



Active Prospects

Keeping people safe and supported, their way

Karl's Story:

Karl has autism, ADHD, and emotionally unstable personality disorder (EUPD). He has been living with shared support for the past 3 years. Before this, Karl spent a decade moving between different psychiatric hospitals which has left him with low confidence, low self-esteem and a lack of daily living skills. Karl is reluctant to work with care professionals due to post-traumatic stress disorder (PTSD) from his previous accommodations.

Karl has a tendency to sleep in late and medicate with illegal and legal substances which is contributing to his lack of motivation and wakefulness. He is at high risk of self-injurious behaviour and at his previous placement this was managed by 'sharps' that could be requested from support staff and allow staff to be aware of the situation.

Looking for innovative opportunities to support Karl and deliver positive outcomes, his new support team engaged with Just Roaming, eager to find new ways to support him.

The Process:

The Just Roaming team worked with Karl and his support staff to understand the risks and map out a technology-enabled support package that would work for him. All parties agreed that a bespoke Just Roaming technology package and alerting system could enable a different approach for Karl that had not been tried before. The system could enable him to live independently in his flat for the first time, knowing that staff are on hand to support him when required.

As Karl moved into his new property the Just Roaming system was set up to support risk areas. Karl was also given a call for assistance button to request support when required. Alerts were set up to notify staff outside the property if:

- Any property entry/ exits occur
- The sharps box or knife drawers are used
- The medication cabinet is accessed
- The push button is pressed

The review data from the Just Roaming system also allowed staff to understand how the move and support changes impacted his behaviours.



Outcome:

Karl's life has seen significant improvements that started with his new flat. The data showed Karl responded exceptionally well to the new environment and a less restrictive support structure. Staff have been working with Karl to introduce new activities, such as football and tennis, to give him routine and increase his self-esteem. Karl now completes his food shopping, cooks basic meals for himself and administers his own medication. He has taken pride in his new accommodation, cleaning, doing laundry, and even managing his post. His self-injurious behaviour has reduced and this is well managed with a sharps box that alerts staff when it is accessed, giving Karl full control, whilst managing the risks.

'The system makes me feel really safe'

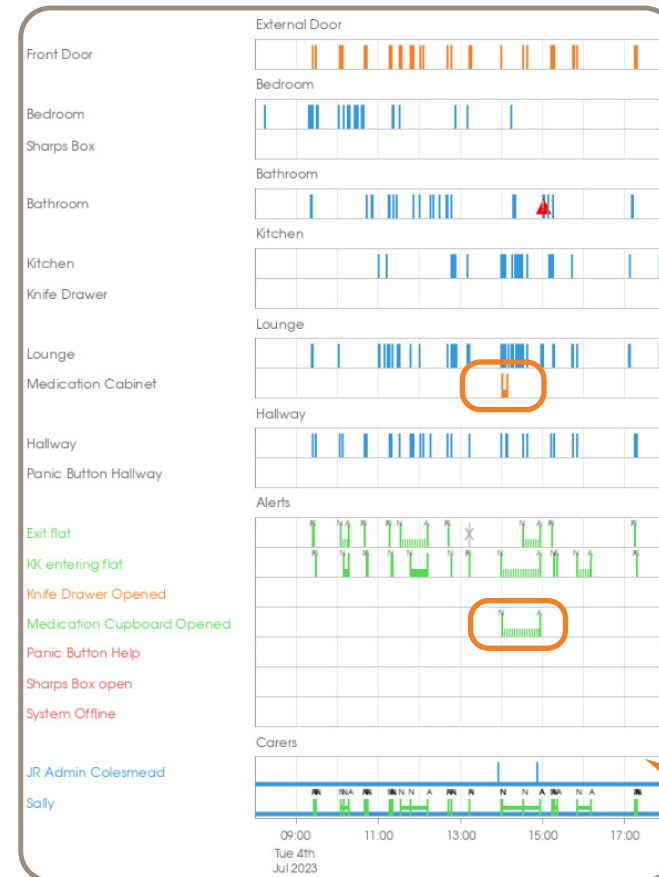
Karl

His confidence has continued to grow, and he is now inviting friends and family over to his flat and has begun re-establishing relationships which have further built up his self-esteem and confidence.

His support staff now see Karl as a different person, with his well-being scores raised by three points. The data from the system gives staff the confidence to support Karl when he needs it and has helped them to form a better relationship with Karl, reducing his reluctance to work with staff.

The ongoing chart data allows staff to evidence Karl's successes, giving them the confidence to offer more development opportunities to Karl, should he want them.

Medication Alert



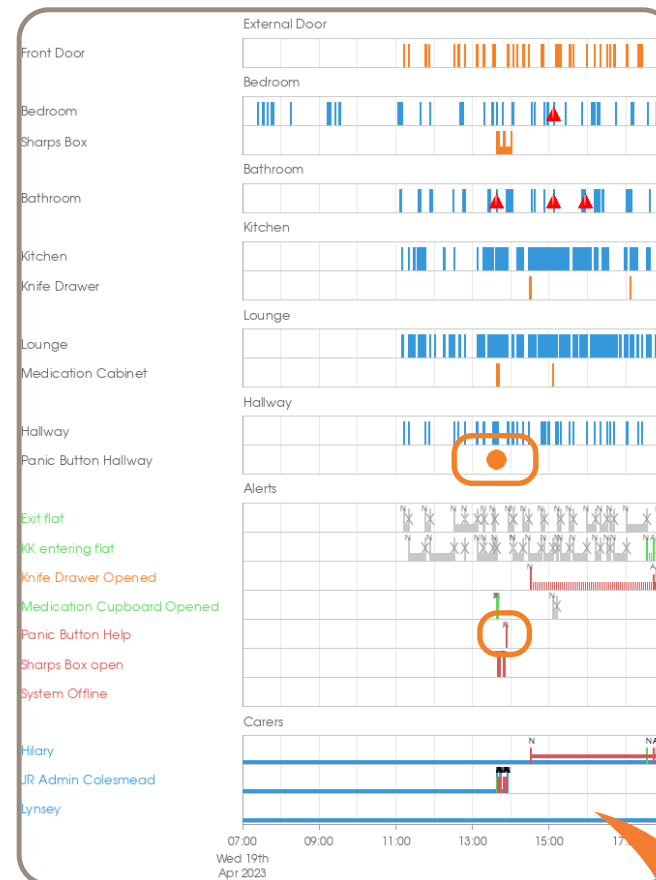
- Staff are notified when Karl accesses his medication cabinet
- This combined with an instant message prompt allows for self management of medication
- Staff are alerted if the medication cabinet opens more or less often than required

Sharps Box Use



- Staff are alerted if Karl accesses his sharps box and can respond
- Staff are able to intervene and divert Karl to effective coping strategies

Call for Assistance Pressed



- When Karl needs support, he pushes a button to request assistance
- Staff are immediately available to reassure Karl and help reduce his anxieties





Mark's Story:

Mark has recently moved into his own flat, and receives 1-1 support from a new care provider. He has autism, a learning disability and epilepsy. Mark has been described by his previous support team as a 'chaotic' person who 'likes to get his hands into everything'. He is at high risk of absconding from his property and has had a previous incident that caused a traffic accident in the community which has caused fears about increasing his independence and led to restrictions on his property.

'His historical profile meant that we initially went overboard on restrictions around doors to the outside.'

Care Manager

Mark's support staff commented that he has low independence and limited daily living skills. He can be overwhelmed by too much prompting from staff and this manifests as grabbing, scratching and pinching.

Due to Mark's history and the risk-averse approach to Mark's support, staff feel he is missing opportunities to grow and develop. His care team were eager to engage with Just Roaming to understand how they could remodel support for Mark and achieve better outcomes for him.

The Process:

The Just Roaming team worked with Mark and his care provider to understand his risks and map out a technology-enabled support package that would work for him.

It was identified that restrictions could be reduced through the use of personalised alerting, enabling a his current 1-1 overnight support to change to a shared support model with staff residing outside his property.

During the transition conversations concerns were raised that Mark may attempt to cook or shower overnight whilst staff were not present. Specific alerts were set up for out-of-bed motion at night that could be further escalated should the cooker or shower be used. Staff receive the alerts from outside the property when Mark wakes up so that they do not disturb his sleep or over-prompt him.



Outcome:

Mark experiences more settled nights, with the system information confirming that he rarely gets out of bed and does not try to leave the property. Staff know when to support Mark and when to give him space and the data has also evidenced that Mark does not engage in activities of daily living overnight such as cooking or showering.

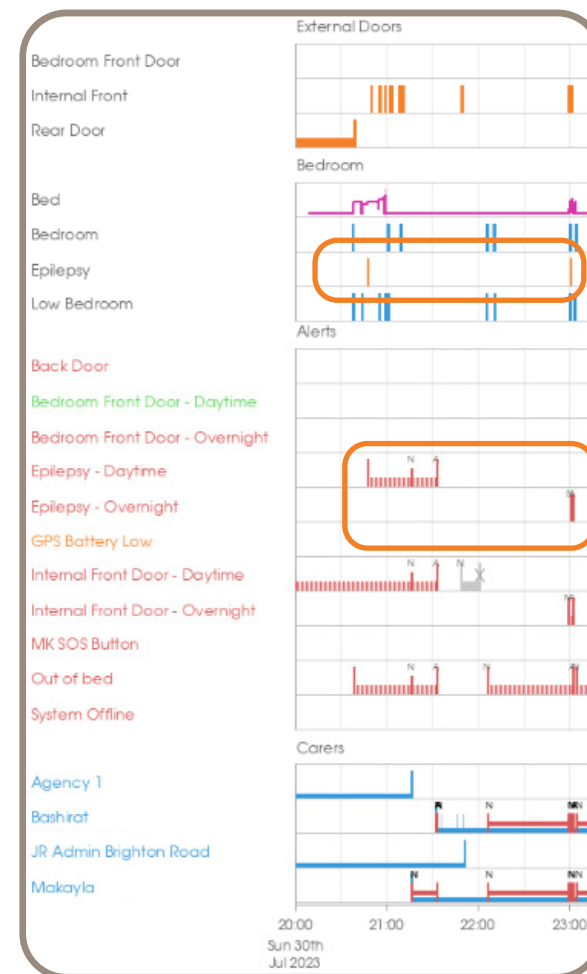
The data from the system has been used to enable a smooth transition and review Mark's progress. His care team are more confident to reduce restrictions on his doors further, and his support team are now utilising Just Roaming in the daytime to help further increase his independence and daily living skills, whilst supporting Mark in the way he prefers.



'The next stage is to see how we could use Just Roaming to give Mark even more privacy.'

Clinical Director

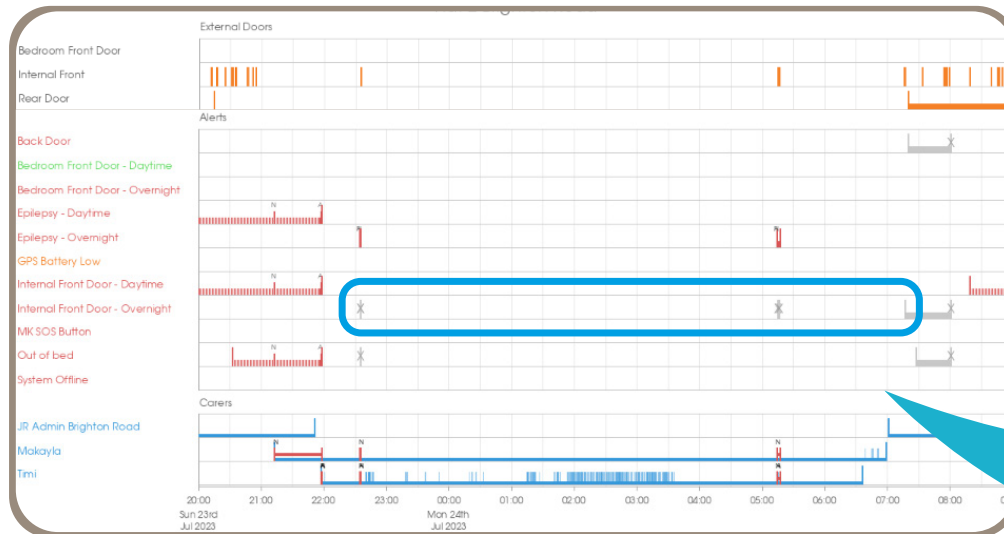
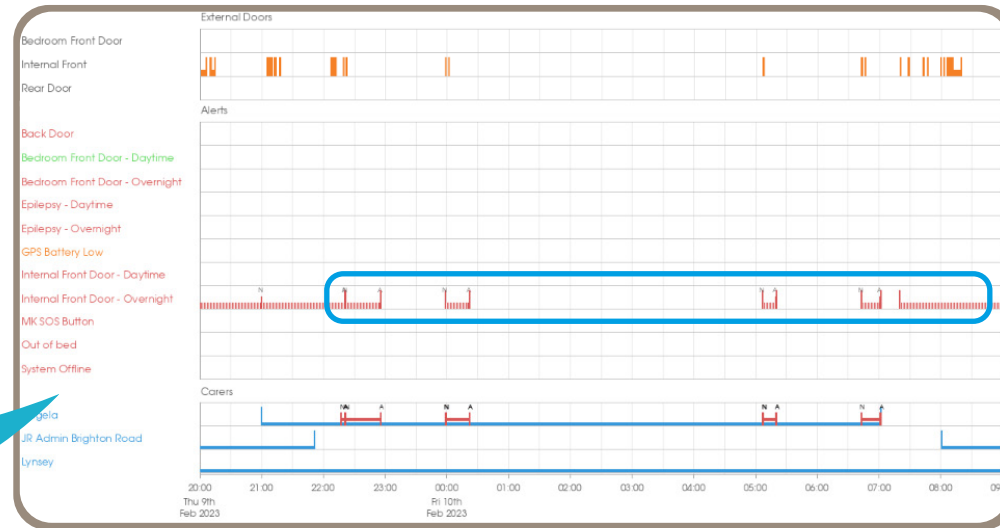
Epilepsy Alert



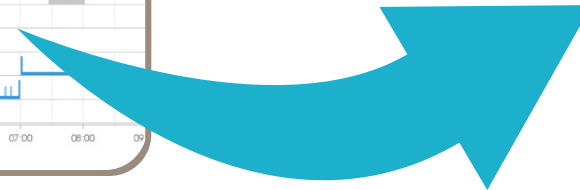
- Staff are alerted if Mark's epilepsy sensor is triggered
- Staff can attend to Mark's needs as and when required

External Door Alerts

- Staff are notified when Mark is potentially absconding
- Staff can review the number of incidents over time



- The system also evidences when Mark is safe at home
- As Mark has settled into his new environment, there have been no absconding incidents



Out of Bed Alert



Evidence of an 'unsettled night'

- Staff are alerted if Mark gets out of bed at nighttime, they can then attend to absconding risks or unusual activity
- The system evidences what Mark does in his property after getting out of bed
- Staff know when Mark is having an unsettled night, they can then respond and adjust support accordingly

- The system also evidences nights when Mark is settled and does not require any support
- Mark's sleeping pattern is evidenced
- Staff are able to regularly review the frequency of incidents



Evidence of a 'settled night'

