

# Daily Living System

## Enabling independence

Just Checking provide home activity monitoring services that support care professionals in completing objective, evidence-based assessments.

Specifically developed for reablement services, Just Checking's Daily Living System combines movement, door and activity monitoring to provide an unbiased summary of an individual's progress in completing daily living tasks. Using the system, care professionals can deliver more accurate assessments over a shorter period, speeding up reablement and providing individuals with the support, skills and confidence needed to continue living at home.

### Mrs Baker's story

Mrs Baker is 76. Having recently overcome lung cancer, Mrs Baker lost her husband, and her family were becoming increasingly concerned about how she was coping at home alone.

Although clear of cancer, Mrs Baker often requires an oxygen unit to complete strenuous activities as she can sometimes become light-headed without additional oxygen. Mrs Baker's daughter schedules frequent visits to check up on her mother and ensure she's coping.

During one visit, Mrs Baker's daughter found her mother on her bathroom floor after a severe fall. Mrs Baker was immediately admitted to hospital with a fractured hip.

After a lengthy hospital stay, Mrs Baker was discharged. To ease her back into a routine and ensure she could remain independent in her own home, Mrs Baker entered into a six-week reablement pathway.

The Daily Living System was recommended by practitioners to help establish a clear pattern of 'regular behaviour', give an unbiased understanding of Mrs Baker's abilities, and identify the most appropriate assistive equipment to help alleviate strenuous activities. Mrs Baker's daughter was also given visibility of the Just Checking charts to help reassure the rest of the family.

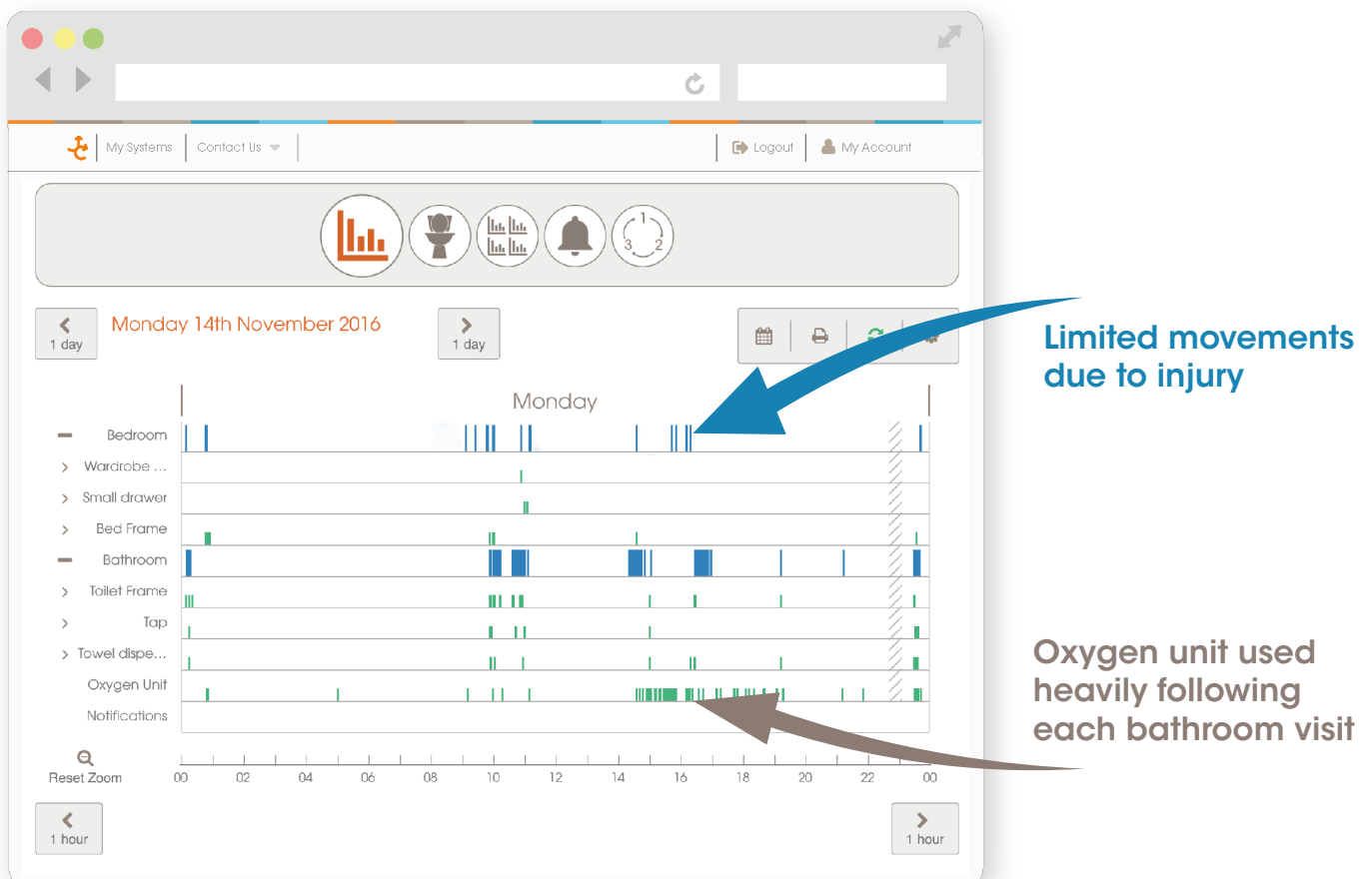


## Establishing routine

At the beginning of the pathway, practitioners decided not to set any objectives as they were interested in understanding how Mrs Baker was coping at home following her discharge; particularly during bathroom visits.

Using the Daily Living System, practitioners noted that Mrs Baker's movements were limited due to her injury. They also noticed that the oxygen unit was being used heavily following each bathroom visit.

No action was taken during this first week as practitioners wanted to let Mrs Baker settle back into a routine.

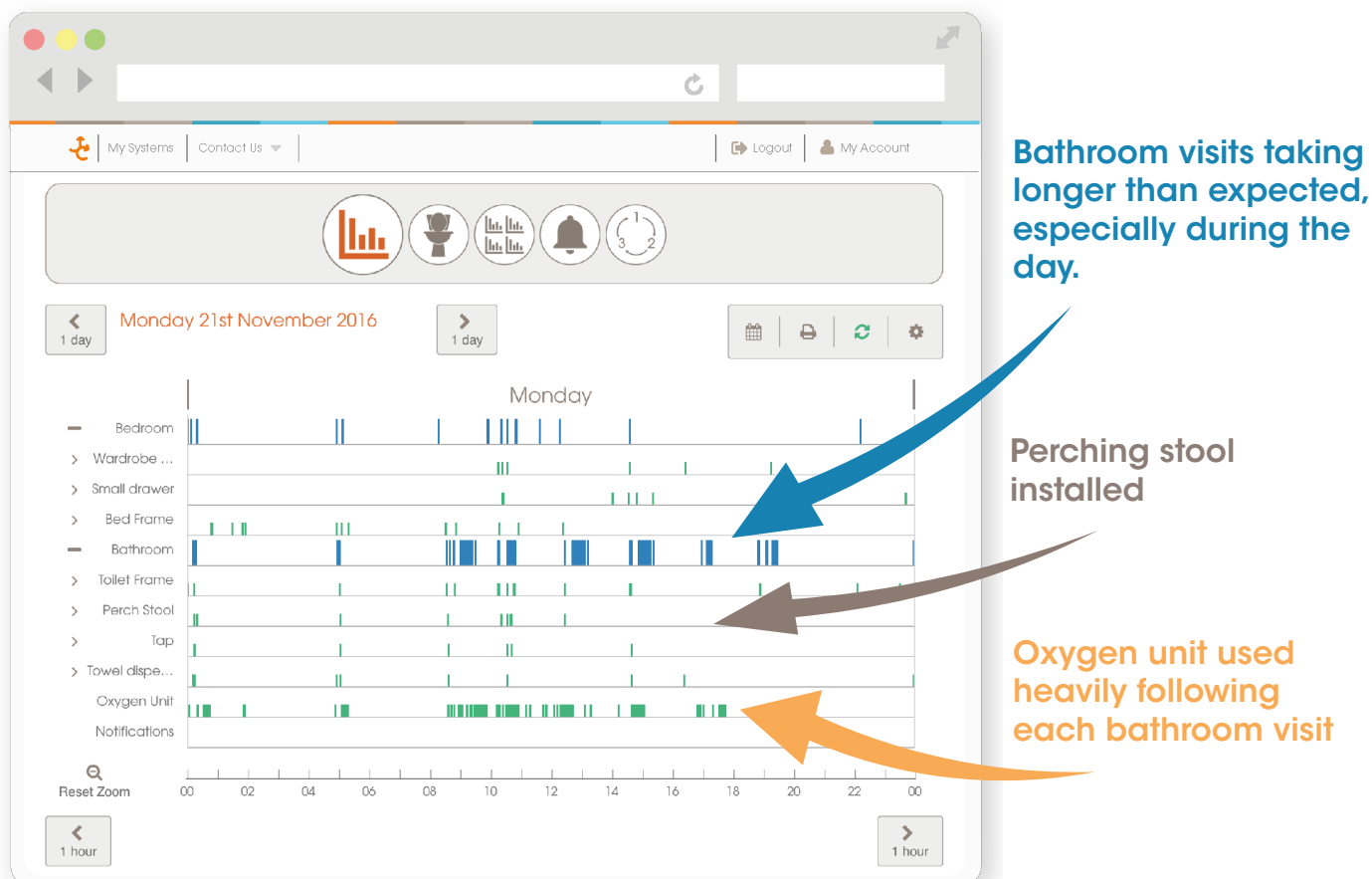


## Setting objectives

A week after being discharged from the hospital, Mrs Baker had settled back into a routine.

Using Just Checking, practitioners identified that Mrs Baker's bathroom visits were taking longer than expected and she often required her oxygen unit after each visit. Practitioners became concerned that Mrs Baker was struggling to use the bathroom independently. After further inspection, practitioners noticed that Mrs Baker's bathroom visits were much longer in the day than they were at night.

This observation meant practitioners were able to spend their face-to-face visit time discussing Mrs Baker's activities and exploring her behaviour. When asked why her bathroom visits varied between the day and night, Mrs Baker explained that she was struggling to get undressed before using the toilet during the day; at night, her nightgown made the process a lot simpler.



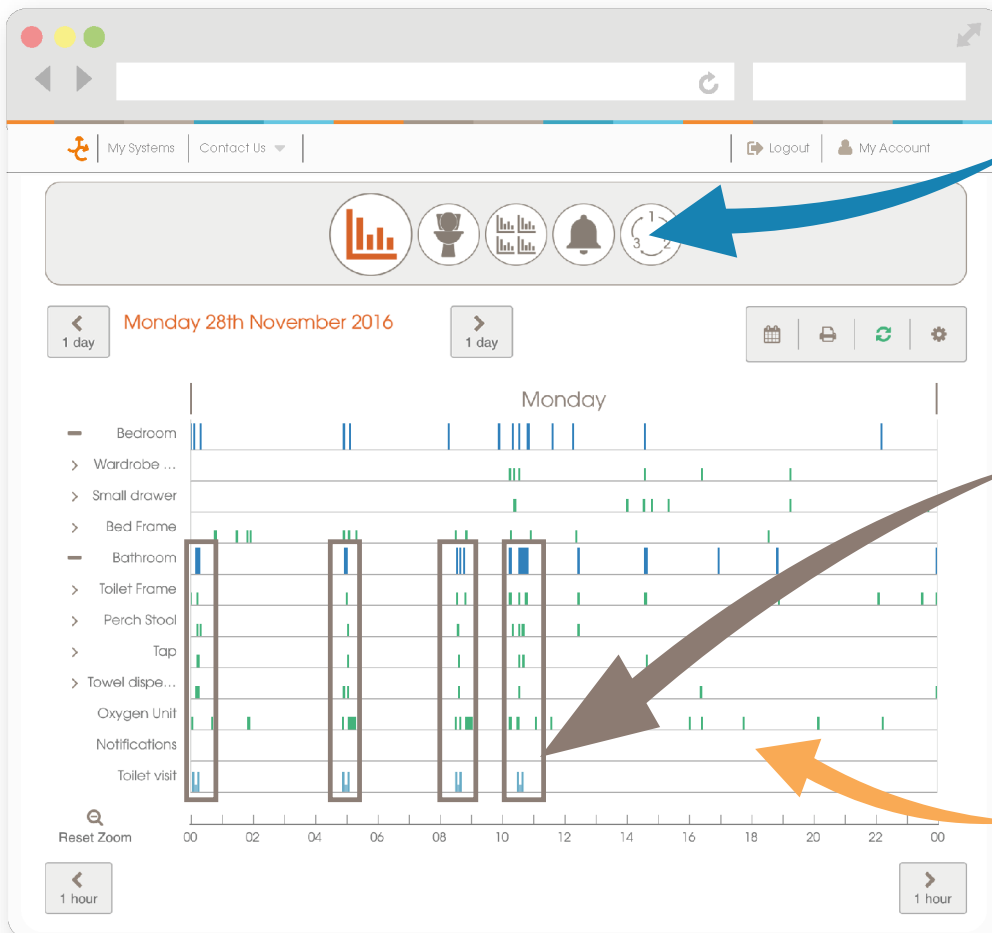
Practitioners commented that without the Daily Living System, this insight into Mrs Baker's behaviour could have been missed. Using the information provided, practitioners were able to spend more quality time with Mrs Baker to help alleviate strenuous activities. They agreed to install a perching stool within the bathroom and trial assistive aids to help Mrs Baker manage her clothing.

## Sequences

During the second week, practitioners set a bathroom visit objective to understand if the new assistive aids eased Mrs Baker's toilet routine. To help identify if this objective was being met, practitioners used the Sequences feature.

The 'toilet sequence' included the use of the toilet, tap, towel and perching stool and allowed practitioners to quickly distinguish toilet visits from other activity within the bathroom, such as washing or bathing.

The 'toilet sequence' identified that on four of the six visits the full sequence and objective was completed. This demonstrated that although the perching stool was not always needed, it was good as a backup.



Practitioners used Sequences to identify when objectives have been met



Toilet sequence: objectives were met on four of the six bathroom visits

Oxygen unit used less frequently following each bathroom visit

## Outcomes

Overall, the practitioners were happy with the progress that Mrs Baker had made during her initial weeks of reablement; the duration of each bathroom visit reduced and she required less oxygen after each visit. Mrs Baker remarked that the assistive aids made the process a lot easier.

The Daily Living System remained in the property throughout the six-week programme and provided evidence that, with the help of a few assistive aids, Mrs Baker was able to remain independent in her own home.