

# What do we need assistive technologies for?

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Track B – Broadening AAL  
Session B2 – Connecting solutions



# Background

## AAL projects

- **MyLife** – appointments and reminders, entertainment, contact (MEMAS™)  
[www.mylifeproducts.no](http://www.mylifeproducts.no)
- **T&Tnet** – simple navigation (VIALE)  
[www.ttnet-aal.eu](http://www.ttnet-aal.eu)
- **PIA** – support to activities of daily living  
[www.pia-project.org](http://www.pia-project.org)

## In addition:

- Several national projects about ICTs/ATs for persons with dementia

## Personal background

- Family carer for a person with dementia



- Researcher / developer / innovator

# Statements

It is possible to maintain good Quality of Life (QoL) despite of dementia or other reasons for memory impairments.

Support to daily living activities and wellbeing will contribute to this, and may enable living at home a bit longer.

There are a lot of technological opportunities to achieve this.

# Examples

- Remember appointments
- Remember names of persons
- Listen to favourite music
- Look at photos of own working life, the boat, or any other topic that really matters
- Be able and allowed to go out for a walk
- Shop daily groceries
- Prepare the ham-and-cheese omelette, or just a cup of coffee
- Be able to contact family and friends in an easy way
- Still manage the coffee machine
- Follow 'Poirot' on TV every Tuesday
- Look at football
- Remember to take the "bloody" pills



# What's wrong?



Safety and security are just parts of the landscape.

Wellbeing and quality of life include a number of elements that are very often by-passed.

# Then what?

**Less focus** on answers looking for questions and stand-alone solutions.

**More focus** on existing frameworks for wellbeing and quality of life for persons with dementia, on user needs, and on seamless integration of technological solutions.



- **Physical functioning** (ability to perform basic physical activities of daily life)
- **Daily activities** (ability to use telephone, shopping, food preparation, housekeeping, laundry, mode of transportation, responsibility of own medication, and ability to handle finances (Lawton et al.))
- Performance of **discretionary activities** (working, hobbies, being active)
- **Mobility** (ability to travel out of the house)
- **Social interaction** and relationships
- Sense of **wellbeing** (positive and negative emotional/affective states and perceptions of self)
- Sense of **aesthetics** (sensory awareness)

## Reference

Brod, M., Stewart, A.L., Sands, L., and Walton, P.  
«Conceptualization and Measurement of Quality of Life in Dementia: The Dementia Quality of Life Instrument (DQoL).» The Gerontologist 39: 25-35 (1999).

- Ability to use telephone (*mobile/smartphone*)
- *TV and satellite tuner*
- Shopping
- Food preparation,
- Housekeeping
- Laundry
- *Personal hygiene*
- Mode of transportation
- Responsibility of own medication
- Ability to handle finances

## Reference

Lawton, M.P., and Brody, E.M.  
«Assessment of older people: Self-maintaining and instrumental activities of daily living.» *The Gerontologist* 9: 179-186, (1969).



# Booths:

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Welcome!

Thank you!

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