



Introducing PAUL & LYNDSEY

Relieving the pressure of relative care through the use of adaptive technology.

Married couple, Paul and Lyndsey Dixon live in their own home in Newcastle upon Tyne. Both Paul and Lyndsey have Down's Syndrome, as well as difficulties with their hearing. With a strong family network around them, care provided is from both sets of parents, as well as paid help from care staff four times per week. Both sets of parents are ageing and the care provided each day from them can be challenging. They have to fully support Paul and Lyndsey in their day to day life, reminding them to go to appointments, supporting them with work commitments and their general well-being.

"The families needed to find a solution that matched Paul and Lyndsey's needs"

The families needed to find a solution that matched Paul and Lyndsey's needs with holistic support that fully enabled them to self-manage when the parents were unable to support them in the years ahead. grandCARE was installed in Paul and Lyndsey's home in August 2017. Paul and Lyndsey were one of 30 households chosen by Newcastle City Council to have the new, modern technology installed in their home as part of their 'Connect ITT' pilot study for people receiving community based care.

The system has fully met their needs in terms of allowing care from both sets of parents to be reduced, meaning Paul and Lyndsey can

manage their daily life more independently, as well as keeping the families connected and more informed with no social care intervention.

WELLNESS

"Prompts have been set in Paul and Lyndsey's schedule each day to remind them to take their medication"

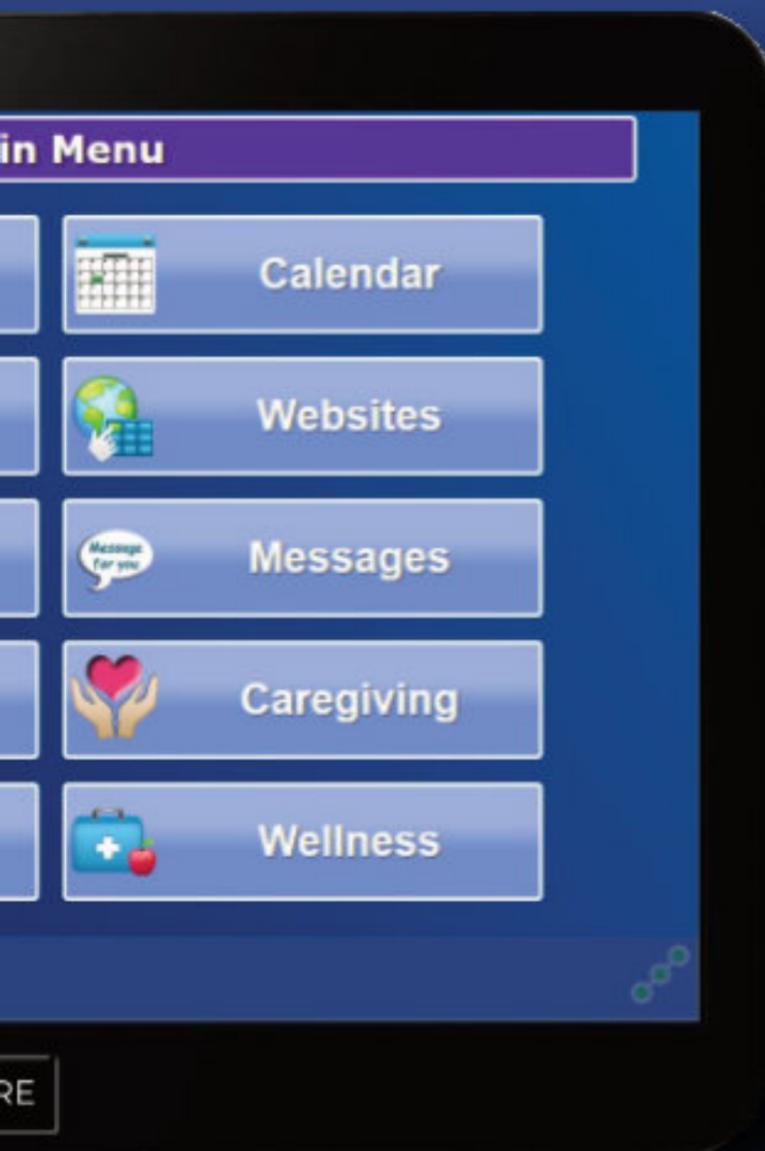
Prompts have been set in Paul and Lyndsey's schedule each day to remind them to take their medication and remind them of appointments and upcoming events. Paul also gets a reminder to do his daily breathing exercises, which helps to stabilise his well-being. The couple also get reminded about their personal hygiene and to carry out daily tasks around the home.

ACTIVITY

"grandCARE has reduced the number of reminders from families and allowed Paul & Lyndsey to manage on a daily basis"

Paul and Lyndsey have tendencies to leave the front door open at night and forget to turn the heating on in the property in extreme cold weather. By the introduction of activity monitoring, grandCARE has reduced the number of reminders from the families and allowed Paul and Lyndsey to manage on a daily basis. The system also puts out an alert to the parents if the door is left open at night or if the property goes below a certain temperature. As a result, Paul and Lyndsey's parents are able to monitor their activity from an arm's length basis.





SOCIALISATION

Paul and Lyndsey use their grandCARE system to stay connected to their family and friends using a variety of different methods. They are able to access their system easily and keeps them socially active within the community.

"As a couple, we now have so more more time together"

"grandCARE has given Paul so much more independence as he is able to manage and control his daily routine more easily, but still allowing us to monitor what he's doing from a distance. As a couple, we now have so much more time together and have managed to go on holiday for the first time in years, but still being connected to our grandCARE system so we are alerted if a problem arose."

- Keith and Linda, Paul's Mum and Dad.

"Paul and Lyndsey get so much more pleasure from their grandCARE system. They can now live their lives more independently, without constant reminders from their parents which makes them both less agitated and more in control of their own lives."

- Hayley and David, Paul and Lyndsey's PA's