

From our testbed partner:



Paul's Story

Paul, 51 has his own flat in an extra care living scheme for people who need varying levels of support. He is a dedicated Southend United FC fan and loves colouring, cooking and meeting up with his girlfriend. His flat is one of 15 in the Longmans scheme which is managed by Southend Care in Essex.

Tell us about yourself

I was 50 stone, living with my parents, sleeping on a mattress on the floor. I didn't go out and I was in a bad way. They got people to lift me out through the window with a crane. I went to hospital to clean up and then to a care home.

When I came to Longmans, I was bed bound still but I've lost half my body weight now – it took two years. I've still got a way to go. I don't eat crisps or drink coke anymore. I have lots of salads and I exercise. The staff here help me make healthy meals. I cook jacket potatoes, curry, spaghetti bolognese and sausage casserole. I do have a treat every so often still!

I've got my own flat and I'm independent. I do all my own washing and cleaning.

Last year I went on holiday for the first time ever with my brother. We went to Butlins – it was good.

“ I've got my own flat and I'm independent.



“ I go out two or three times a week into town and I feel safe. I would have never done that before.

What technology do you use and how does it support you?

I have a phone and a tablet. I play games and do colouring on them. My sister phones me sometimes. There's also a big tablet in the communal lounge here. You can do games and colouring on that too.

I also have an Oysta. I wear it round my neck when I go out and it helps with my confidence. I support Southend United – someone has to! – and I go to matches with my sister and niece. I get a lift back from my brother-in-law and I press the button and say, 'I'm coming home now, see you in a minute' and then the staff here know I'm on my way back. They get worried if I'm late.

If I get into trouble, I press the blue button and the staff say, 'what's the matter, Paul?' And they can see where I am [via the GPS].

Now I go out two or three times a week into town and I feel safe – even when it's dark. I've also got a girlfriend, Linda. She's 56 and lives nearby. We meet up once a week. I would have never done that before.

I love my Oysta, I do. It's great.





Steven Plume is assistant manager at Longmans, an extra care scheme and West Street, a supported living scheme. He supports Paul and other residents to live independently.

Paul has a sleep mat installed in his flat. We talked about what it does and how it can be beneficial to his health. It monitors his wellbeing and checks he's getting a good sleep. It also picks up on anything unusual, like if he's getting up a lot in the night.

Paul has had sleep apnoea in the past. We knew about this previously and the doctor asked us to provide more data. The device is calibrated to let us know if he has any more episodes. In that respect the sleep mat is really helpful as it recognises any issues Paul's having.

We're also exploring some scales that connect to our Amba system and monitor people's weight. Normally Paul has to go into town to get weighed but these scales will monitor his weight here at Longmans.

Paul also uses an Alexa device which reminds him to take his medication. We've set up prompts, so he remembers to do certain things at certain times and he's less reliant on staff. Sometimes he just needs a bit of reassurance.

“ Technology is all about finding things earlier and supporting people better.

What are the barriers?

Like Paul, the majority of people at Longmans are fairly independent. They just need some monitoring support. But a few residents find technology a bit 'big brother'. They're concerned about where their data is being stored.

We offer all the tenants here access to the Amba app so they can see their own data and we show people the benefits of using technology enabled care.

We talk to our residents and their families about how using technology means that rather than reacting to problems that have happened, when it can be too late to put the right support in place, technology is all about finding things earlier and supporting people better.



“ We offer all the tenants access to the app so they can see their own data.

Acknowledgements

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Find out more about this project at:

www.housinglin.org.uk/TAPPI2



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