

ExtraCare: Technology Enabled Housing

Michael Spellman
Wellbeing, Research and Innovation Lead

Introduction



Addressing Frailty



Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common **symptoms in mild dementia** include forgetting the details of a recent event, though still remembering the event itself, repeating the same question/story and social withdrawal. In **moderate dementia**, recent memory is very impaired, even though they seemingly can remember their past life events well. They can do personal care with prompting. In **severe dementia**, they cannot do personal care without help.



Smart Market and Smart Apartment



Next steps...

Meet Molly Pilot

Using AI companionship to support our residents



**Reduces
Loneliness**

Friendly conversation
and companionship
throughout the day.



**Independence
Prompts**

Timely reminders for
medication, appointments
and daily tasks.



**Fosters Social
Connection**

Shares events, activities
and messages to keep
residents connected.



**We're Evaluating
Impact**

Measuring impact on
wellbeing, independence
and social connection
over the course of
the pilot.



Pilot in progress

Helping us learn, adapt and scale what works.

Smart Spots in Our Communal Areas

Everyday technology in shared spaces to enhance
comfort, convenience and connection.



Voice Assistants

Use Alexa for
information,
entertainment
and support.



Smart Blinds

Automated light
and privacy for
comfort and
energy saving.



Smart Plugs

Control devices
remotely and
reduce energy
waste.



Smart Lighting

Adjustable lighting
to suit activities
and time of day.



Creating welcoming, connected spaces that
enhance wellbeing and bring people together.

Next steps...



Thank you for listening.

Any questions?