



eBook

4 Ways New Technology Works for You, and Your Loved One with Alzheimer's

Innovative, Simple, Useful & Affordable Technology is Finally Here



Table of Contents

Introduction	01
Welcome to the journey - shiny objects need not apply	02
Introducing situational awareness	03
How we help Alzheimer's and dementia care	04
Early stage Alzheimer's	05
One story	06
Middle stage Alzheimer's	07
Late stages	08
Can we take something off your plate?	09
Let's talk	10

Introduction

Most of us didn't plan to become caregivers when we did. While we knew - at some point - that would be our role, it's always surprising when it happens to us. And, unfortunately this is one job that is a crash course, from the moment you realize you need to step in and step up, to the gradual awakening that it's a lot more complicated, complex, frustrating, overwhelming and will cost more than you think. At the same time that you are trying to get your arms around what you need to know to be a good care partner, things are happening in real-time that need to be addressed.

We know the feeling, having been there ourselves. And, since we spent our careers creating technology, our natural instinct was to find technology that would help us in this brave new world. What we found was that not much useful, good technology that had been designed beyond a single purpose. So, we decided to build some ourselves with a new approach: center on the caregiver, understand the conditions, and think about it differently.

Please read on to discover simple, useful and affordable and technology that will help you provide better care for your loved one with Alzheimer's or dementia.



Welcome to the journey - shiny objects need not apply

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Caregivers need help, not tools that don't work because they are too complicated to set up, use or are rejected by your loved one.

That's what we believe, and that's why we created Theora Care. Theora Care wearable and sensor solutions are developed by caregivers, for caregivers, who understand the challenges of managing home, job, and family, while also monitoring family members who have conditions requiring a little extra loving attention.

Technology on the market today tends to solve one small piece of the puzzle, yet doesn't look at the overall situation. Need medications monitored? Buy a meds monitor. Need to know where your loved one is? Buy a GPS watch. Need to know if they are getting out of bed at night? Buy a bed sensor. Need to communicate with them? Buy an iPad and FaceTime. All of these are fine, but insufficient. You could waste valuable time managing technology, not helping your loved one.

But there's a different way to approach it, which is how we developed our technology. What's our secret sauce? Read on!

Introducing situational awareness

We started our journey thinking about what every caregiver wants to know - how is my loved one right now, right this minute? We call this “situational awareness”, to be aware of the loved one’s situation. What comprises situational awareness? Just a few things ...

Location – where are they? Are they where they are supposed to be?

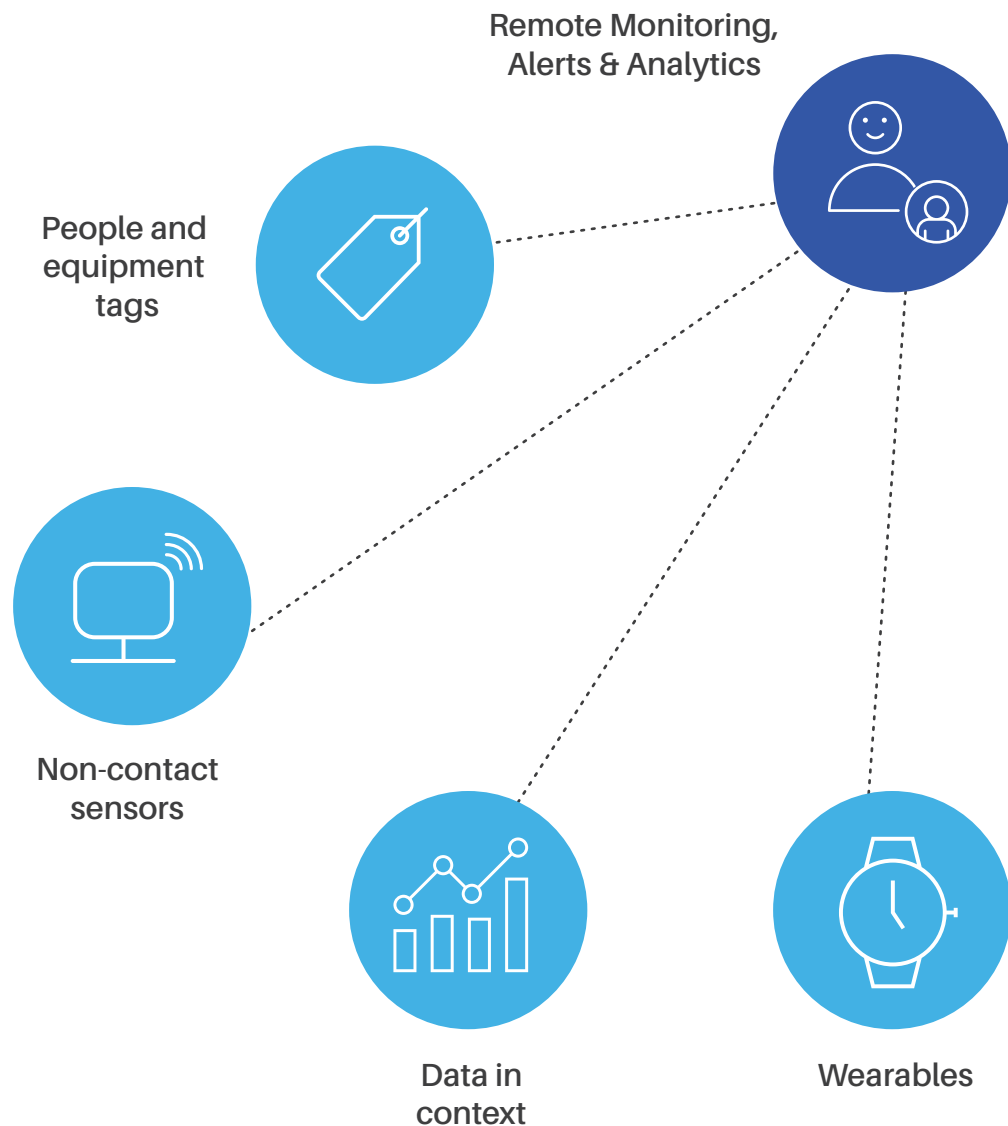
Condition – have they been active today? Following their normal routine? Have they gone out? Enjoyed a favorite activity? Eaten? Stood in front of the refrigerator staring inside for a very long time? Are the signs pointing to normal behavior - or not?

Communication – many honored citizens are not users of smartphones, especially when they develop conditions like Alzheimer’s. So, how do you handle a situation that requires your immediate attention when you’re not there?

Because you have work, children, spouses and other family members and friends, you cannot be with your loved one 24x7. How do you be there and know what you need to know, when you’re not?

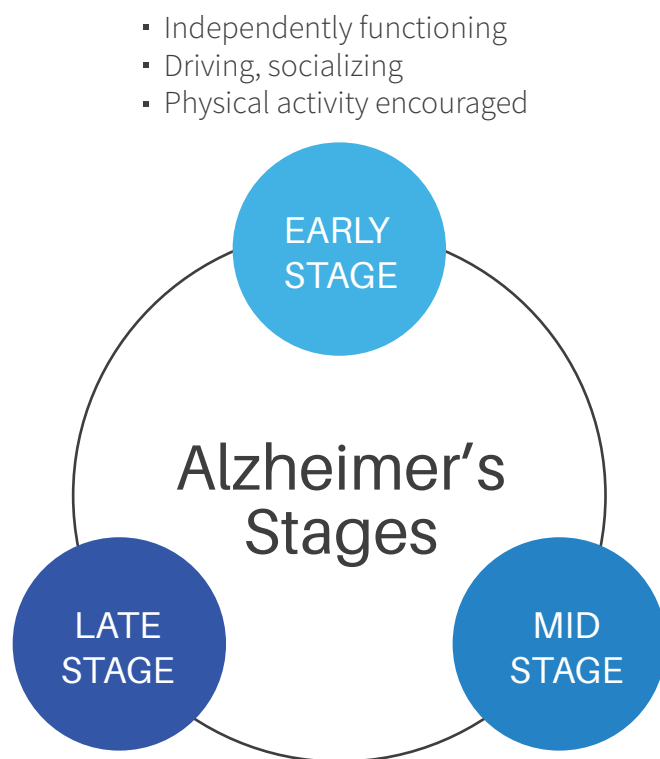
Theora Care - As if you were there™

Theora Care Situational Awareness Solutions



How we help Alzheimer's and dementia care

Over 5 million persons are living with Alzheimer's and dementia in the US alone. Each will progress through different stages, and their care partners will need to adjust their caregiving to align with the progression of the disease. Here are specific ways Theora Care can help.



- Independently functioning
- Driving, socializing
- Physical activity encouraged

- Unable to respond to environment
- Difficulty carrying on conversations
- More vulnerable to infections

- Increasing confusion
- Wandering and becoming lost
- Changes in sleep patterns, behavior

How Theora Care can help

Early Stage (Theora Connect™ and Theora Link™)

- Location services / safe zones
- Activity monitoring to encourage physical activity
- Multiple forms of communications
- Situational awareness of not only where, but how your loved one is doing

Mid Stage (Theora Connect™, Theora Link™, Theora Sense™, and Theora Rest™)

- Location services / safe zones
- Activity monitoring and activity reminders
- Data collection and analysis of sleep, daily activity to alert for behavior changes
- Multiple forms of communications with loved one or caregivers
- Monitoring while in respite care

Late Stage (Theora Connect™, Theora Link™, Theora Sense™, and Theora Rest™)

- Always on monitoring with room sensors
- Alerts for changes in behavior, especially for changes that could indicate infections, such as UTI
- Situational awareness for caregivers of verbally and physically impaired persons with Alzheimer's

Early stage Alzheimer's

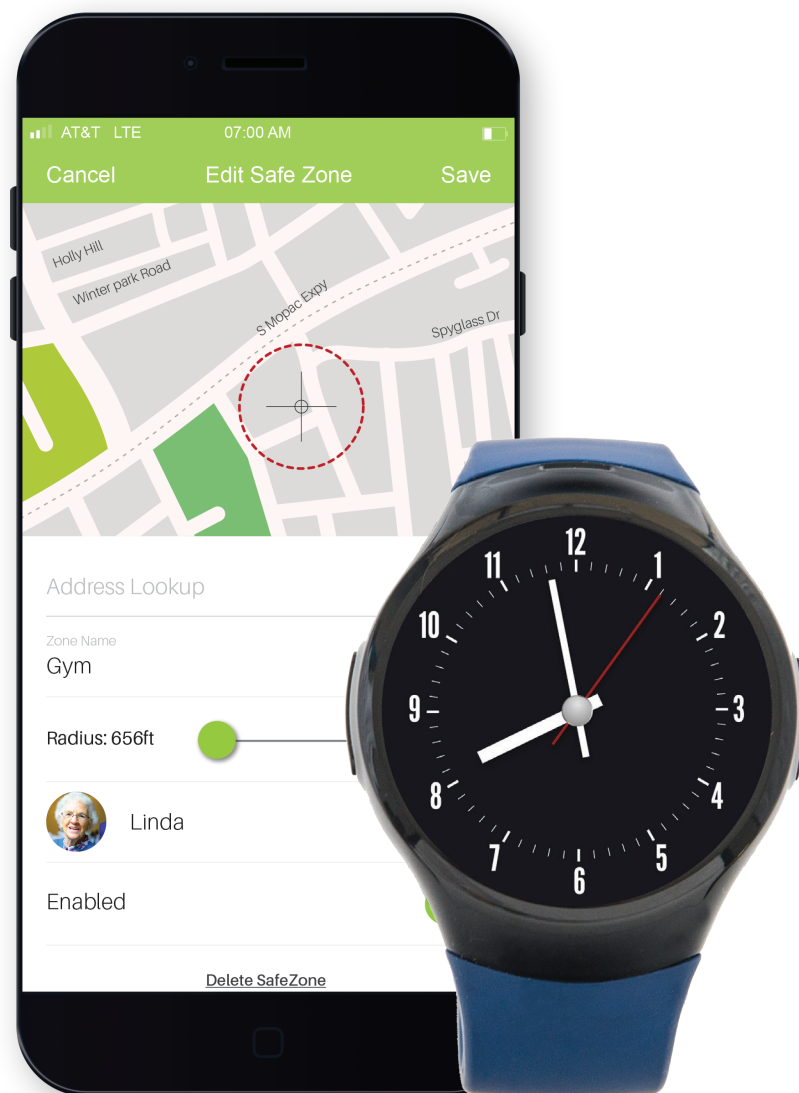
In the early stage of the disease, functioning independently is the norm. Driving, socializing and physical activity are all encouraged as long as the person can do them safely. Caregivers want to enable independence as long as possible, but increase awareness of where and how the person with Alzheimer's is doing.

Theora Care can help in this stage with our wearable Theora Connect™ and our smartphone app, Theora Link. Theora Connect goes beyond simple location tracking and provides key condition information about not only where the loved one is, but also how they are doing - situational awareness, so that you can understand and act when needed.

With the Theora Link smartphone app, one or more care partners can track location, set up multiple safe zones, understand loved one's condition and communicate with them without requiring the loved one to answer a cell phone. Theora Link takes this further with our data gathering and analysis, alerting care partners to changes in activity or behavior patterns that may indicate other conditions. Caregivers can more proactively manage changes, and get help sooner for their loved one.

"Six in 10 people with dementia will wander and become lost; many do so repeatedly. And it can happen at any stage of the disease. If not found within 24 hours, up to half of wandering individuals will suffer serious injury or death."

Source: https://www.alz.org/national/documents/brochure_stayingsafe.pdf



Theora Link and Theora Connect

One story

“While shopping, one of my greatest fears came true and I became separated from my husband, Bob. I did not realize that he had left the store and was wandering outside in the parking lot.

Fortunately, I was able to use the Quik Connect feature to get the attention of a Good Samaritan who was near Bob.

The Good Samaritan heard me trying to talk to Bob and was able to help bring him safely back into the store and by my side...where he’s been for over 50 years!”

– Marie, Austin TX

Middle stage Alzheimer's

For the caregiver, increased vigilance is necessary to prevent wandering, yet your loved one's dignity and independence can be preserved. Making the home safer is an imperative in this stage.

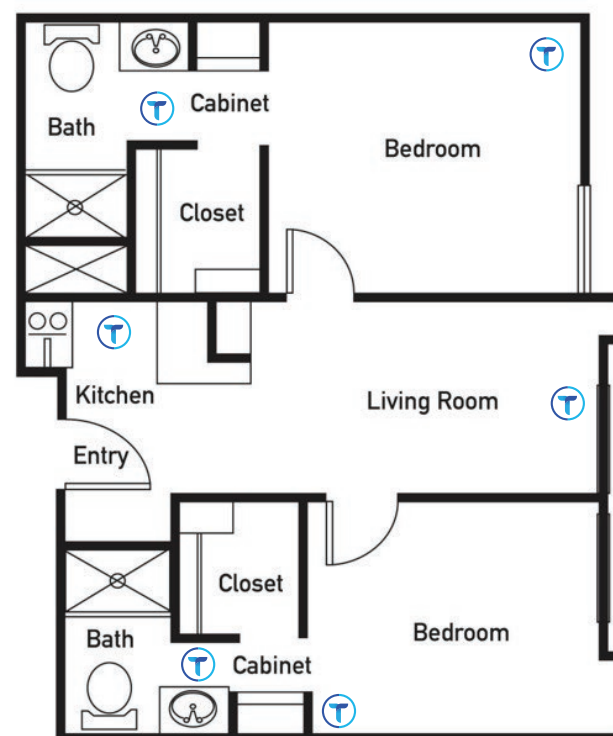
In the middle stage, Theora Care can provide sensing devices in addition to our wearable devices. These sensing devices provide additional situational awareness that the loved one may not be able to communicate directly. For example, increased trips to the bathroom at night put loved ones at increased risk of falls, and could be [indicative of a urinary tract infection \(UTI\)](#).

With Theora Sense™, caregivers would be alerted to each bathroom trip as it was happening, and our application would present cumulative data around changes in sleeping and bathroom behavior to determine if it is a significant change from normal. The care partner could then proactively alert medical professionals and potentially address the issue before it becomes an emergency room visit.

Early in the middle stages, it will become too difficult or dangerous for a person with Alzheimer's to be left alone.

Preventing wandering becomes a crucial part of care, and safety precautions will need to be taken throughout the person's living environment.

Source: <https://www.alz.org/care/alzheimers-mid-moderate-stage-caregiving.asp>



Late stages

In addition to the increased needs for help with all activities of daily living, such as eating, and bathing, at this stage a loved one loses the ability to communicate verbally. Non-verbal communication through actions, activity and behavioral changes become paramount. Caregivers will do their best to understand and interpret these signals, but a lack of continuity of care can impact understanding of cumulative changes. Since the focus in this stage is to preserve the quality of life and dignity of the loved one, using technology to speak for them can be helpful.

In the late-stage of Alzheimer's or dementia, Theora Care can be another set of eyes assisting care partners and caregivers. Theora Sense can monitor and measure activity, or lack of activity, and place the data in context for caregiving teams to understand the progression of the disease. Behavioral changes can be seen more quickly and care teams alerted to important changes.

In the final stage of this disease, individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement. They may still say words or phrases, but communicating pain becomes difficult.

<https://www.alz.org/care/alzheimers-late-end-stage-caregiving.asp>



Can we take something off your plate?

Please don't forget about you - one of the most beneficial things for caregivers is respite from caregiving, for whatever length of time. But respite care isn't really respite if you wish you were there.

Theora Care can make respite care more comfortable for the care partner. With the Theora Care wearables and sensors, a caregiver has greater confidence that their loved one is well taken care of during respite care. The care partner will not only know where they are, but if there are any changes in activity or behavior that could indicate increased agitation or changes in condition. Even with the best care, the peace of mind of being able to remotely monitor and communicate with a loved one is very beneficial to a care partner.

The Family of Theora Care Solutions

Theora Link™



A smart phone app that connect all Theora Care devices

Theora Connect™



A smart wearable to connect with your loved one anywhere

Theora Sense™



Situational awareness for home

Theora Rest™



Intelligent, predictive bed-area specific monitoring

Let's talk

Theora Care is the first to provide situational awareness to caregivers of loved ones with memory impairment or other elder issues. Our intuitive, cost-effective products provide valuable, real-time communications, location, and condition information about loved ones to help care partners better understand what is happening when they are not there. Whether it's a stylish wristwatch, or an unobtrusive sensor system, Theora Care enables care partners to provide better care with more information around how, where and when a loved one might need attention.



"Theora Care products enhance peace of mind for caregivers, knowing they can communicate with loved ones instantly, while supporting a loved one's independence and active lifestyle."

Steve Popovich, Founder & CEO

To know more, please visit us at

<https://theoracare.com/>

The Theora Care suite of IoT devices and SaaS applications provide caregivers with better day-to-day information, communications, and location services for their loved ones. Our solutions deliver situational awareness not only for the caregiver, but also for the professionals, medical and care management that are involved in the loved one's care plan. Theora Care is located in Austin, TX. Our customers range from family caregivers, to industry leaders such as Baylor, Scott and White and Texas A&M.

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