



Falls Protection

Fact Sheet

Learn more at www.intellicare.com.au



InteliLiving's three safety nets will catch you if you fall.

InteliLiving. Stay safe, healthy and living independently.

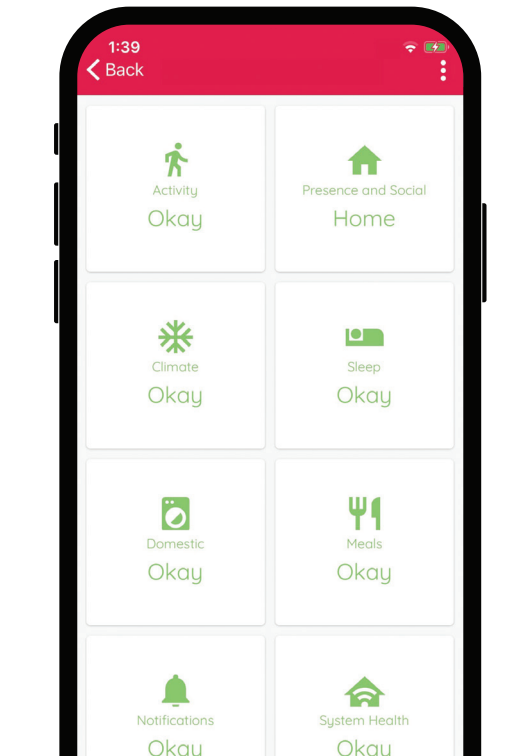
With three levels of falls protection, InteliLiving's smart-home system helps you live independently in your own home as you get older. It can help detect a fall and health risks to prevent hospitalisation or, worse, residential care.

Connect

A traditional emergency pendant isn't failsafe. It may not be charged, you may not be able to push the button, or you could simply forget to wear it.

You could fall ill or fall over, and it could be hours or days before someone connects the dots.

InteliLiving connects them for you. It connects you, your family and carers. It connects your care team with live, home-wide data that will tell them if you're immobile. And it even connects with a smart GPS pendant that can detect if you've fallen over, whether you're at home or out and about.



Detect

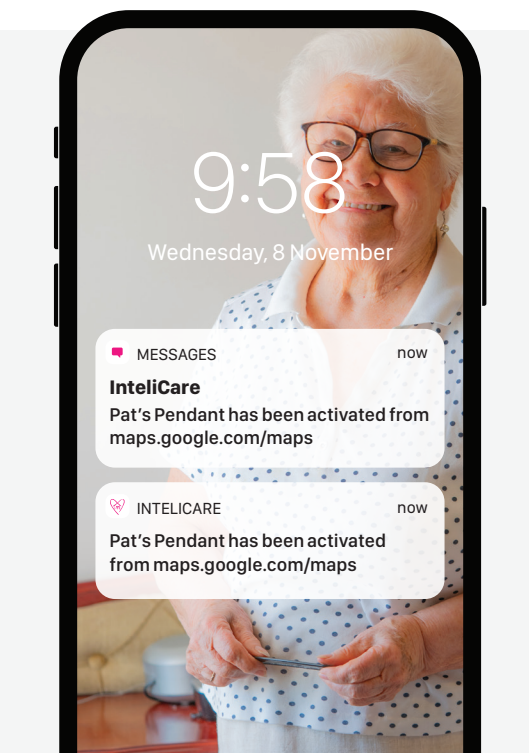
InteliLiving doesn't rely on one device or sensor. It's like having multiple safety nets in one.

Level 1: Our smart GPS pendant

InteliLiving can be paired with a Falls GPS Pendant that immediately alerts your care network if you press the button, or if it detects an obvious fall.

Your nominated emergency responders will get an SMS or phone call, and your care team can see exactly where you are.

What if you haven't fallen but you need help? What if you're unable to press the button? What if you don't have a pendant?

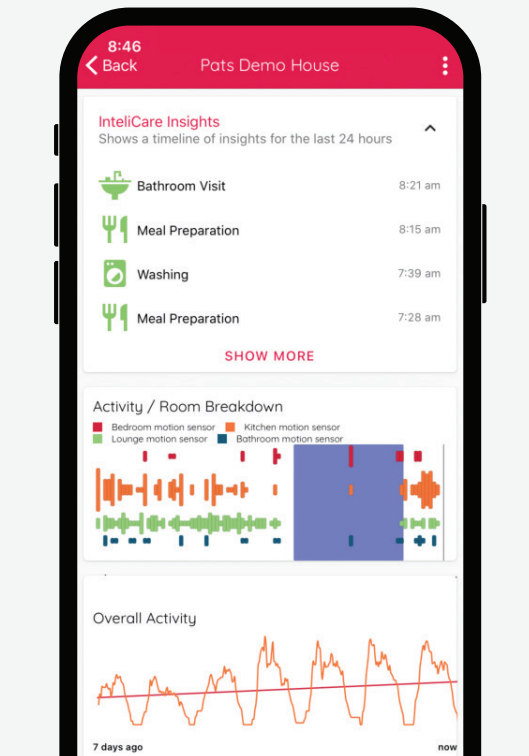


Level 2: Our powerful IntelliLiving app

Most assisted living systems and apps only provide ‘spot-checks’ or basic data about movement within a room, making it hard for anyone to tell whether you are in trouble or not.

InteliLiving learns how you like to live, understands what’s normal for you (and what isn’t) and sends notifications if there’s a problem, while providing insights that help avoid false alarms.

Your care team can also use the IntelliLiving app 24/7 to review the live stream of activity from your home, compare it to your normal activity patterns and take immediate action if they spot a worrying change in your routine. But what if you fall at night, perhaps in the bathroom or the kitchen?

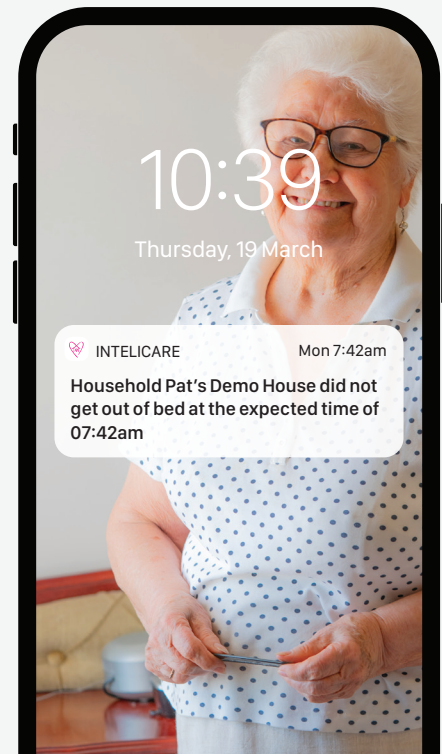


Level 3: ‘Failure to arise’ alerts

Conventional assisted living systems are prone to false alerts, partly because they rely on you to program a schedule, but InteliLiving learns your daily routine, including when you normally get out of bed.

If you don’t get up at your usual time in the morning, InteliLiving will send a heads-up notification to your family and carers on their phones – not a cause for alarm, but it means they know you aren’t up and about yet.

If InteliLiving detects that you’re up and about, the heads-up notification will be cancelled. But if you don’t get up, InteliLiving goes into Red Alert and sends an SMS alert that must be cancelled by you or your care team, ensuring they know you may need help.



Prevent

Prevention is better than cure, so InteliLiving also works as an early-warning wellness system. It spots changes in activity that may indicate an emerging health issue that increases your risk of a fall, hospitalisation or residential care. For example:

“ I checked the app and could tell there had been no movement for a period of time, so I drove straight over to find my nan, Lois, lying in the bedroom. She’d had a fall and was very relieved I found her. She would’ve been stranded for much longer without InteliLiving.

- Scott, Lois’s grandson

! More than 90% of hip fractures occur as a result of falls.¹

Learn more www.intellicare.com.au

Prevent falls due to possible infection

If you're going to the bathroom more often at night, you may have a bladder infection, which increases your risk of a fall. One hospital study showed 40% of people who had a fall also had some form of infection.²

Prevent poor sleep risks

The poorer your sleep, the higher your risk of falling.³ IntelliLiving tracks your sleep and gives your carers a heads-up if your quality of sleep is declining.

Prevent dizziness from malnutrition

Skipping meals or changing eating habits can lead to malnutrition, dehydration and dizziness, which could lead to a fall. IntelliLiving highlights any worrying trends for you and your carers.

Prevent trips at night

If you get up just once to go to the toilet at night, you're 41% more likely to experience a fall. With three or more nightly bathroom trips, your risk of a fall more than doubles.⁴ IntelliLiving's smart algorithm learns what is normal for you, and warns if this changes.

Prevent risks from social isolation

Studies show social isolation and loneliness are associated with a 37% increase in falls.⁵ IntelliLiving's social-isolation warnings help manage this risk.

With at-a-glance health trends and graphs at their fingertips, your family and care team have the information they need to understand your specific needs, and modify your home or provide the right support when you need it.

! You won't go undiscovered after a fall.

References



1. Falls in the Elderly Secondary to Urinary Symptoms. Soliman Y, Meyer R, Baum N. 2016.
2. A new cause to consider in falls: Infection Coexisting systemic infections may need to be routinely considered in patients who present with a fall. Durkin, M . 2020. ACP Hospitalist.
3. Falls are more likely when you've had a bad night sleep. University of Warwick. 2018. ScienceDaily.
4. Sleep Disturbances and Falls in Older People. Latimer Hill E, Cumming RG., Lewis R, Carrington S, Le Couteur DG. J Reontol A Biol Sci Med Sci 2007.
5. SOCIAL ISOLATION AND FALLS RISK AMONG COMMUNITY DWELLING OLDER ADULTS: THE MEDIATING ROLE OF DEPRESSION. Burr J, Quach L. Innovation in Aging, 2019, Vol. 3, No. S1.

Find out more at intelicare.com.au or call 1300 001 145

