are now looking into ways that Memoride can be used as an aid to rehabilitation following surgery or injury, and to help improve mobility and reduce falls.

Diane continues: "The exercise is another element and it does promote mobility; often residents can cycle for a period of time without realising

they are exercising, because they are absorbed in the journey. Memoride records the distance and time so we want to look at working with local GPs to see how this can be incorporated into health and rehabilitation plans."

As Anchor rolls out Memoride to more of its care homes, there are plans to identify 'Memoride Champions' in each team, recognising the need to have the right support and skills to successfully embed technology.

"Technology like Memoride is a financial investment but also one of time and effort, so you need the right skills and attitude from members of staff who want to use it and really get what we're trying to achieve.

"However, once staff see the residents using it, and how much happiness it brings, it's hard not to get on board!"