

## Enroll in Free Dementia and Alzheimer's Care Technology Program Funded by the National Institute on Aging.



### Presence Caregiver Research

Caregiving for people with dementia can be challenging and stressful. With that in mind, an important research project is now underway to increase the emotional and physical wellbeing of caregivers for people with Alzheimer's and other dementias. The National Institute on Aging funds this research and you may be eligible to participate at absolutely no cost.

Silicon Valley technology company People Power and researchers at the University of California Berkeley have developed a system designed to improve the safety of persons with dementia and mild cognitive impairment, and to reduce the social isolation of their caregivers.

Presence Caregiver learns daily activity patterns and can warn caregivers, family members and friends about incidents of concern with text alerts of potential hazards including falls, water leaks and wandering. The system is designed to work without making significant demands on a caregivers' time and energy, and doesn't use video cameras to preserve privacy.

#### How it Works:

The 1-year research project is seeking 400 caregivers for persons with dementia or mild cognitive impairment. Participants will receive the Presence Caregiver system, which consists of devices and sensors that connect with a smartphone app. Help with installation will be provided as needed. To participate, you must be a spousal or family caregiver living with a person who has received a diagnosis of dementia or mild cognitive impairment and be fluent and literate in English. You will need a smartphone – Apple or Android – and wireless internet connectivity in your home. As a research participant, you will complete a set of questionnaires at the start of the study and again every three months. In order to evaluate how helpful Presence Caregiver is, some participants will be randomly selected to receive the system immediately and others will receive it six months later. All participants will be provided with the **Presence Caregiver Research Pack** at no cost and each 2-person group participating in the program will earn at least \$150 for completing the quick-and-easy questionnaires.

#### Receive mobile alerts if something appears to be wrong:

- Know if someone wandered away from home
- Know if they have likely experienced a fall
- Know if their bathroom visit frequency changes

#### Track the current activities of occupants:

- Know if and when the front door opened
- Know which room in the home an occupant visited
- Know when medication was accessed

#### Better understand rest and sleep patterns:

- Know what time they went to bed and got up
- Know if someone leaves the bedroom at night
- Track sleep history and quality for improved health insights

#### Enable support from family and friends:

- Add specific people to receive alerts
- Create and delegate helpful tasks to others
- Coordinate family and friends to stay in contact

#### Improve safety at home:

- Call for help with the wirelessly connected button
- Help prevent falls at night with nightlights
- Know immediately of a water leak or clogged toilet

#### Enjoy voice control services with a smart speaker:

- Easily request helpful reminders to take medications
- Make phone calls, check weather, and play music
- Get answers to more than 100 million unique questions

#### Join and participate in a caregiving community:

- Connect with and receive online advice from caregivers
- Access useful online resources, videos and more
- Coordinate in-person meetings with fellow caregivers

#### Apply Now:

Go to [www.Research.PresenceFamily.com](http://www.Research.PresenceFamily.com)

To see if you are eligible to participate in the program, answer these 4 simple questions:

1. Do you own a smartphone?
2. Do you have Wi-Fi in your home?
3. Are you a family caregiver?
4. Has the person you care for received a diagnosis of dementia or mild cognitive impairment?

**Answering yes** to these questions will qualify you to participate in the research project and receive the Presence Caregiver Research Pack at absolutely no cost. Once qualified, you will be contacted immediately by a representative of the research team. Your system will be shipped to your home, and a customer service installation expert will schedule an appointment to guide you remotely through the setup of your system.

**Learn more:** We're here to help. Please contact us directly through the program website at:

<http://research.presencefamily.com>

## Presence Caregiver Research Pack

The heart of the solution:

Presence Caregiver Research app



Available for Apple and Android smartphones, this mobile app adapts and expands to serve the current and growing needs of caregivers and those in need of care. The easy-to-use app connects to and integrates with the wirelessly connected sensors of the Presence Caregiver Research Pack and the service. It helps understand the real-time and historic activities in the home, distributes alerts, connects with a Trusted Circle™ of family and friends, and much more.

The hardware bundle:

Presence Caregiver Research Pack

This hardware bundle of devices is designed to provide in-home safety and critical insights that assist in caregiving efforts. It is designed to perform in homes and apartments of any size.

The pack includes:

### 1 Smart Home Center Gateway

- Connects the system and devices to the internet

### 5 Motion Sensors

- Detect and learn peoples' movements in the home

### 3 Entry Sensors

- Monitor doors, medicine cabinets, and more

### 1 Amazon Echo Smart Speaker

- Digital companion for medication reminders, and more

### 1 Wireless 1-Touch Button

- For system control and emergency notifications

### 1 Water Leak Sensor

- Detects water leaks and flooding in the home

### 2 CareActive Watches

- Monitor rest/activity cycles of caregivers and patients

### 3 CareActive Base Stations

- Measures in-home activity of Care Watches

### 2 Nightlights

- For added safety and security in the home at night

### Expert Installation Assistance

- Phone-based setup help with installation expert

## Assisting Caregivers of People with Dementia or Mild Cognitive Impairment

Numerous studies have demonstrated that anxiety and depression take years off the lives of caregivers and can increase the mortality rate of care recipients. The goal of this research project is to alleviate caregiver anxiety and depression by helping them feel less worried and isolated. The Presence Caregiver Research Pack offers a sense of community, security, and resources to enhance caregiver knowledge and preparedness. If we can increase a caregivers' well-being, we can help improve their quality of life and maximize their ability to provide high-quality care.

The Presence Caregiver Research Pack includes a variety of sensors that are installed in the home, similar to a security system, but with no cameras. The sensors gather continuous pattern motion data and, using Artificial Intelligence (AI), create a safety net for the home that alerts caregivers to potential hazards. Data from sensors fuel a menu of helpful AI services that perform continuous monitoring of occupants. While connecting sensors that feed data into the system is essential, that's not where the solution ends. We must connect people, too.

People Power, a global leader in smart home technology has long believed family-centric solutions are the key for delivering large-scale positive change for caregivers, ultimately aiding the people who benefit from improved care services. By bringing together people with a personal interest in caregiving, we are targeting anxieties and depression to improve mental and physical health of caregivers. A Trusted Circle of family, friends and caregivers linked to the system helps maintain social connections with real people – all of whom may experience health benefits from being socially connected. Studies have shown that social support is linked to recovering more quickly from injuries and more effective immune system functioning. Additionally, research indicates that when people provide support for others, it improves their own well-being.

People Power and U.C. Berkeley are leading a Small Business Innovation Research (SBIR) grant from the National Institute on Aging to address key issues related to caregiving for persons with dementia and mild cognitive impairment. All user data for this research project are protected through encryption and will be de-identified to protect participant anonymity in all reports and research publications.

Additional information about the SBIR grant that funds this important program is found at:

[www.peoplepowerco.com/news/](http://www.peoplepowerco.com/news/)

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