TIHM for dementia

Using technology to improve the quality of life for people with dementia

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Introducing TIHM for dementia

❯ Technology Integrated Health Management for dementia is one of two Internet of Things Test Beds

❯ The study is testing how cutting edge technology placed in people's homes can be used to improve the lives of people with dementia and their carers

❯ The key aims are:

- To provide people with dementia more control over their health and wellbeing

- To reduce hospital and care home admissions

- To relieve the stress on caregivers

- To improve the responsiveness of the health and care system

TIHM for dementia architecture
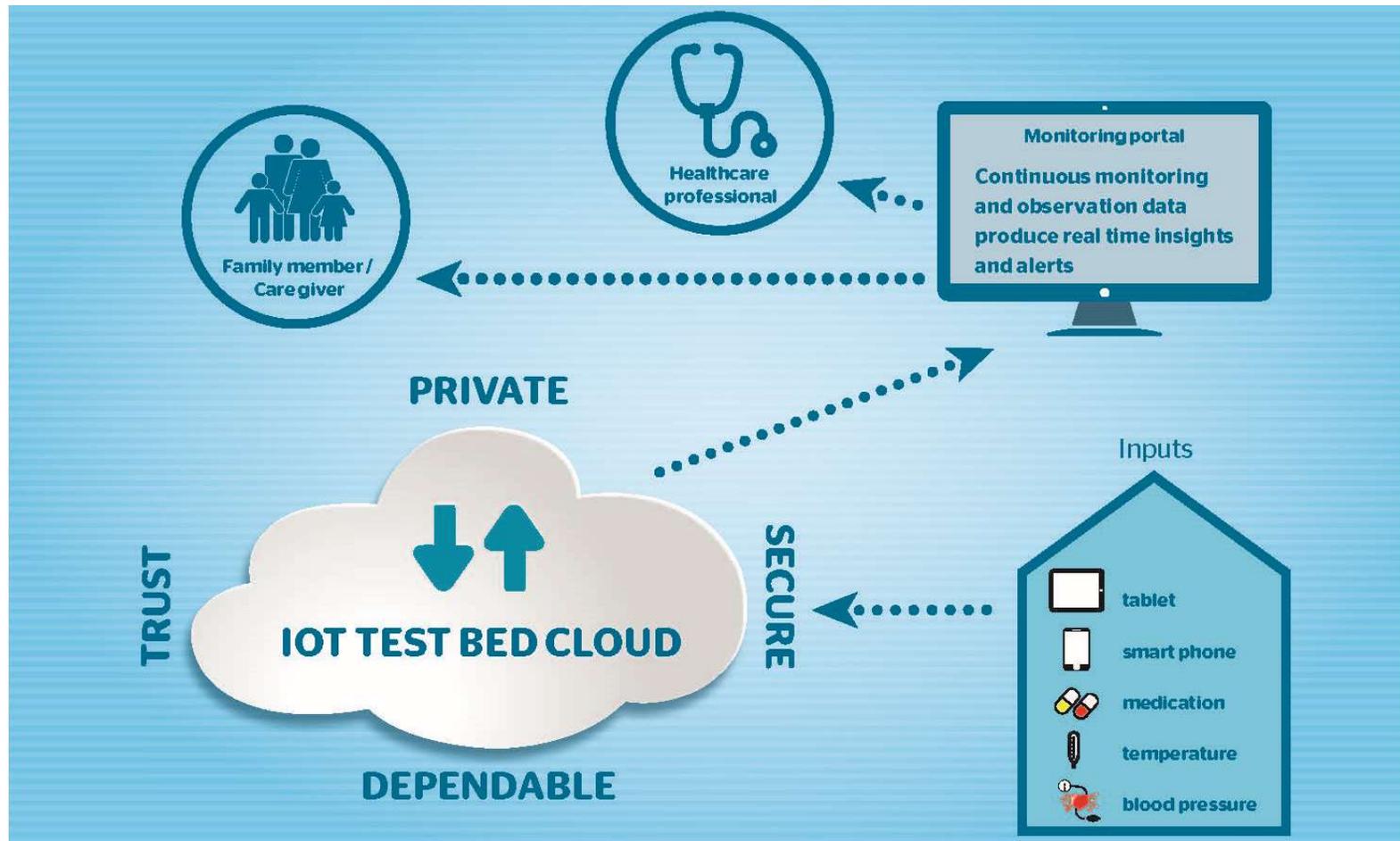
What is the best approach to harness user-led design?

❯ Users are often best placed to identify their own needs and come up with ideas about how best to meet them

❯ Therefore, professionals should place the needs of people at the centre of their thinking and engage users in the process of planning new models of care

❯ We adopted user-led design when developing the pathways for TIHM to gain insights into the needs of people with dementia and their carers
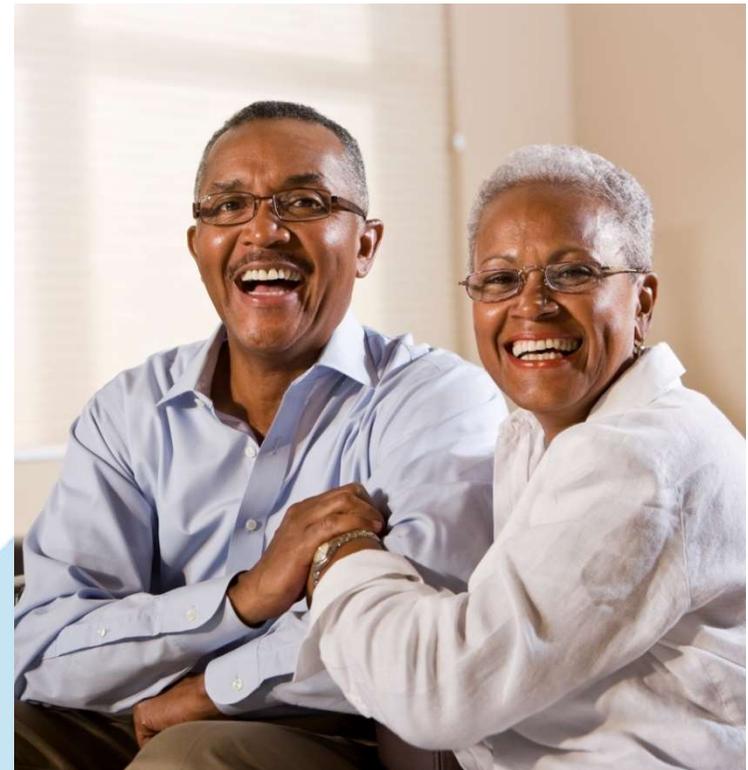
How did we engage users?

❯ More than 40 people living with dementia, carers, innovators, academics and NHS staff took part in a series of facilitated group discussions in June 2016, which explored four themes:

- What people with dementia want and need from technology

- What carers want and need from technology

- How technology can support healthcare professionals to work differently

- Inviting technology into our homes: hopes, fears and opportunities

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The "World Café" approach

❯ Four facilitators led discussions with groups of 10-12 people involving:

- One or two people with dementia, their primary carer, a representative from the Alzheimer's Society, primary and secondary care clinicians, academics with technology and health research expertise

❯ Discussions took place for 30-40 minutes before moving to a new group

❯ Posters detailing learnings from each group were created to generate further discussion and build on the ideas captured

Continuing with user-led design: Trusted Users

❯ In December 2016 we launched a pilot involving "Trusted Users" to run alongside the main study

❯ The technology has been installed into the homes of seven people with dementia who have been providing us with valuable feedback

❯ This feedback has helped us improve how we deploy the technology, and has allowed us to smooth out any issues with the devices

❯ The Trusted Users demonstrate how we have continued to keep people with dementia and their carers at the heart of this research

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Feedback so far

"When you are supporting someone with dementia, routine is extremely important. The technology we're using in this study requires you to take some simple health readings every day and we're finding that the task of doing this is proving helpful in reinforcing these much needed daily routines.

"I think one of the main attractions of this study is that it can alert you to potential health problems, before they become too serious, which I hope will help us to avoid A&E. It also provides you with peace of mind when you have to go out and leave the person you are caring for in the home."

- Trusted User Marion, who cares for her husband John

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Find out more

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🌐 www.sabp.nhs.uk/tihm

🐦 @TIHM_dementia

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With thanks to…

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