



Hi & Low Tech Solutions for Cognitive Support

Bryn Morgan, UK Sales Manager

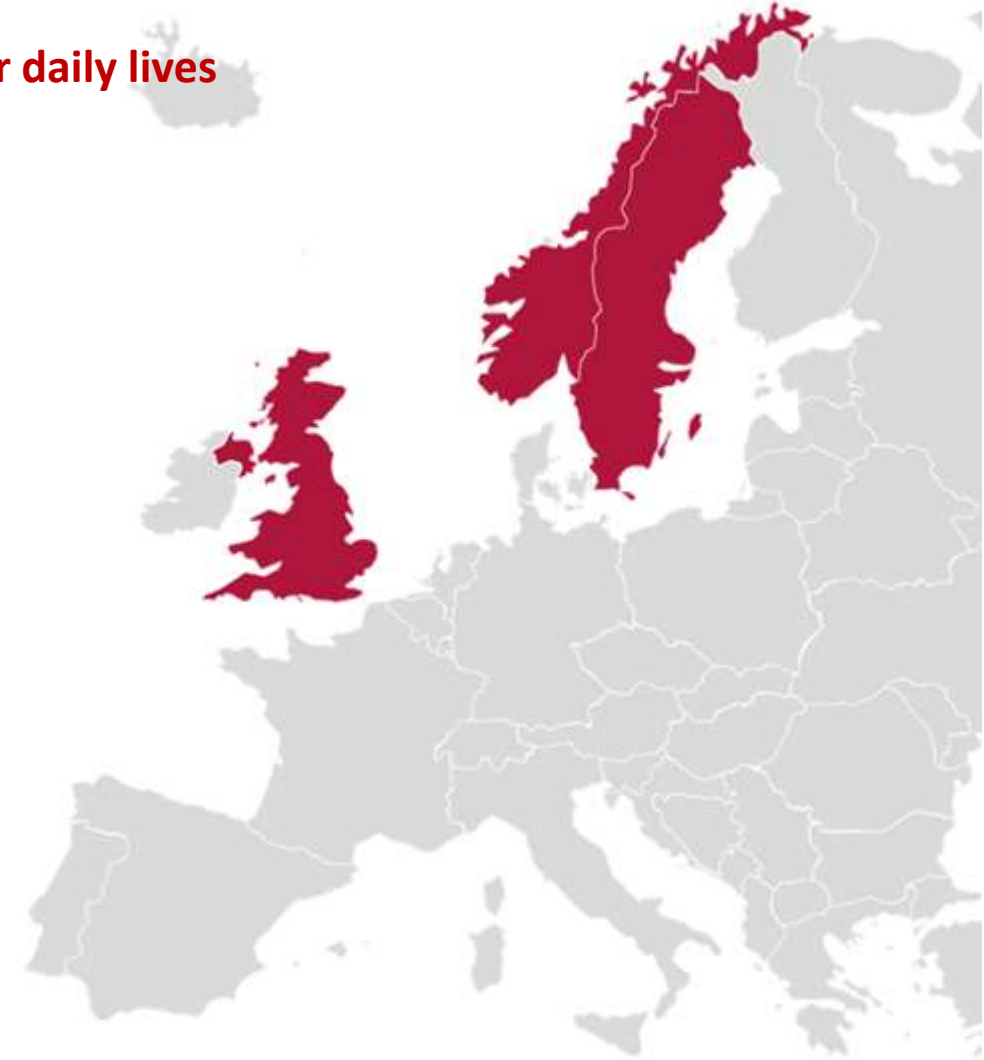


ABILIA

Abilia

Abilia gives people power to become independent and take control of their daily lives

- Assistive technology for people with functional impairments:
 - Communication aids
 - Environmental Control Solutions
 - Alarms
 - Cognitive aids
- Turnover 20 million Euro
- Approx. 80 employees
- Offices:
Sweden, Norway and UK
- Export, through partners, >20 countries



Abilia gives people power to become independent and take control of their daily lives



Cognition

helps users understand the concept of time, structuring their day and feel confident



Communication

gives people the support and the ability to communicate in pictures, symbols, and text



Environmental Control

enables the user to remotely control doors, windows, lights, TV and other appliances.



Alarm

to call for attention when needed

What is Cognition?



- **Mental processes** that control the functions that help us to understand, store and use information
- E.g. memory, learning, attentiveness, impulse control
- Creates order and clarity in life
- A **Cognitive disability** means that some of these processes are blocked or un-coordinated



Challenges with cognitive impairments



- Having a cognitive disability involves major challenges in everyday life. It **differs from individual to individual** depending on the degree of disability, as well as how the physical and social environment is designed.
- It can mean difficulty in managing their **personal care**, their **living, work or school**, as well as **leisure time** due to difficulties with eg:
 - to orientate themselves to time, space and person
 - memory
 - attention and concentration
 - logical thinking and problem solving
 - to process and interpret sensory impressions
 - perception
 - speech and language
 - writing and understanding written text and making calculations
 - emotions and moods
- Through cognitive support in the form of adaptation in the physical environment, supporting people, use of strategies and **technology**, an individual can do well.

Cognitive disabilities and their effect



Memory

- Difficulties to remember duties and assignments
- Hard to remember tasks and the correct order

Planning

- Difficulties to structure and schedule in relation to time

Time perception

- Hard to know when a task is to be performed, how long the activity is going on, as well as limit the scope and end an activity.

Initiative

- Difficulties starting up activities

Problem solving, communication

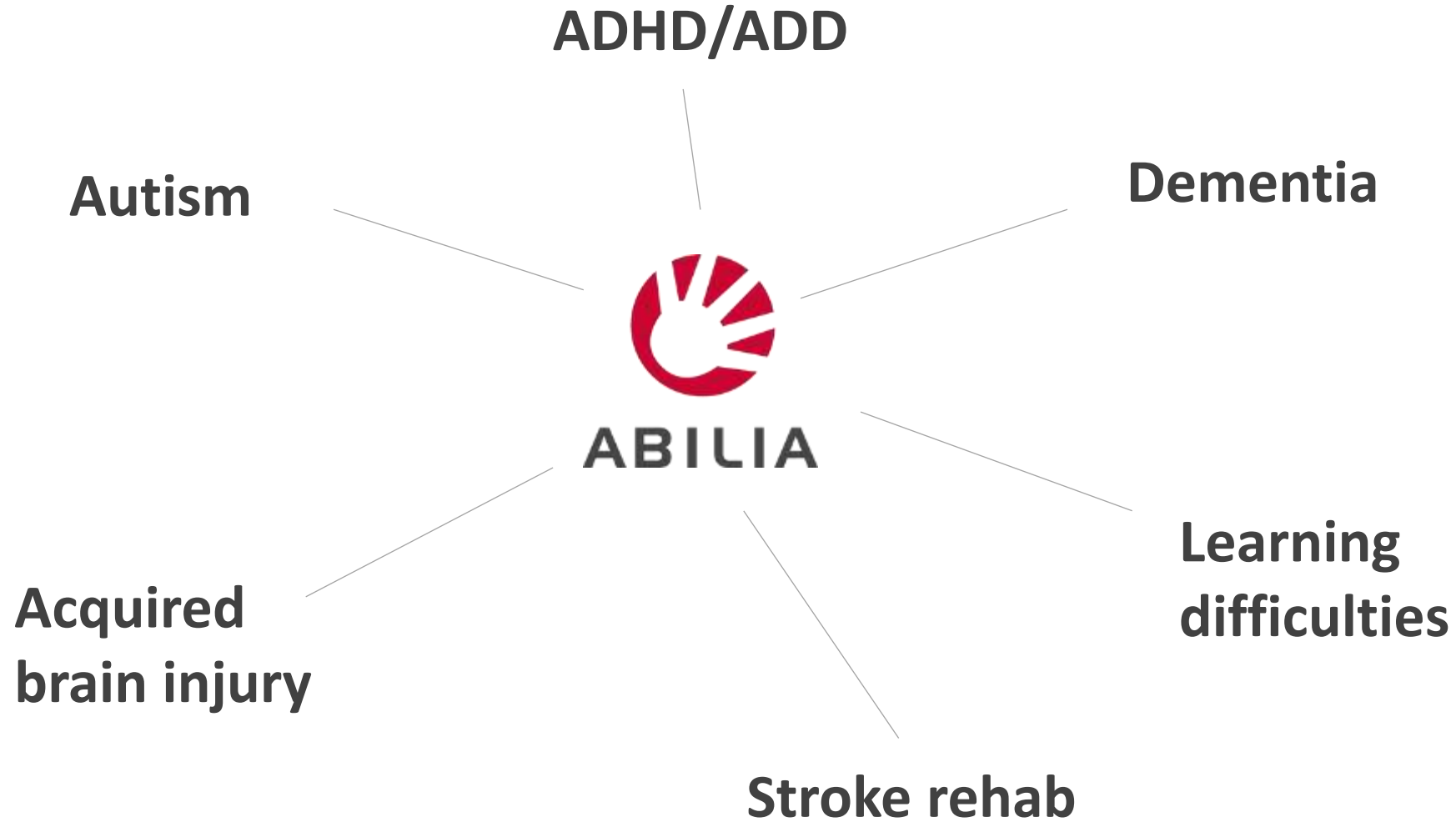
- Hard to take in information, to remember, and to stick to a plan



Stress and anxiety from daily life


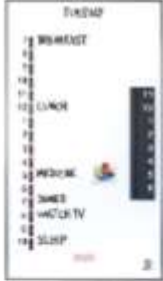


Cognitive technology to support;

At home, in education & at work



Abilia's cognitive aids and what support they offer



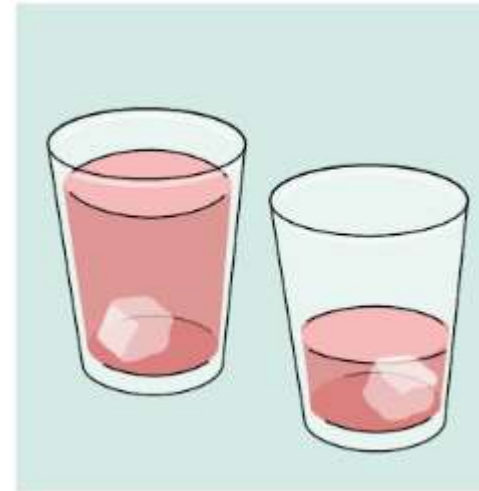
<div style="text-align: center;">Products</div> <div style="text-align: left;">Areas of support</div>	 MEMO Timer	 MEMOdayplanner	 MEMOplanner	 HandiCalendar
Manage time at single events (countdown timer)	✓	✓	✓	✓
Day and time orientation		✓	✓	✓
Plan the days activities – structure the day		✓	✓	✓
Plan today and ahead – structure day/week/month			✓	✓
Make checklists and reminders			✓	✓
Remote support by relatives and caregivers			✓	✓

The Quarter Hour principle to help with time

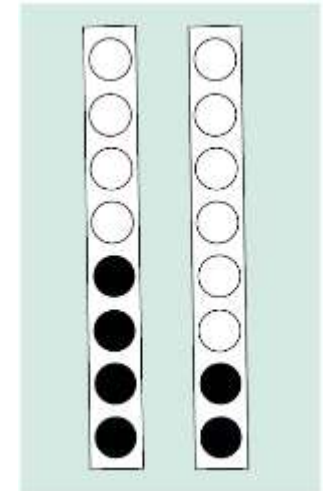


How Abilia makes time visible

- 1 dot = 15 minutes 'A quarter hour'
- Countdown to an event
- Fixed, countable, steps
- The dots disappear from top to bottom
- More than 8 dots = "A long time"
- Most people understand **more** or **less**
- When a dot disappear it becomes less time



More or Less juice



More or Less time



=> The "invisible" time becomes visible

MEMOtimer



Time is visible

See the amount of time as dots

See how the time passes when the dots disappear

Predictability → In control → Increased security
Reduced stress

MEMOtimer

4 different times available



Works well for shorter tasks e.g. brushing teeth, showering, eating breakfast



Most popular with schools for timing tasks/lessons and at home to time task such as getting ready to go out



Great for supported work placements, timing breaks and lunch as well as tasks



Used in dementia care settings to time next drink/cigarette and for waiting time for pick up or visitors coming

**£89.00 each
(+vat)**

MEMO Dayboard provides predictability and memory support

This may mean that one...

- *... is well prepared for what will happen*
- *...remembers planned activities and is triggered to get started on them*
- *... gets a clearer picture of the time and understands when fun activities will take place*
- *... remembers to eat and carry out daily activities, and gets a good day rhythm*
- *... gets a better overview of one's day and becomes motivated for activity*



MEMO Dayboard – predictability in everyday life

A sense of amount of time and the passing of time

Time pillars make time more concrete

Predictability in everyday life

Clear picture of what will happen and when

Balance between activity and rest

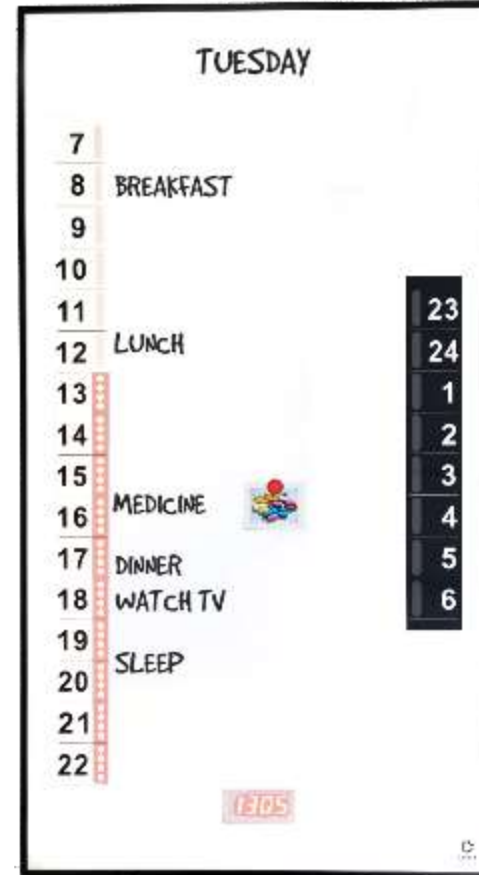
Day rhythm, energy, sleep

User-friendly

Easy to administer, able to be customised for the individual

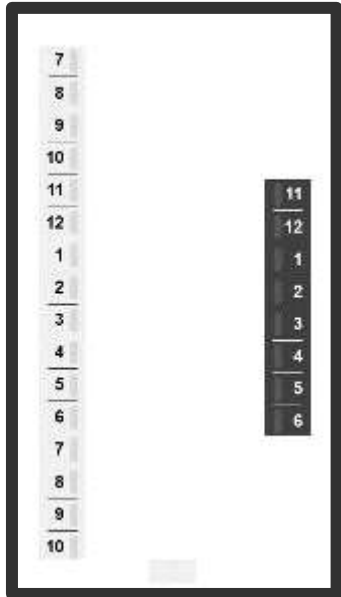
Quality

Safety and features in accordance with the Medical Device Regulation (MDR)



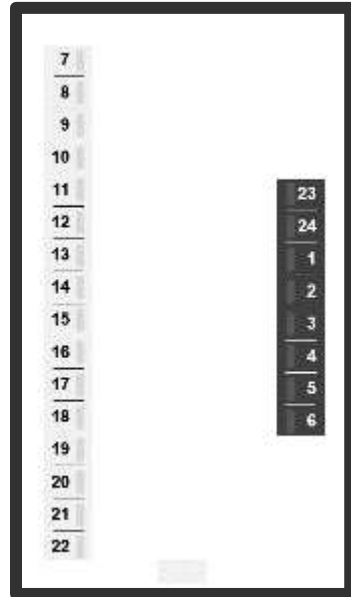
Products

MEMO Dayboard, 12h



- 12 hour clock
- Power supply, Manual, Quick guide

MEMO Dayboard, 24h



- 24 hour clock
- Power supply, Manual, Quick guide

£380.00ea (+vat)

Adaptation kit



£30.00ea (+vat)

Table stand

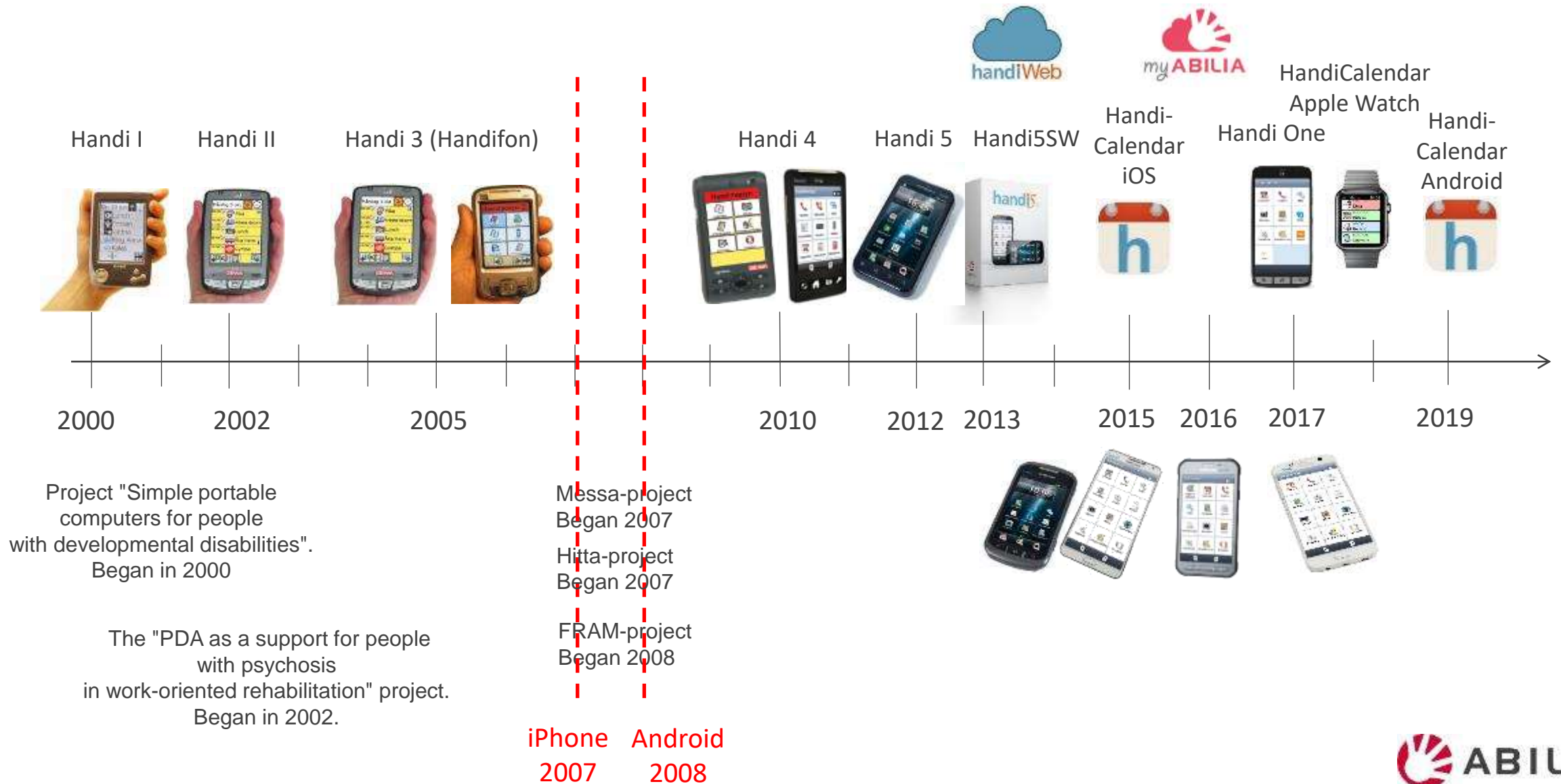
£45.00ea (+vat)



Lockable door

£90.00ea (+vat)

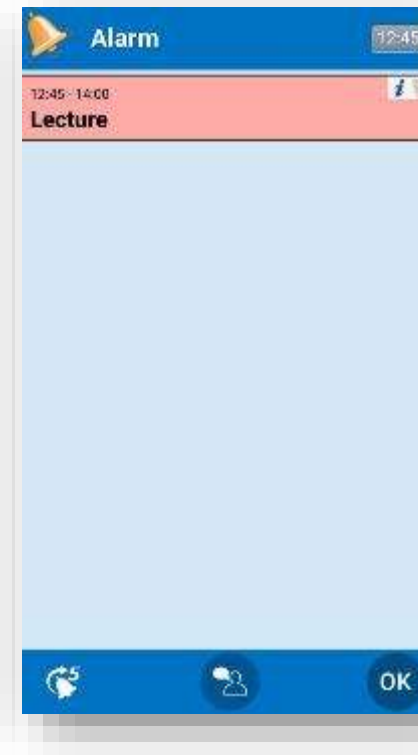
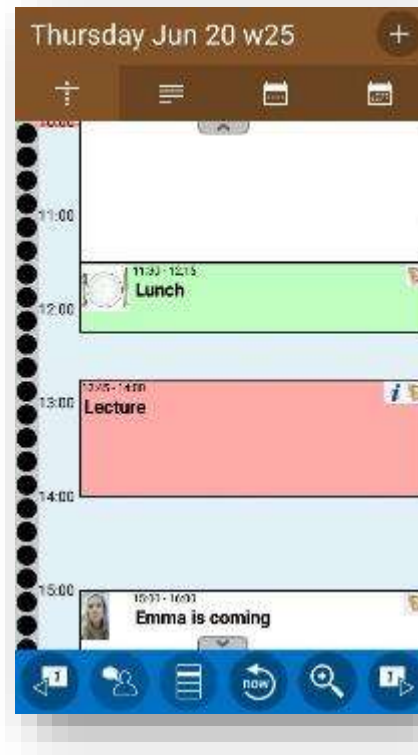
20+ years of HandiCalendar development



HandiCalendar



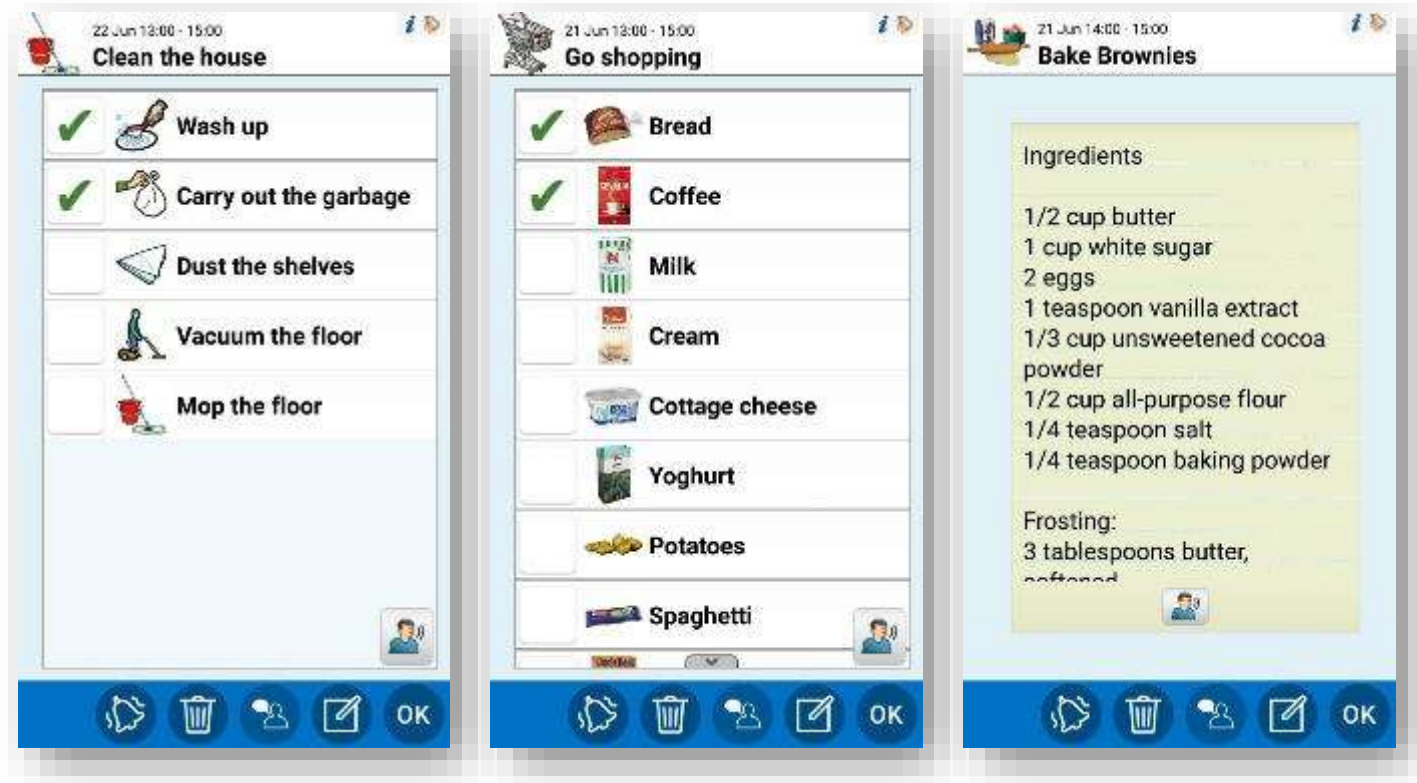
- A sense of time
- Knowing what needs to be done next
- Balance in your existence
- Easier to begin and end an activity
- Easier to understand information
- Remember to perform activities
- Support in performing the activity that has just sounded an alarm
- Support for memory and communication



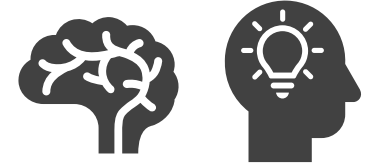
HandiCalendar

Checklist, Notes and Speech support

- Easier to execute an activity
- To remember to bring everything along
- Memory support
- Support in executing activities
- Communication support
- Easier to understand information
- £120.00 per user, per year



MEMOplanner to support memory and independence



Tools for organisation and planning

In MEMOplanner's calendar you can see what you are doing next

You get support in order to not plan too many activities

You can clearly see how long the activity will take

You can categorise activities

Add different types of activities

Checklists can facilitate the execution of activities

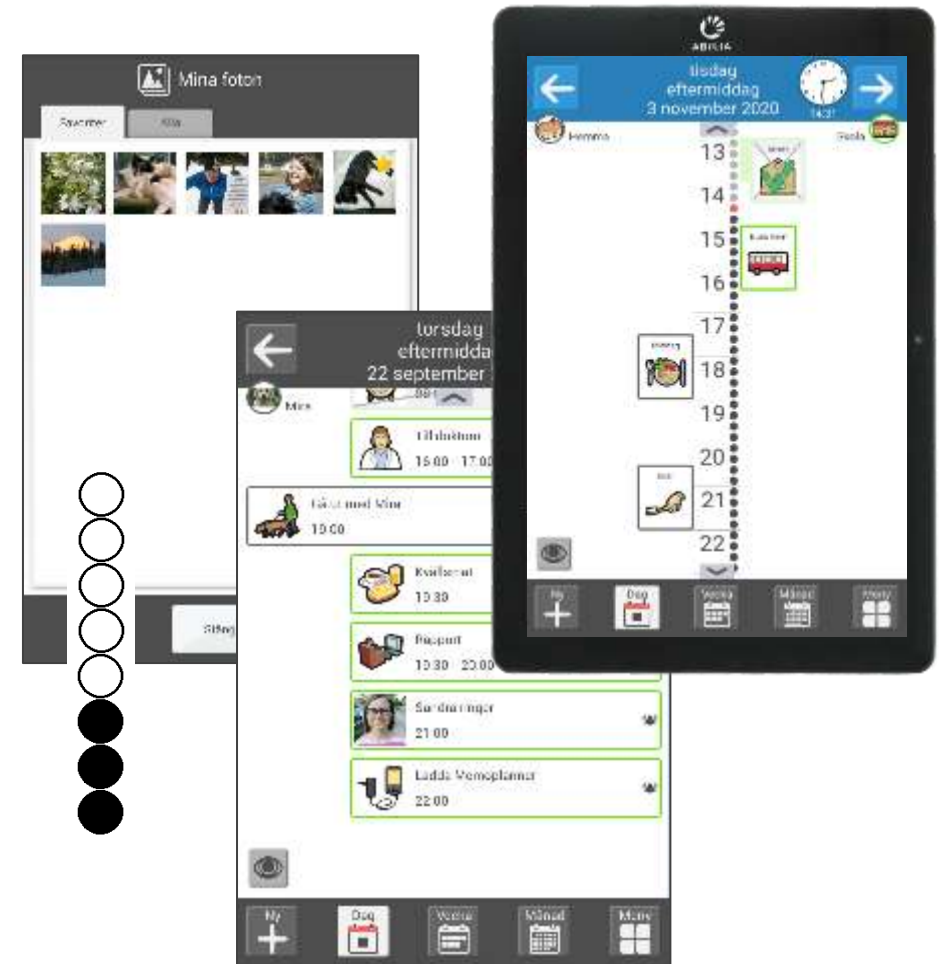
Support for cognitive flexibility

Predictability over your day and a sense of time will allow you to be prepared

Weekly and monthly view

Easier to understand information

Picture support, speech synthesis, recorded speech, camera in MEMOplanner, myPhotos



MEMOplanner for attention and focus



Focus on ongoing activity

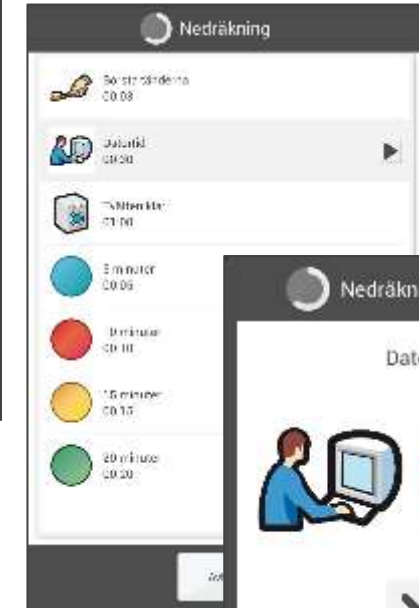
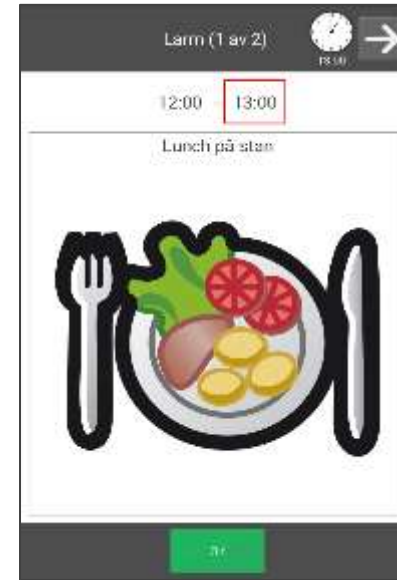
Tasks with start and end times are at the top in fullscreen mode

Able to persevere

The timer function can help you to stay focused for a set amount of time

Nothing to disturb you

Dedicated aids without disruptive functions



MEMOplanner – promoting routine in everyday life

MEMOplanner has been developed for people who need:

Extended support for time, memory, structure and planning with a visually clear interface

A larger screen with a fixed location

A solution that is easy to get started with

A solution that can be individually adapted to a great extent

A solution that is straightforward and easy to use

A cognitive support that is separated from your smartphone so as not to lose focus



MEMOplanner Large - £1,295.00(+vat)

MEMOplanner Medium - £795.00 (+vat)

both inclusive of a 3 year licence

Remote Support - myAbilia



Support person with their own myAbilia account





ALTERNATIVE
FUTURES GROUP

Leonard
Cheshire



student finance england



CYDWEITHREDFA GWELLA GWASANAETHAU
GOFAL A LLESIANT **GOGLEDD CYMRU**

NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE



Essex County Council



milton keynes council



THE CORNWALL COLLEGE GROUP



Norfolk
County Council

**CROYDON
COUNCIL**





ABILIA

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