

Remote Support for Structure and Planning to Aid Independence



8
9 ← HAIRDRESSER
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11
12 LUNCH
13
14 JOHN VISITS
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18 TV
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20 EVENING WALK
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Who are we ?



Abilia UK Ltd

- UK base for over 45 years
- Acquisition 8 years ago, now Swedish owned business
- Cornerstone of Scandinavian business is Cognition Solutions
- 20 year history in developing our core solution HandiCalendar



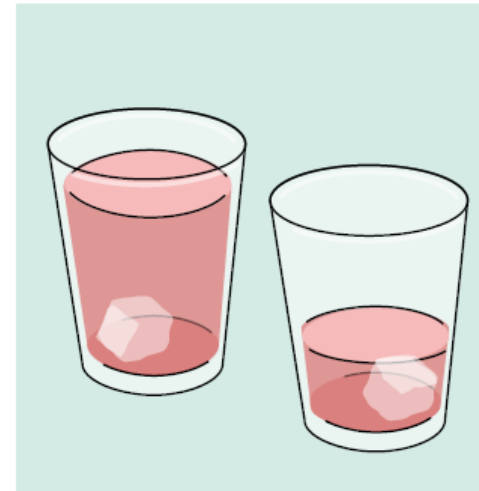
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The Quarter Hour principle to help with time

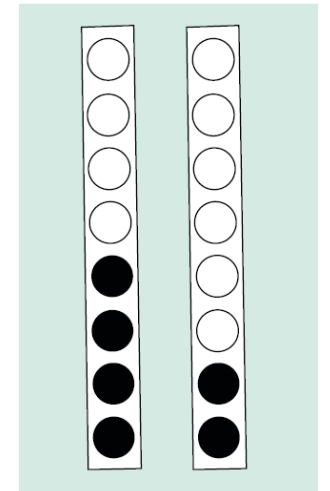


How Abilia makes time visible

- 1 dot = 15 minutes 'A quarter hour'
- Countdown to an event
- Fixed, countable, steps
- The dots disappear from top to bottom
- More than 8 dots = "A long time"
- Most people understand **more** or **less**
- When a dot disappear it becomes less time



More or Less juice



More or Less time

=> The "invisible" time becomes visible



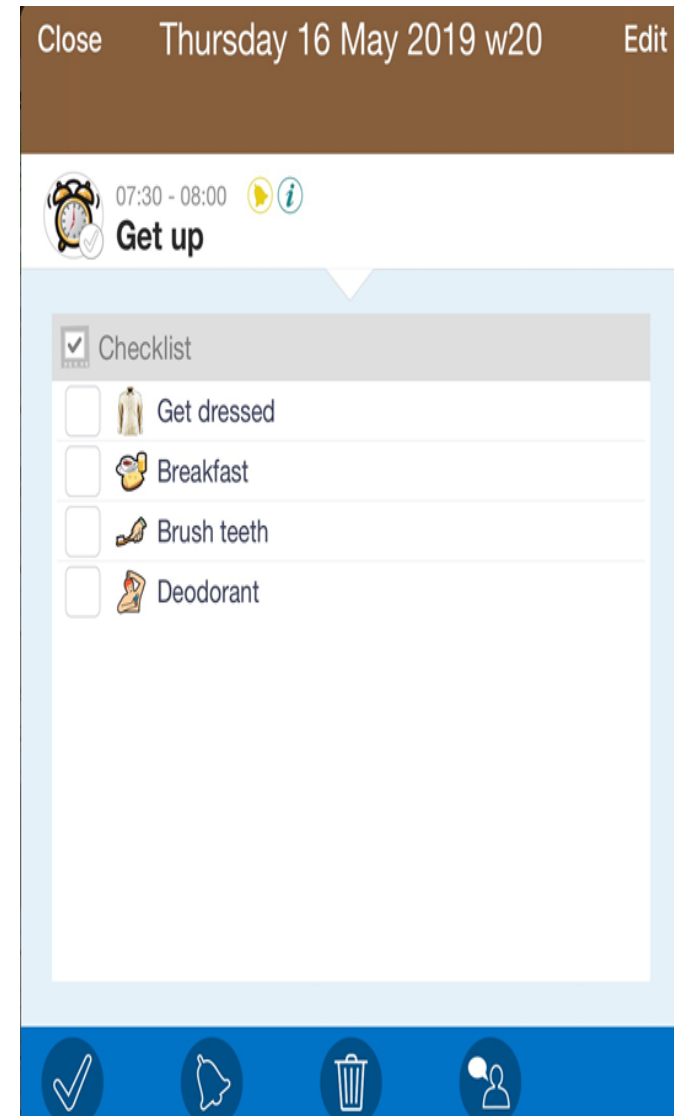
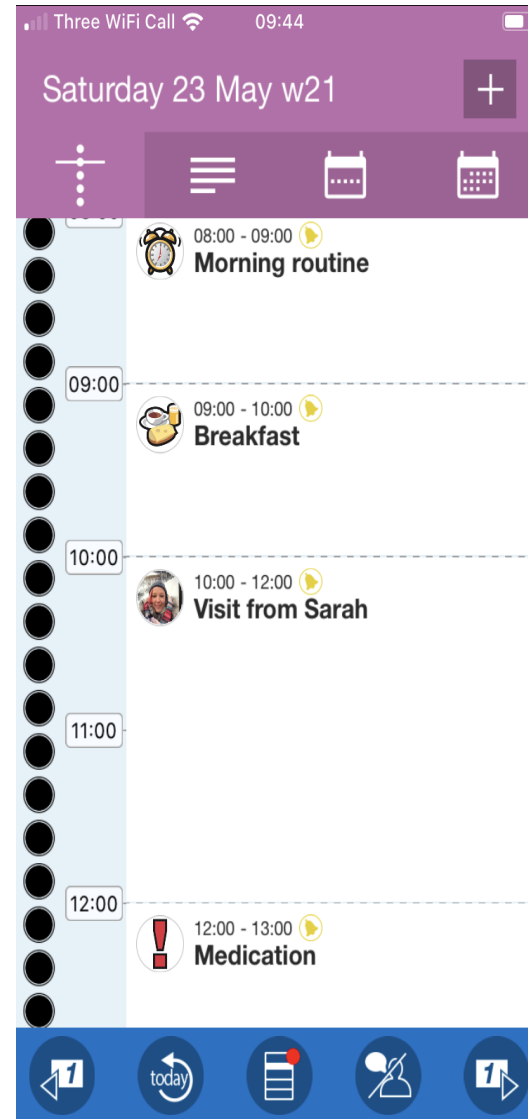
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HandiCalendar

HandiCalendar

Manage daily routines with remote support;

- Time pillar
- Customised activities
- Add check lists, notes, voice memo, timers, URL, address, phone number, pictures
- Use photos from camera
- Voice support
- Alarms, reminders
- Infinite calendar



When is Sarah coming?
What did I do yesterday?
How do I cook my dinner?

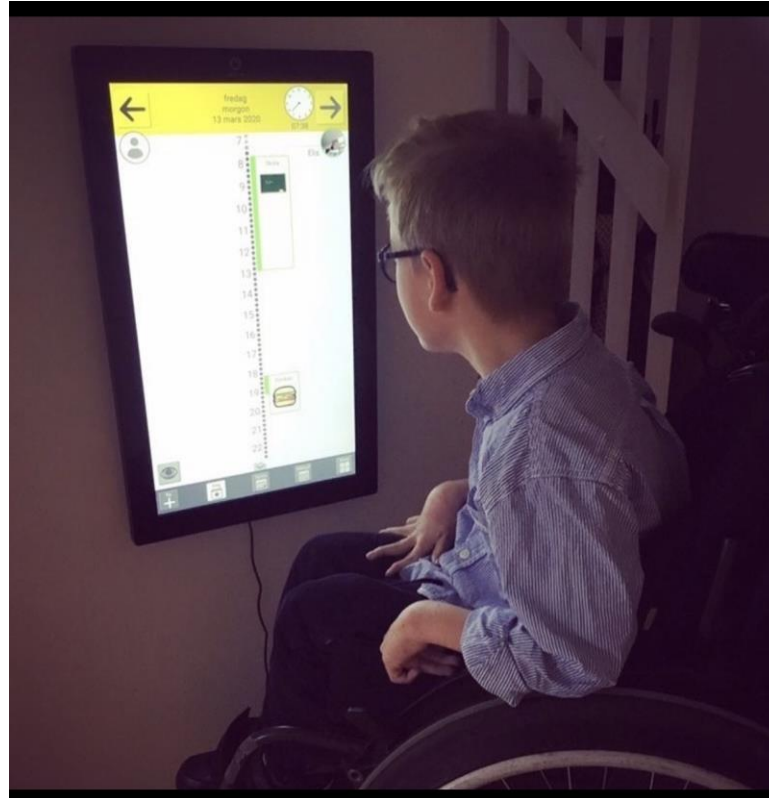


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MEMOplanner

Manage daily routines with remote support;

- Dedicated device
- Customised activities
- Add check list and notes
- Use pictures, symbols and photos
- Voice support
- Alarms and reminders
- Free mobile app
- Infinite calendar
- Remote routine management for family and carers



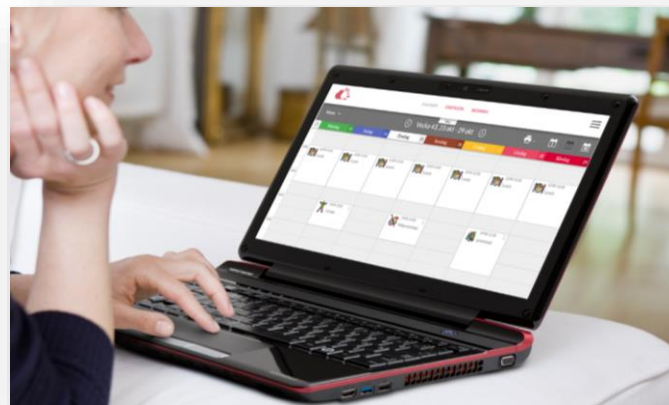
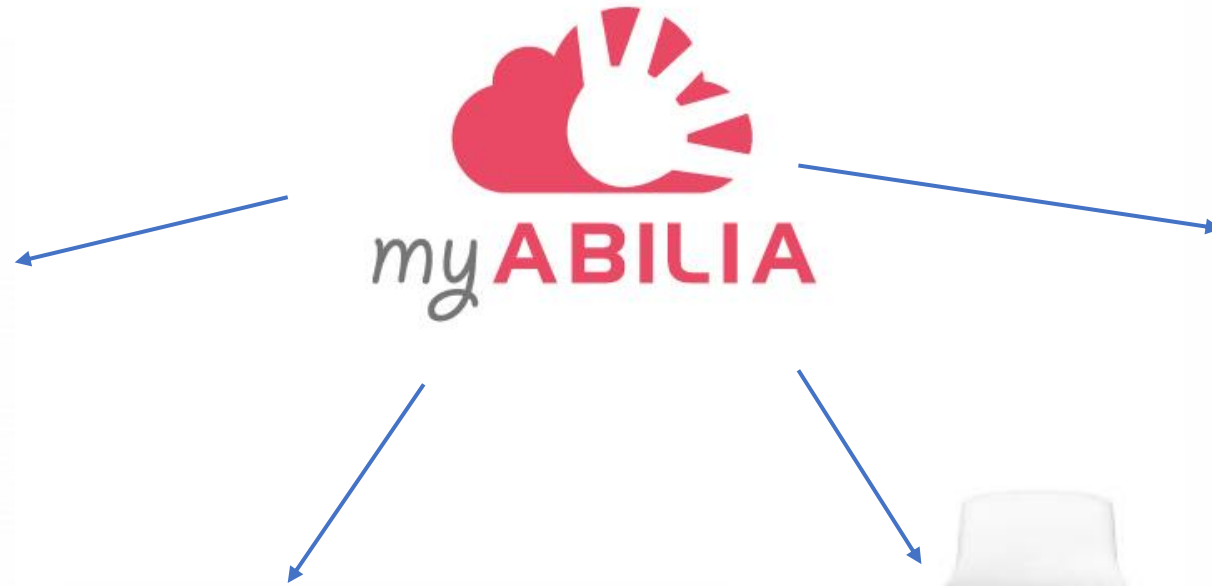
Available as a large wall version and a medium tablet version.

How do I make a cup of tea?
What time is lunch?
What do I need to remember when I leave the house?



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myAbilia for remote support with HandiCalendar and MEMEplanner



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How do Abilia solutions help?

The advantages of using technology for supporting daily life

- **Increased self-esteem** – *I can do this myself, encourages independence*
- **Increase in motivation** – *gives focus, encourages get up and go, encourages participation in life*
- **Increased understanding of time** – *makes time visual*
- **Improves relationships** – *reduces the need for supervision, reduces stress and anxiety*
- **Saves time** – *clear instructions and structure to the day*
- **Memory support** – *pictures cement understanding and remind whos who, reminders for important tasks or occasions such as bills and birthdays*
- **Portable** – *available on mobile phones*
- **Remote support** – *myAbilia for family and carers*
- **Increased support for carers** – *more independence, more time to self*



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To stay independent for longer

Thank you for listening to our presentation, please contact us for more information on all of our time management solutions

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