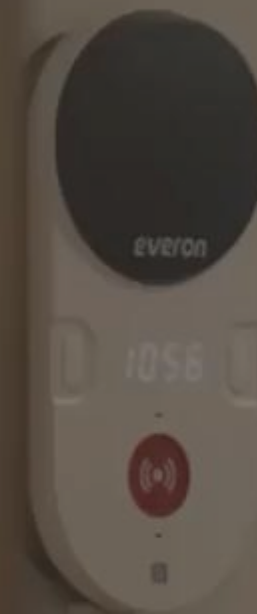


Using data and AI to transform housing and care at home

Evercare: Everon + Howz

Kate Fairhurst, Howz



everon
howz

What Evercare set out to understand



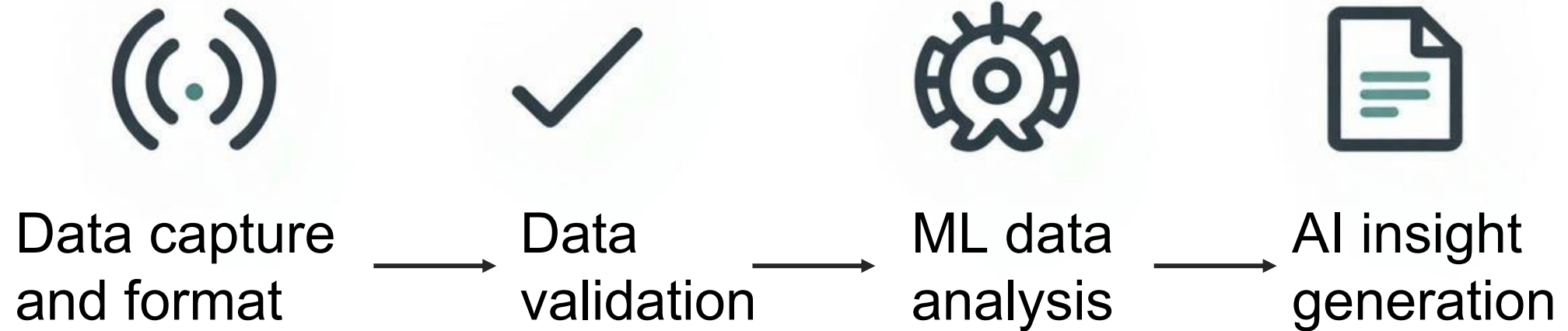
Can we detect change?

Can we produce actionable insight?

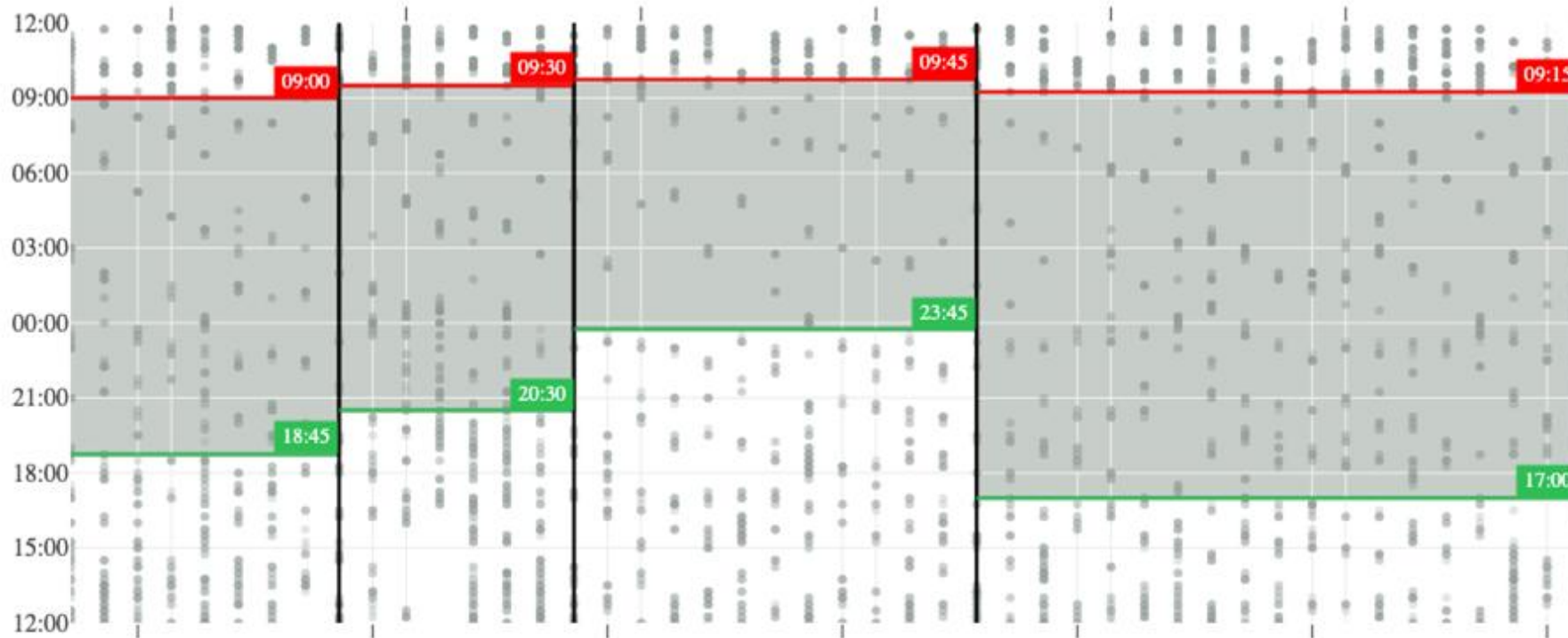
One device. Three capabilities

Alarm • Fall detection • Insight

How we approached the challenge



What we found



Routine • Change • Sleep • Risk

Why this matters in housing and care

Older adults with **poor sleep** have a **47 percent fall rate** vs 27 percent with normal sleep (Finkelstein et al., 2013).

Sleeping **under 5 hours** makes individuals **1.8 times more likely** to fall (Krause et al., 2017).

Sleeping **more than 9 hours** increases fall risk by 26 percent (Finkelstein et al., 2013).

People with **chronic sleep disturbance** have a **55 percent fall rate** vs 35 percent without disturbance (Jeong et al., 2016).

Sleeping **under 4 hours** is associated with a 4.6 times higher fall risk (Belenky et al., 2023).

Individuals with **chronic insomnia** experience falls at **42 percent** vs **28 percent** without insomnia (Krause et al., 2017).

Preparing for the digital switchover



This is your opportunity to think differently.

One device. Three capabilities

Alarm • Fall detection • Insight

Thank you

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