

# ADLife An Activities of Daily Living (ADL) monitoring solution

*For many older people, admittance to residential or nursing home care is often deemed necessary despite client reluctance and the relatively high cost of care.*

## What is ADL monitoring?

Monitoring ADL is a more proactive telecare service that builds upon the real time alarms offered by telecare solutions. It is designed as an early warning system by providing detailed information on the client's ADL within their home. ADL data includes the usage of doors, electrical appliances (such as kettles and ovens) and also the time spent in bed or sat in a particular chair.

The carer can then access this information over the internet to help them recognise any emerging problems, e.g. an increasing number of visits to the bathroom, enabling them to investigate any potential causes and take action before the problem becomes an emergency.

## Why is ADL monitoring important?

For many older people, admittance to residential or nursing home care or even hospitalisation is often deemed necessary despite client reluctance and the relatively high cost of care, when compared to supporting people in their own homes.

ADL provides an alternative, efficient and cost effective method of tackling these issues through the assessment of the person's ability to consistently perform the fundamental activities of daily living.

The ADLife solution is important because it gives carers additional information about a client's behaviour which is very difficult, if not impossible, to achieve cost effectively by other means. This helps ensure that the packages of care for a client are optimised for their needs and can be adapted in anticipation of their changing needs rather than as a result of an incident i.e. proactive rather than reactive care.



All the reassurance you need

**Tunstall**

## What are the benefits of ADLife?

The system is very simple with the most basic ADL monitoring requiring just 3 movement detectors (Fast PIRs) to unobtrusively monitor:

- **Room transitions** - this includes the number and duration of visits to each room during the day and night which may alert, for example, an increasing use of the bathroom or an increasing tendency to sleep in the living room

By using additional telecare sensors, ADLife can also be used to monitor:

- **Door usage** - for example the number of times the client has used their front or fridge door
- **Electrical appliance usage** - for example how often and when the client has used their kettle or oven
- **Bed/Chair Occupancy** - for example to show how long the client has remained in bed/chair during the day or night and whether they suffer from broken sleep

Each time a sensor is activated the information is stored in the Lifeline Connect+ along with the time of the activation.

Each night the Lifeline Connect+ then sends this data to the PNC5 monitoring centre which sends the collected data over a secure internet connection to the ADLife server where it can be accessed via the ADLife website by authorised users, using a username and password.

The user can view the data in a number of ways including a simple traffic light table and graphs. The system can also be set up to send automatic email alerts should ADL patterns deviate from the client's normal levels.

*ADLife provides information that can be used as part of an early warning system to help recognise any emerging problems before they become emergencies.*



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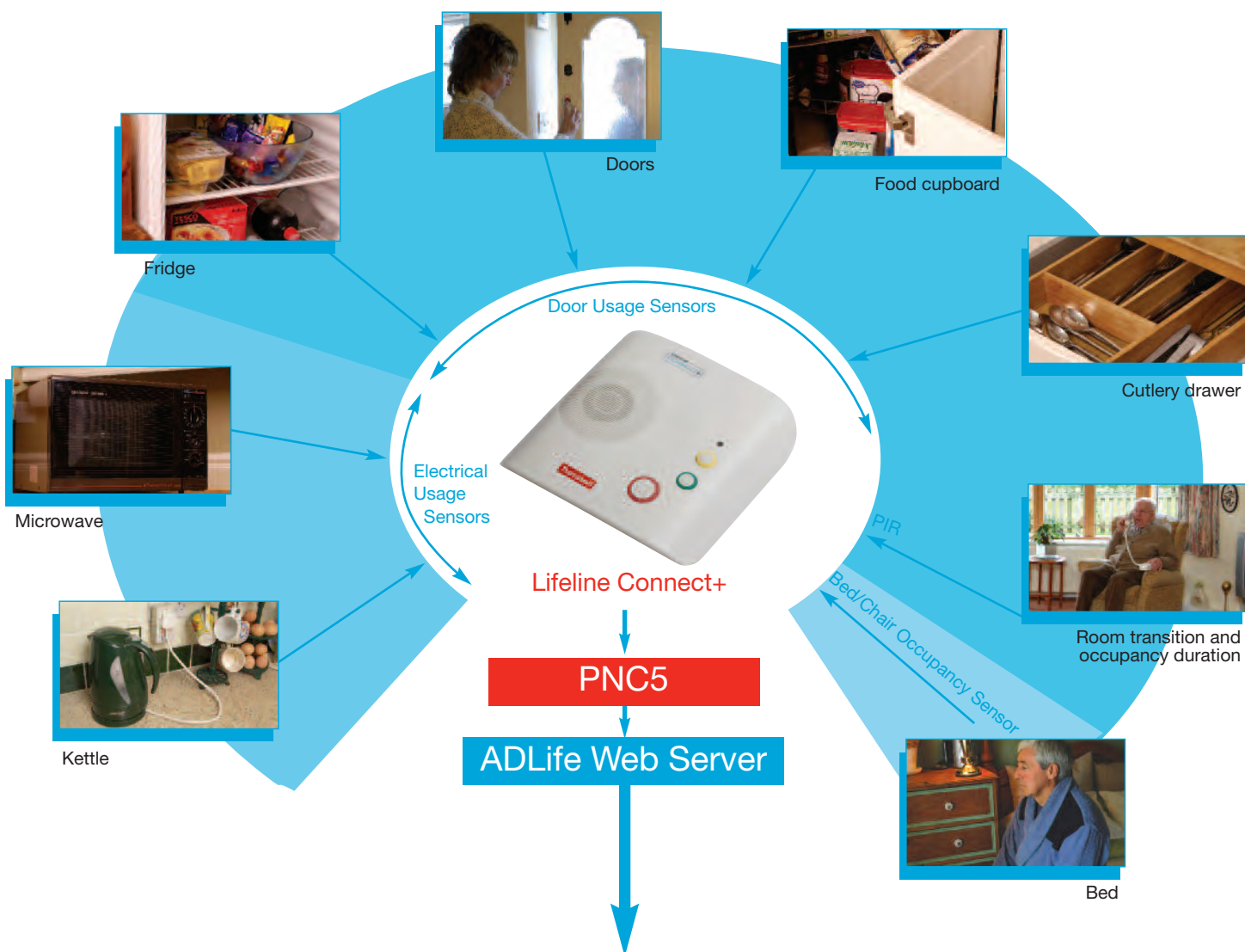
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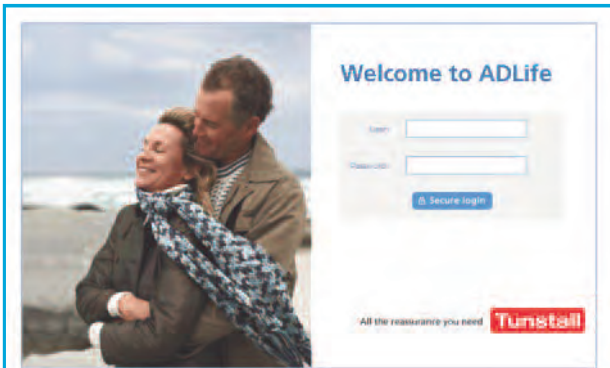
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# ADLife Web Server

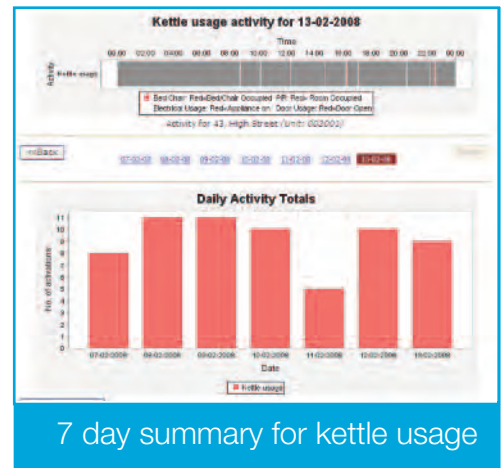


Welcome to ADLife

Secure login

All the reassurance you need **Tunstall**

Authorised User/Care Provider can login to view the ADL data using the ADLife website



Activity summary for 11, Beverley Road (Unit: 001001)

Note: Resident has been away since 09:52, 13/02/2008

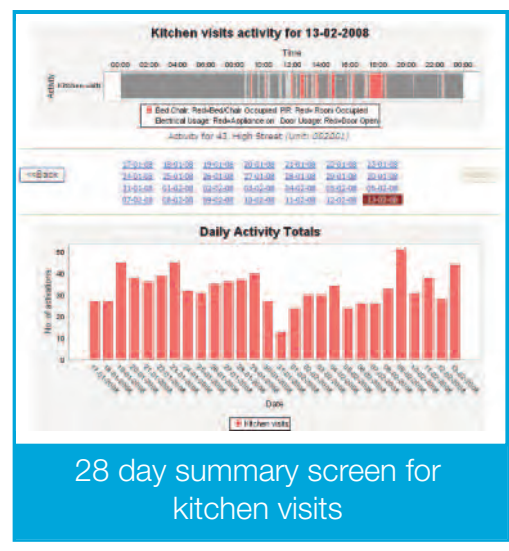
Note: Date range contains periods when the resident was away

Activity	13-02-2008	last 7 days	last 28 days
Master Bedroom visits	2.0	4.1	4.7
Kettle usage	6.0	5.7	5.8
TV usage	5.0	4.6	4.8
Main Bathroom visits	6.0	12.0	13.2
Toaster usage	1.0	1.3	1.4
Kitchen visits	3.0	11.0	12.7
Back door usage	0.0	0.3	0.4
Fridge door usage	16.0	14.3	14.2
Living Room bed/chair usage	29.0	22.9	15.0
Living Room visits	1.3	8.7	9.6
Other door(1) usage	0.0	2.7	3.9
Hall visits	7.0	24.7	26.6

Click on any number for more information (™ = not enough data for full date range)

Compare to average from: last 28 days

Activity summary screen clearly shows the traffic light system



Amend Snapshot email alert settings for 11, Beverley Road (Unit: 001001)

Alert on Snapshot value red: Email if daily or weekly value red

Alert on Snapshot value zero: Email if daily value zero

Email Destination 1: J.Nole@abc.com Co. Destination 1: james@lock.org

Email Destination 2: b.grey@abc.com Co. Destination 2:

Email Destination 3: Co. Destination 3:

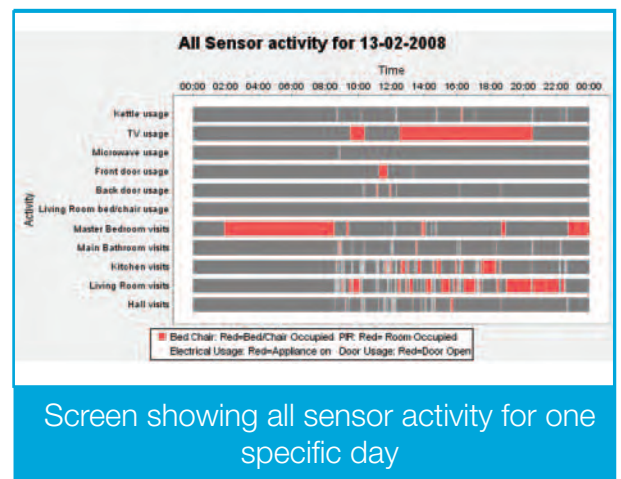
Email Destination 4: Co. Destination 4:

Email Destination 5: Co. Destination 5:

Supernormal processing flags:

Save Snapshot Alert Details

Email Alert setup screen



## When should ADLife be used

ADLife can help prevent residential, nursing home and hospital admission while also allowing early hospital discharge by facilitating accurate client assessment to help ensure risks are managed and the appropriate care packages identified. It is particularly suited for use with vulnerable and at-risk user groups particularly those who live alone.

**Client assessment** - ADL monitoring can be used as an assessment tool giving the assessor important additional information about client behaviour so that the most appropriate care package can be provided.

This provides greater confidence in allowing clients to live independently, as care providers are better able to determine the client's ability to look after themselves.

**Early identification of client issues** - By constantly monitoring a client's ADL, ADLife can detect issues at an early stage to enable immediate intervention, thus preventing them from developing into emergency situations. For example, a client may become less mobile for a number of reasons including feeling less stable which, if not identified at an early stage, could result in the client suffering a fall. Clients may also indicate that a potentially serious issue is developing by eating less, preparing fewer hot drinks, making more frequent and prolonged visits to the bathroom or remaining in bed throughout the day. By using the appropriate telecare sensors, ADLife is able to identify all of these issues at an early stage.



Fast PIR - Movement Detector



Electrical Usage Sensors



Door Usage Sensors



Chair Occupancy Sensor



Bed Occupancy Sensor

# Technical details

## ADLife for Individual homes

ADLife can be provided within individual homes using a Lifeline Connect+ and a minimum of 3 Fast PIRs. A yearly subscription is required to access the ADLife website.

<i>Item</i>	<i>Part number</i>
<i>Lifeline Connect+ &amp; Amie+</i>	<i>53000/340</i>
<i>Lifeline Connect+ &amp; Gem+</i>	<i>53000/350</i>
<i>Fast PIR</i>	<i>67005/89</i>
<i>1 year ADLife Subscription (per client)</i>	<i>ADLife Subscription</i>

## ADLife Sensors

Additional telecare sensors from the list below can be added to the minimum 3 Fast PIRs to form a more comprehensive system to provide more detailed information.

<i>Item</i>	<i>Part number</i>
<i>Electrical Usage Sensor</i>	<i>41005/22</i>
<i>Universal Sensor (used for door usage or bed occupancy)</i>	<i>41005/30</i>
<i>Bed Occupancy Sensor</i>	<i>D4106009A</i>
<i>Chair Occupancy Sensor</i>	<i>S2010005</i>

## System requirements

A Lifeline Connect+ with a minimum 3 Fast PIRs and an annual ADLife subscription, a PNC5 monitoring centre with internet access and a PC with internet access to view the ADLife website.

Note: ADLife does not support Lifeline 4000+ with a Lifeline Gateway.

For more information please call 01977 660479

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