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Living with dementia



PROMOTING SAFE WALKING FOR PEOPLE WITH DEMENTIA

EVALUATING THE SAFE2WALK SERVICE

SHERIDAN READ
Alzheimers Australia WA



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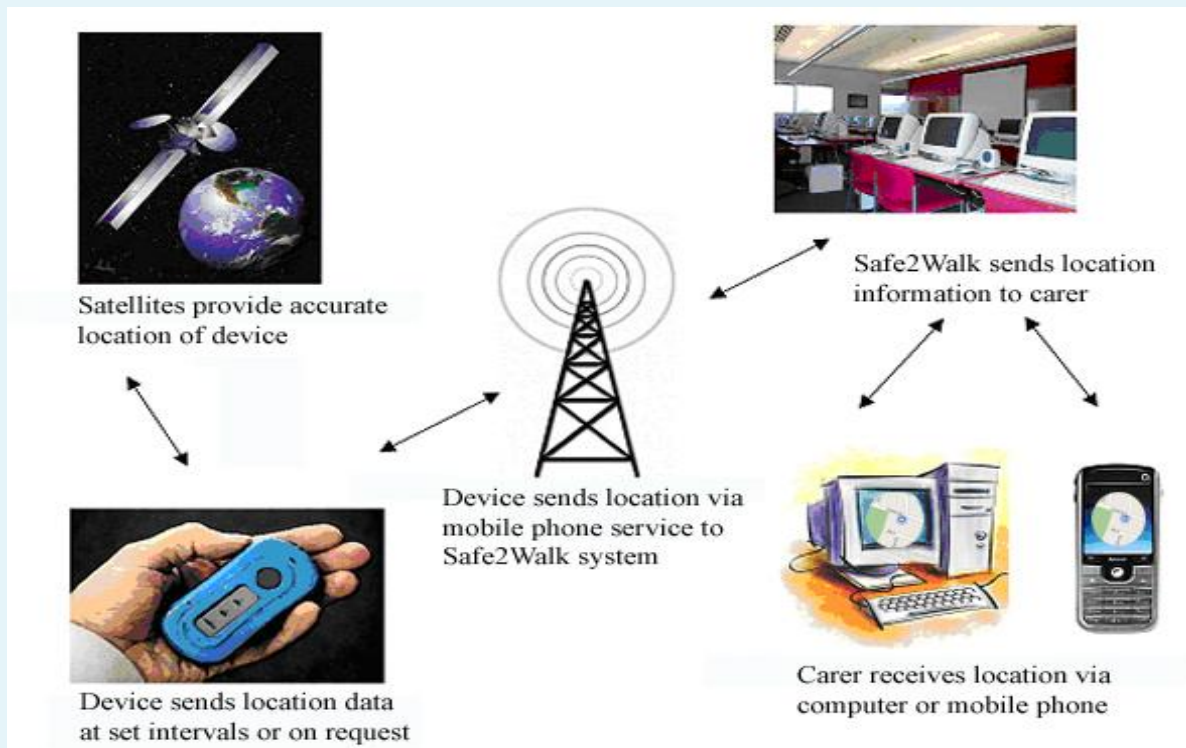


Researching the use of GPS for People with dementia - 2006 to present

- Background information
- Increase independence for people living with dementia
- Decrease carer burden



How Safe2Walk® works





Redefining the understanding of GPS technology and developing an ethical framework

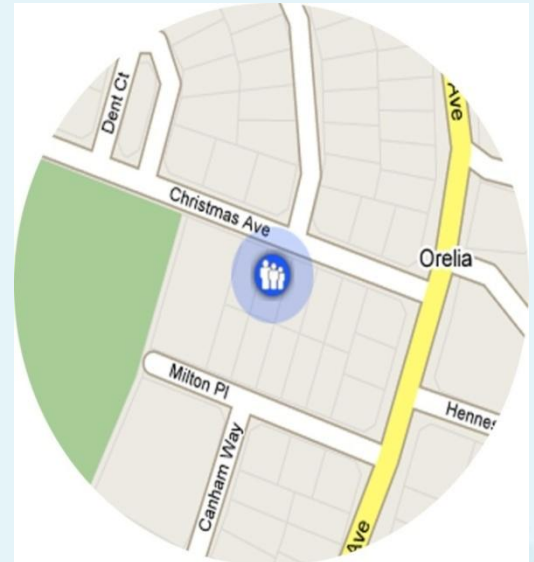
- From “managing wandering” to “supporting safe walking”
- Avoiding terminology such as tagging
- Obtaining consent
- Understanding implied refusal
- Considering the alternatives – person centered approach - Promoting discussion and agreement



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Development of Safe2Walk





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Bridging the gap between complicated and comprehensible

- A device simplistic in design
- Customising web portal - use of language
- Streamlining processes
- Dementia care background V technicians



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Features of the Safe2Walk® System

- Provides personal alert/mobile phone/GPS location service in one device
- Accurate to within 20 meters
- Able to approximate indoor location
- Secure and easy log in system
- Safe Boundary feature
- Locate through web or sms
- Low cost \$10 per week inclusive hire fee
- Minimum 6 month hire period
- One touch call operation
- Auto answer & hang up
- Vibrate and ring
- 3 pre programmed numbers
- 24 hour battery life
- “normal” phone appearance





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Safe 2 Walk for Australians - Home - Windows Internet Explorer


http://www.safe2walk.com.au/

File Edit View Favorites Tools Help

Safe 2 Walk for Australians - Home



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Safe2Walk User Login


Username
client110

Password
●●●●●●●●

Login Reset

- Home
- Who is the service for?
- Ethical Considerations
- Cost & Registration
- FAQs
- Testimonials
- About Us
- Contact Us
- Terms of Use




SUPPORTED BY:




United Way

Personal Alert and GPS Location Service

Promoting Independence, Supporting Abilities, Reducing Risk



What is it?





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iTrack System - Windows Internet Explorer

http://wa.safe2walk.com.au/alzwa/home/ViewHome.do;jsessionid=FE738ACBBCD5C947C68BD76D06FBEC08

File Edit View Favorites Tools Help

iTrack System

Home Notifications MyAccount Logout **Track**

30 Unacknowledged Alert(s)

Map Search
Find Now
Safe Distance
Map View
Auto Refresh 0 m 0 s
Trace Refresh
 Select All/Deselect All
 client 110

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Done

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iTrack System - Windows Internet Explorer

http://wa.safe2walk.com.au/alzwa/home/ViewHome.do;jsessionid=FE73BAC8BCD5C947C68BD76D08FBEC08

File Edit View Favorites Tools Help

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Trace Refresh
 Select All/Deselect All
 client 110

client 110:
+ 29/05/2009
+ 13:43
+ Speed: 0.00 km/hr
+ Heading: S 2.58 deg SE
Show address
Center map on this

Map Satellite Hybrid

Beach Rd
Ashton St
Driffield St
Arbury St
Driffield St
Belvedere Rd
Enfield Rd
Brabant Way
Enfield Rd
Lambard St
Albyn Pl
Folstead Cres
Bedelia Way
Egmont Cres

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iTrack System - Windows Internet Explorer

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File Edit View Favorites Tools Help

iTrack System

Home Notifications MyAccount Logout Trackers

30 Unacknowledged Alert(s)

Map Search

Map Source
Google Maps

Note: Repetitive points aren't displayed. Limited to 200 points per map view. Terms of Service

Show Transmissions For
 Last known position
 Last 6 hour(s)
From:
To:

Target(s) to Display
 All Targets
 Specify

Display Map

Find Now
Safe Distance
Map View

Map Source: Map Satellite Hybrid

Beach Rd
Belvedere Rd
Enfield Rd
Brabant Way
Barham Way
Enfield Rd
Ouville Pl
Lampard St
Albyn Pl
Eglington Cres
Folstead Cres
Bedelia Way
Ambridge St
Driffield St
Ambridge St
Driffield St
Agaton St

200 ft
100 m

Map data ©2009 MapData Sciences Pty Ltd, PSMA - Terms of Use

http://maps.google.com/maps?l=-31.848207,115.803602&spn=0.004785,0.008398z=17&key=ABQIAAAAwqnC2VhKvQdFjL5kPqxQ-SK1APszKy73

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iTrack System - Windows Internet Explorer

http://wa.safe2walk.com.au/alzwa/home/ViewHome.do

File Edit View Favorites Tools Help

iTrack System

Map Search UI

Find Now

Safe Distance

Map View

Auto Refresh 0 m 0 s

Trace Refresh

Select All/Deselect All

client 110

Map Satellite Hybrid

Current Date/Time: 29/05/2009 14:18GMT+08:00 Perth, Australia
Previous login: 28/05/2009 16:09

You are logged in as: client110
Fleet: Alzheimers Group

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Done

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iTrack System - Windows Internet Explorer

http://wa.safe2walk.com.au/alzwa/home/ViewHome.do

File Edit View Favorites Tools Help

iTrack System

Map Search

Find Now

Safe Distance

Map View

Auto Refresh 0 m 0 s

Stop Refresh

Select All/Deselect All

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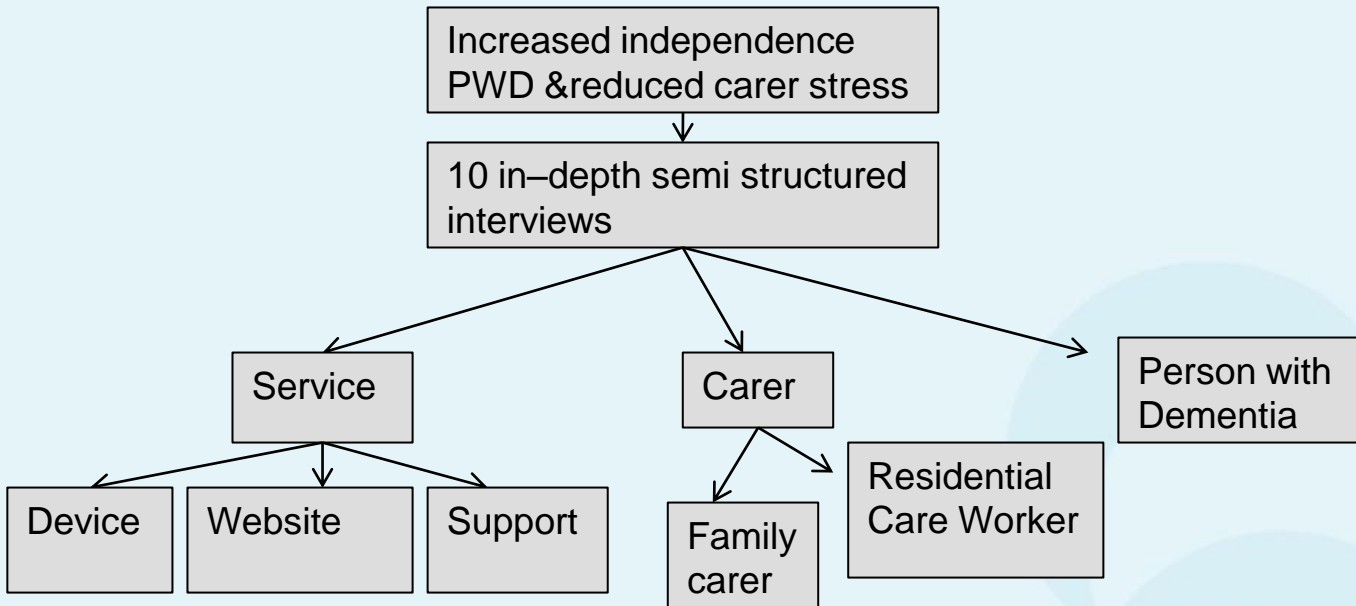
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Fleet: Alzheimer's Group

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Evaluation - Centre for Research on Ageing- Curtin University





Person with Dementia

- 3/10 able to respond directly to questions
- Most PWD were not aware of the purpose of the mobile device
- Prior use of mobile phone technology





PWD cont...

- Increased confidence about going out and little resistance from participants in wearing the device.
- “Even though it’s a momentary thing...I can say to Dad when I have picked him up when he was lost and he asks how I knew that and I say it was because of the device-so I can assure him not to worry if he gets lost. In that moment he was feeling that he was being looked after and there was some technology that’s keeping him safe, I believe in some ways those things go into the mind and there is some sense of I am being looked after and less anxiety”
- “She knows where I am , really it’s more for her than for me, for her well being”



PWD cont...

- Remain living in the community
- Ageing in Place - “he would really crumble in a secure environment; he doesn’t need it for any other reason he needs to know he can walk out the front door”
- “It’s brilliant because it really can be that buffer to allowing these people to have that freedom of choice and not be put in secure areas too soon.





Impact on Family Carers

- “any technology of that age is confronting”
- Positives - “greater peace of mind”, “we know that if he did wander we’d be able to find him”, “the device is a relief”, “it has allowed greater flexibility in how we spend our time”
- Frustrations – PWD not being able to use the device as intended, not water or drop proof, device malfunction or limited satellite reception on occasions



Safe2walk device

- Size/ appearance – acceptable – “stylish”
- Not one device will suit the needs of all people-
- “the call button doesn’t really make a lot of sense – it’s not clear what it is for”.....
- “The big button in the middle is a great idea; it’s simple- if a person is thinking what to do it is the obvious thing to press.”



Safe2walk website

- “very very easy”
- Difficulties initially needed assistance from Safe2walk staff

Safe2walk Support

- Highly praised – “ I don’t know how I would have coped without that sympathetic, empathetic ear she was fabulous they have all been great”
- Hands on support – “something like a tutorial”



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Residential Care Sector

- Systems and procedures
- GPS Technology – a tool for change
- “a greater appreciation of his need for and right to walk, to do this thing that he loves, that he is not in a secure environment, he is allowed to go.... It’s an educational thing, they are starting to look at dementia a bit differently.”





Conclusion

- Increasing independence and social inclusion for people with dementia
- benefiting family carers through peace of mind and reducing anxiety
- Solution to the risk of walking and becoming lost for a PWD and reducing a carers feelings of anxiety in such an event. McShane and Skelt (2009)



Into the future...

- Redefining the “secure environment” which will extend well beyond the walls of a residential care unit
- Change of attitudes in policy makers and those of us who care for people with dementia with a greater understanding of the PWD rights as a person.



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*To all of us who will have dementia,
in the hope that we will be able to
walk outside and feel the rain on our
faces.*

Mary

Marshall and Kate Allen (2006)