

### Abilia

Abilia gives people power to become independent and take control of their daily lives

- Assistive technology for people with functional impairments:
  - Communication aids
  - Environmental Control Solutions
  - Alarms
  - Cognitive aids
- Turnover 20 million Euro
- Approx. 100 employees
- Offices: Sweden, Norway and UK
- Export, through partners, >20 countries





### Abilia gives people power to become independent and take control of their daily lives



#### Cognition

helps users understand the concept of time, structuring their day and feel confident



#### Communication

gives people the support and the ability to communicate in pictures, symbols, and text



#### **Environmental Control**

enables the user to remotely control doors, windows, lights, TV and other appliances.



#### **Alarm**

to call for attention when needed



## What is Cognition?



- **Mental processes** that control the functions that help us to understand, store and use information
- E.g. memory, learning, attentiveness, impulse control
- Creates order and clarity in life
- A Cognitive disability means that some of these processes are blocked or un-coordinated





## Challenges with cognitive impairments



- Having a cognitive disability involves major challenges in everyday life. It differs from individual to individual depending on the degree of disability, as well as how the physical and social environment is designed.
- It can mean difficulty in managing their **personal care**, their **living**, **work or school**, as well as **leisure time** due to difficulties with eg:
  - to orientate themselves to time, space and person
  - memory
  - attention and concentration
  - logical thinking and problem solving
  - to process and interpret sensory impressions
  - perception
  - speech and language
  - writing and understanding written text and making calculations
  - emotions and moods
- Through cognitive support in the form of adaptation in the physical environment, supporting people, use of strategies and technology, an individual can do well.



## Cognitive disabilities and their effect



#### Memory

- Difficulties to remember duties and assignments
- Hard to remember tasks and the correct order

#### **Planning**

Difficulties to structure and schedule in relation to time

#### Time perception

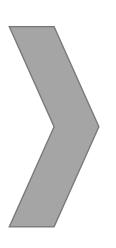
 Hard to know when a task is to be performed, how long the activity is going on, as well as limit the scope and end an activity.

#### **Initiative**

Difficulties starting up activities

#### **Problem solving, communication**

 Hard to take in information, to remember, and to stick to a plan





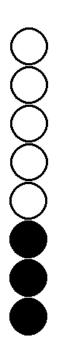


## The Quarter Hour principle to help with time



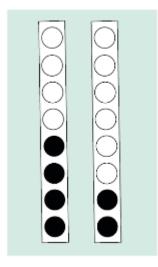
#### How Abilia makes time visible

- 1 dot = 15 minutes 'A quarter hour'
- Countdown to an event
- Fixed, countable, steps
- The dots disappear from top to bottom
- More than 8 dots = "A long time"
- Most people understand more or less
- When a dot disappear it becomes less time







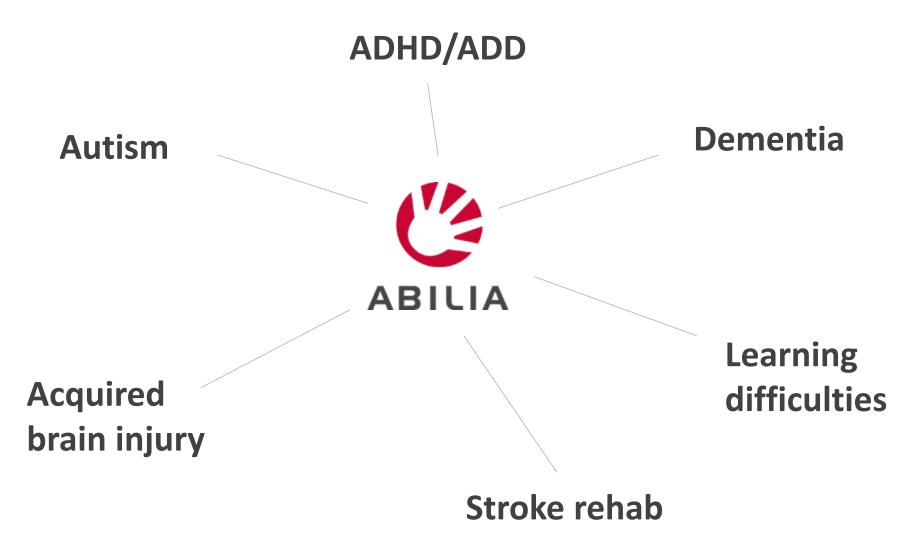


More or Less time

The "invisible" time becomes visible









# Abilia's cognitive aids and what support they offer



Products  Areas of support	MEMO Timer	THESW  TH	MEMOplanner	HandiCalendar
Manage time at single events (countdown timer)		$\checkmark$	$\checkmark$	$\checkmark$
Day and time orientation		$\checkmark$	<b>√</b>	<b>✓</b>
Plan the days activities – structure the day		<b>V</b>	<b>√</b>	$\checkmark$
Plan today and ahead – structure day/week/month			$\checkmark$	V
Make checklists and reminders			$\checkmark$	<b>✓</b>
Remote support by relatives and caregivers			V	✓



### **MEMOtimer**



#### Time is visible

See the amount of time as dots See how the time passes when the dots disappear

Predictability In control Increased security Reduced stress



### **MEMOtimer**

### 4 different times available



Works well for shorter tasks e.g. bushing teeth, showering, eating breakfast



Most popular with schools for timing tasks/lessons and at home to time task such as getting ready to go out



Great for supported work placements, timing breaks and lunch as well as tasks



Used in dementia care settings to time next drink/cigarette and for waiting time for pick up or visitors coming £89.00 each (+vat)



## MEMO Dayboard provides predictability and memory support

This may mean that one...

- ... is well prepared for what will happen
- ...remembers planned activities and is triggered to get started on them
- ... gets a clearer picture of the time and understands when fun activities will take place
- ... remembers to eat and carry out daily activities, and gets a good day rhythm
- ... gets a better overview of one's day and becomes motivated for activity





## MEMO Dayboard – predictability in everyday life

#### A sense of amount of time and the passing of time

Time pillars make time more concrete

#### Predictability in everyday life

Clear picture of what will happen and when

#### **Balance between activity and rest**

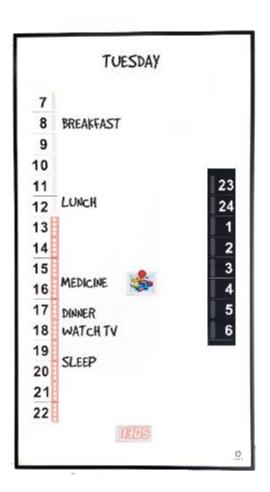
Day rhythm, energy, sleep

#### **User-friendly**

Easy to administer, able to be customised for the individual

#### Quality

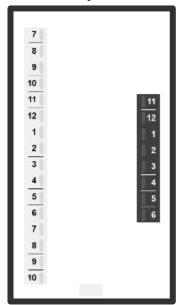
Safety and features in accordance with the Medical Device Regulation (MDR)





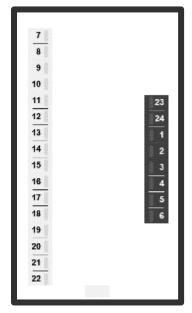
### **Products**

#### MEMO Dayboard, 12h



- 12 hour clock
- Power supply, Manual, Quick guide

#### MEMO Dayboard, 24h



- 24 hour clock
- Power supply, Manual, Quick guide

**Adaptation kit** 



£30.00ea (+vat)

Table stand £45.00ea (+vat)



Lockable door £90.00ea (+vat)

£380.00ea (+vat)



### Accessories

## Table stand 508794



If you don't want to hang MEMO Dayboard on the wall, you can use a table stand

## **Adaptation kit** 508785



Kit with week and month symbols, adhesive magnets and stripes for adapting the light column

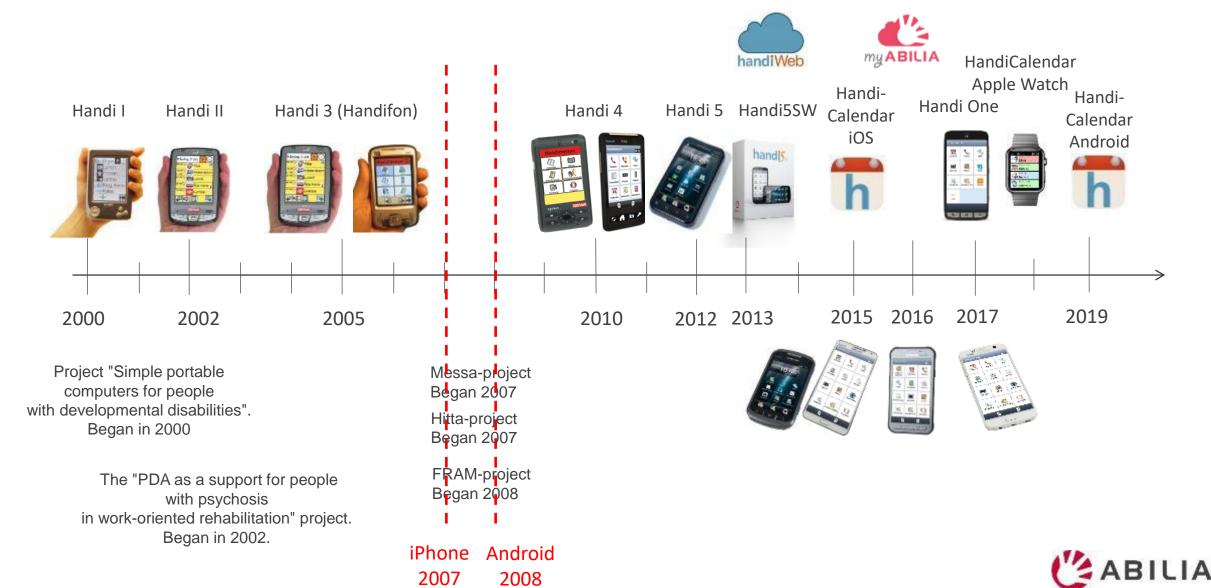
Lockable door



A lockable door that prevents unauthorized persons from changing text and magnets on the whiteboard



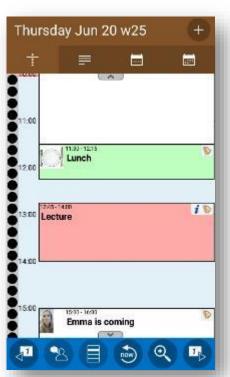
## 20+ years of HandiCalendar development

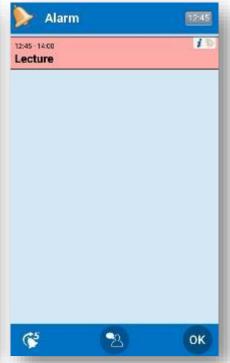


### HandiCalendar



- A sense of time
- Knowing what needs to be done next
- Balance in your existence
- Easier to begin and end an activity
- Easier to understand information
- Remember to perform activities
- Support in performing the activity that has just sounded an alarm
- Support for memory and communication





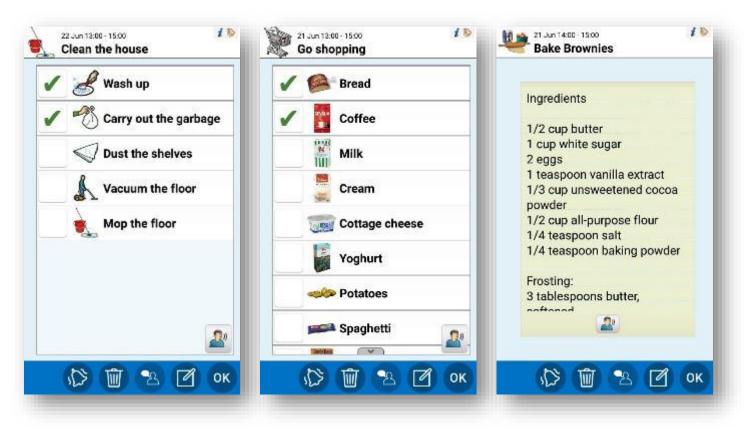




## HandiCalendar Checklist, Notes and Speech support

- Easier to execute an activity
- To remember to bring everything along
- Memory support
- Support in executing activities
- Communication support
- Easier to understand information

• £120.00 per user, per year





### MEMOplanner to support memory and independence





#### Tools for organisation and planning

In MEMOplanner's calendar you can see what you are doing next

You get support in order to not plan too many activities

You can clearly see how long the activity will take

You can categorise activities

Add different types of activities

Checklists can facilitate the execution of activities

#### Support for cognitive flexibility

Predictability over your day and a sense of time will allow you to be prepared

Weekly and monthly view

#### **Easier to understand information**

Picture support, speech synthesis, recorded speech, camera in MEMOplanner, myPhotos





### MEMOplanner for attention and focus

#### Focus on ongoing activity

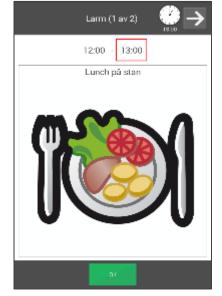
Tasks with start and end times are at the top in fullscreen mode

#### Able to persevere

The timer function can help you to stay focused for a set amount of time

#### Nothing to disturb you

Dedicated aids without disruptive functions









### MEMOplanner – promoting routine in everyday life

MEMOplanner has been developed for people who need:

Extended support for time, memory, structure and planning with a visually clear interface

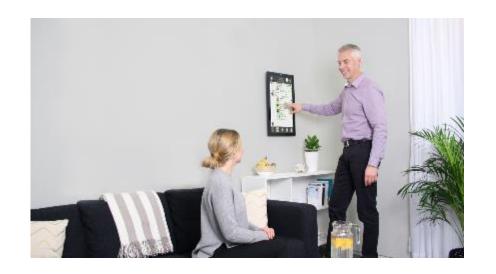
A larger screen with a fixed location

A solution that is easy to get started with

A solution that can be individually adapted to a great extent

A solution that is straightforward and easy to use

A cognitive support that is separated from your smartphone so as not to lose focus

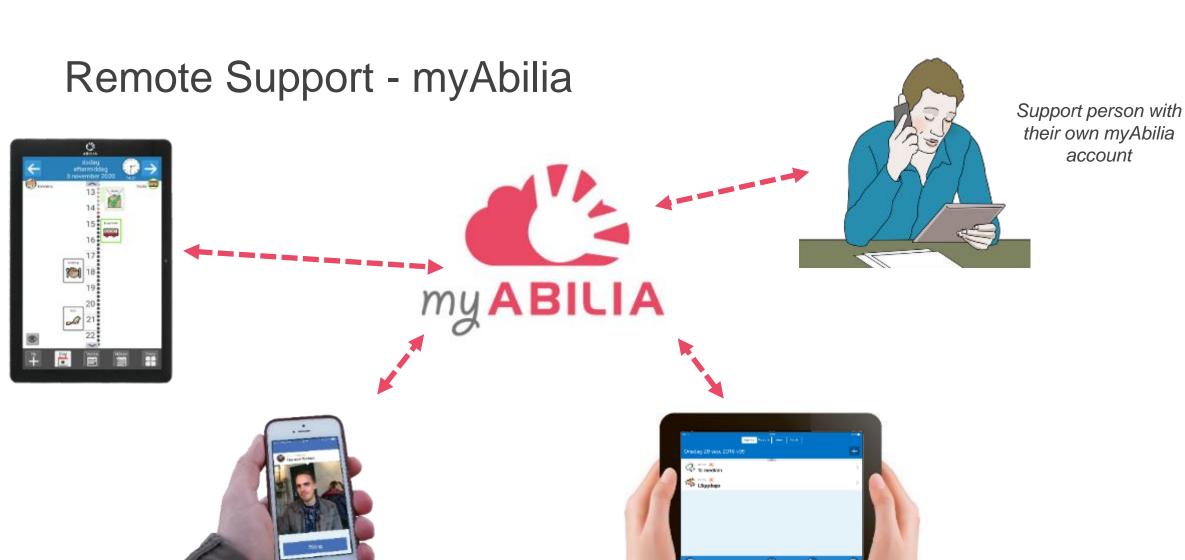


MEMOplanner Large - £1,295.00(+vat)

**MEMOplanner Medium - £795.00 (+vat)** 

both inclusive of a 3 year licence





















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NORTH WALES SOCIAL CARE AND WELL-BEING SERVICES IMPROVEMENT COLLABORATIVE





















### Thank you for listening;

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