



CareLink360[®] Along the Aging Journey

Uses Cases Review



This document highlights the value of the CareLink360 Digital Health Companion throughout the transitions in the aging journey, offering support from independent living at home to assisted living, memory care, and beyond, by providing continuity, enhancing quality of life, and offering peace of mind to both aging adults and their families.

CareLink360[™]

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CareLink360[®] Along the Aging Journey

Introduction

As our loved ones age, their care needs evolve, often requiring different levels of support along the way. From living independently at home to transitioning through various care settings, maintaining continuity in care is essential for their well-being. The CareLink360[®] Digital Health Companion (DHC) is designed to be a reliable partner throughout this journey, offering personalized support, comfort, and companionship, ensuring they remain connected, engaged, and cared for.



This document will outline how the DHC adapts to the changing needs of older adults. From maintaining independence while living alone to easing the transition into assisted living, and even providing companionship and education during recovery at rehabilitation centers and upon return to their place of residence, the DHC adapts to the changing needs of your loved ones. When the time comes to move to memory care, the DHC facilitates a smooth transition, and if hospice care becomes necessary, the DHC continues to provide comfort and emotional support. By delivering personalized care interventions, the CareLink360[®] DHC is designed to be a constant source of connection and peace of mind to both your loved ones and their caregivers through every phase of aging.

Living Independently

As older adults age, many express a strong desire to remain in their own homes and preserve their independence for as long as possible. This preference is often driven by the comfort and familiarity of their personal space. However, as family members relocate for work, school, or other commitments, and social circles narrow, older adults may face increased loneliness and isolation. The challenges of maintaining an independent lifestyle can become more pronounced, with fewer opportunities for social interaction and support. In such situations, the need for solutions that bridge the gap between the desire for independence and the necessity for connection becomes crucial, ensuring that older adults can enjoy their home environment while receiving the support they need.

Ada and Bruno



Ada and Bruno, aged 88 and 92, spent over 50 years in their home – the same house they built and raised their two children. Despite their age, they live independently. Their children are grown, one residing in the United States and the other an hour and a half away.

They have encountered various medical issues as they've grown older, but they manage them with determination and a positive outlook. It's this attitude that contributes to their longevity.

Ada used to work as a school librarian, and Bruno was a skilled mechanical engineer. During their careers, they used computers. However, Ada no longer uses her laptop or owns a smartphone. On the other hand, Bruno still relies on his laptop for tasks he's used to, though he finds changes frustrating and periodically seeks help from his children.

For Ada and Bruno, the CareLink360[®] Digital Health Companion (DHC) has transformed their world, bridging the gap between them and their children and grandchildren. With regular updates flowing seamlessly, including cherished photos and videos, the distance between their family members seems to disappear. CareLink360[®]'s intuitive automation allows Ada and Bruno to enjoy every moment without any technical worries, bringing their loved ones closer than ever before.

The generous screen size of the DHC turns virtual visits into magical gatherings for Ada. She delights in the warmth of family conversations, and as the visits come to an end, she thanks her family with heartfelt goodbyes, feeling as though they were physically present in the room with her. These virtual interactions

leave her touched and connected, making each visit feel intimate and real.

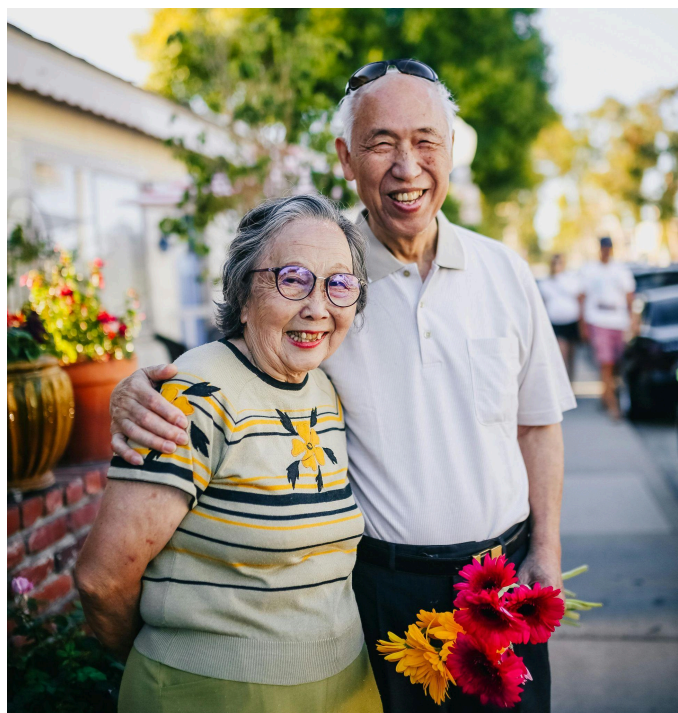
For Bruno, the DHC becomes a companion during sleepless nights. Surprise updates and cherished pictures shared by family members bring him joy, helping to ease his restlessness. The comforting presence of the DHC lulls him back to sleep, wrapped in the contentment of shared moments and family love.

Through the CareLink360 DHC, Ada and Bruno have not only reconnected with their family but have taken an active, engaged role in their lives, fostering a deep sense of belonging. This technology transcends distance, enriching their lives with treasured connections, shared memories, and the joy of staying close to those they love most.

Mai and Wen

Mai and Wen, a devoted wife and husband in their late 80s, reside in an Independent Living community. Their journey took a challenging turn when Mai was diagnosed with dementia a couple of years back, with Wen taking on the role of her primary caregiver. Though their loving daughters live relatively close by, like many adult children, they find it difficult to visit daily due to their own family and work commitments.

As Wen tenderly cares for his beloved wife, he tirelessly seeks ways to bring her joy and engagement, filling their days with love and cherished moments. Neither of them owns a smartphone.



For Mai and Wen, the DHC has opened new doors of connection and joy. Wen discovered a fresh way to bond with Mai by encouraging her to explore the brain fitness activities offered by the DHC.

These activities have become a source of happiness for Mai, as she experiences a sense of accomplishment and fulfillment with each completed task. For Wen, watching Mai actively engage brings him immense joy, as her participation helps maintain her cognitive health while deepening their connection.

Their regular visits with their daughters have become effortless and heartwarming, with laughter often filling the room, sparked by Wen's playful sense of humor. These virtual gatherings have become

cherished moments of togetherness, bridging distances and enriching their family bonds.

In addition to fostering more frequent communication between Wen, Mai, and their daughters and grandchildren, Wen's dedication to guiding Mai through these activities plays a crucial role in keeping her mentally active, and engaged, and maintaining her condition.

Through the CareLink360® DHC, Mai and Wen's world has been filled with shared accomplishments, laughter, and strengthened connections, enriching their daily lives with meaningful interactions and joy.

Rich



Rich is a US Navy Veteran who is 87 years old and lives independently in his home. Rich has been diagnosed with early-stage dementia and has minimal mobility challenges which was the result of a mini-stroke he had three years ago. Rich lost his wife in 2020 from Alzheimer's Disease who lived in the home up until her passing. Rich has 4 children with 3 living over 500 miles away.

Rich also has 10 grandchildren with one living in his area and the others out of state. Rich wears a Fitbit that is paired with his son's Fitbit account so the family can track his steps and motivate him to get much-needed exercise through daily walks.

Rich is on seven prescription medications that require him to take them twice a day. Rich has a smartphone but even sending and receiving phone calls is a challenge for him.

For Rich, the DHC has reignited his passion for life and brought profound improvements to his overall well-being. With medication reminders that require acknowledgment on the DHC, Rich is now 100% compliant with his medication schedule, ensuring he stays on top of his treatments.

Rich's days are filled with productive and engaging activities, such as video-chatting with family and friends, working through the CareLink360 Brain Fitness modules, and staying physically active through fitness tasks sent to him via the DHC. As a result, his sleep has significantly improved, leaving him more rested and energized.

Rich's eating habits have also transformed, with the help of diet and nutrition education delivered through

the DHC. He now makes more informed choices about his meals, contributing to his overall well-being. Along with improved sleep and nutrition, Rich has found renewed motivation and happiness, with feelings of isolation and loneliness significantly reduced. His daily step count now ranges between 8.6k and 10k+ steps, as tracked by his Fitbit, marking a noticeable boost in his physical activity.

The DHC has also strengthened Rich's connection with his family. Frequent video chats and the steady stream of photos and videos from his children and grandchildren make him feel more involved in their lives. His family has set important daily reminders for his medications, health, and wellness, which Rich easily acknowledges by tapping the DHC screen. This allows his family to know he received the reminder, providing them peace of mind.

With CareLink360®'s monthly utilization reports, Rich's family can also track his cognitive abilities by monitoring his completion of Brain Fitness exercises. These reports help them identify trends and patterns, which they can discuss with Rich's neurologist, ensuring he receives the best possible care.

When the time comes for Rich to transition to an assisted living facility, the CareLink360 Digital Health Companion will accompany him, making the move smoother and maintaining his vital connections with family and friends.

Through CareLink360®, Rich has rediscovered his passion for life and enjoys a deeper, more fulfilling connection with his loved ones.



The CareLink360 DHC offers immense value for individuals living independently, seamlessly integrating multiple aspects of daily life to enhance well-being and connectivity. It fosters a strong connection with family, allowing for regular virtual interactions and effortless sharing of photos and updates, bridging any physical distance. The DHC also serves as a vital tool for managing daily routines, with reminders for medication and exercise, often set by loved ones to ensure adherence and health. Engaging brain fitness activities, cognitive exercises, and a rich variety of music and educational content keep users mentally stimulated and active. By supporting independence while keeping individuals connected and engaged, the DHC provides peace of mind to family members, knowing their loved ones are supported and cared for, even from afar.

Living at Home with Home Support

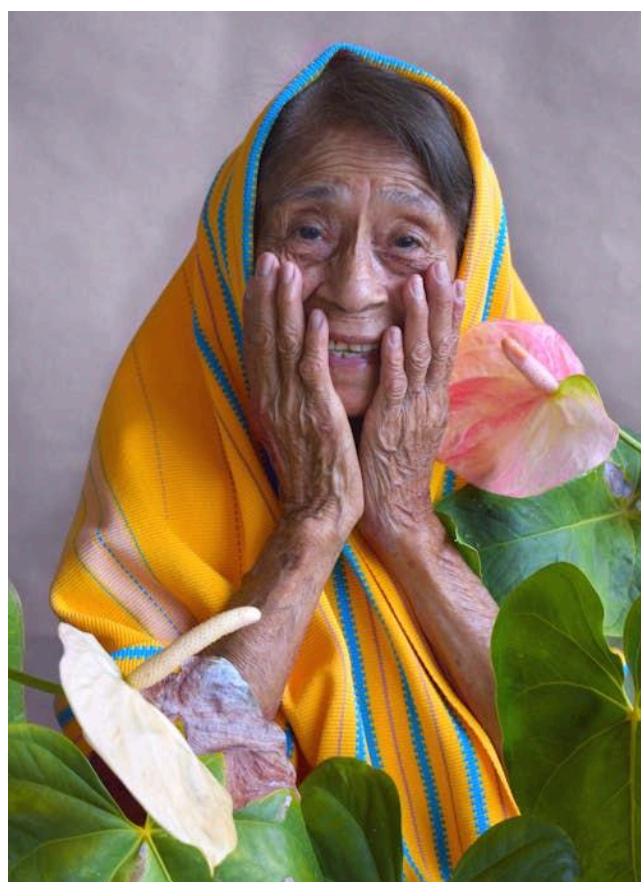
As individuals age, many choose to remain in their homes with the support of home-based care services, which play a crucial role in maintaining their independence while providing essential assistance. Home-based care encompasses a range of services designed to support daily living and can be tailored to short-term needs, such as recovery from surgery, or long-term requirements for ongoing assistance. This support often involves a combination of informal caregivers, such as family members, friends, and neighbors, alongside formal caregivers and community services. The types of assistance offered include personal care, household chores, meal preparation, money management, healthcare, transportation, and the installation of home safety features to address emergencies or falls. By integrating these supports, older adults can enjoy the comfort of their own homes while receiving the help necessary to manage their health and daily activities effectively.

Carmen

Carmen is a vibrant 87-year-old Hispanic lady, residing in the comfort of her home with the assistance of her devoted carer. Her journey has seen a few falls, but she carries on with resilience, relying on a walker to navigate with grace.

Carmen finds joy in word searches, keeping her mind engaged and her spirits lifted.

Yet, the geographical distances that separate her children and grandchildren, scattered across the continent, make frequent reunions a challenge. Carmen longs to witness their experiences and share in their joys. As she doesn't possess a smartphone, she relies on others to show her precious photos and indulge in heartfelt video chats with her beloved family.



With the introduction of the DHC, Carmen has experienced a newfound sense of joy and connection through the DHC. Regular interactions with her children and grandchildren are now effortless and frequent, bringing her immense happiness. One of her children, who frequently travels, finds great comfort in being able to keep a close eye on Carmen's well-being from afar.

Carmen delights in receiving and viewing pictures of the exciting places her child visits, making her feel close despite the distance.

In addition to the family connections, Carmen takes great pleasure in engaging with the various activities offered by the DHC in her native language, Spanish. She immerses herself in hours of enjoyment, solving word searches, working on jigsaw puzzles, and coloring. These activities not only bring Carmen fulfillment but also a sense of accomplishment, so much so that she fondly refers to the device as "my computer."

For Carmen's adult children, the DHC has provided a sense of tranquility, alleviating any guilt they may have felt for not being physically present with her. They now have peace of mind, knowing that the DHC allows them to stay connected and involved in their mother's life.

For Carmen, the CareLink360® DHC has infused her days with joy, rekindling a sense of engagement and fostering deeper connections with her family. This powerful tool has enriched her life, bridging distances and nurturing a lasting sense of happiness.

Mary



Mary, a resilient 92-year-old, resides in the comfort of her own home, supported by home care. For over two decades, she has navigated life as a widow, her strength shining through each day. With a heart full of affection, Mary holds her family and friends dear, cherishing the precious moments when they can reunite. However, the passage of time, coupled with her mobility challenges and the vast distances that separate her six children across the country, has made these gatherings a rare and cherished occurrence.

Through the DHC, Mary has been gifted the joy of constant connection with her children and grandchildren. Her family regularly sends her heartfelt videos, showing moments of them singing and engaging in everyday activities, filling her life with love and laughter. The steady stream of pictures arriving effortlessly on her DHC brings her boundless joy, allowing her to stay closely involved in their lives despite the distance.

Mary's daughter beautifully captures the impact of the DHC, expressing how her mother's life has become rich and fulfilling.

Witnessing her grandchildren grow and thrive through the videos and photos shared on the DHC fills

Mary's heart to the brim, giving her a deep sense of happiness and connection.

This constant flow of love and cherished memories has truly transformed Mary's life, making each day more vibrant and meaningful.

John

John is a 93-year-old gentleman who lives in his home of more than five decades, where his children grew up. Recently, his sole consistent companion is his carer. He was diagnosed with Alzheimer's disease five years ago, his family believes its presence might have been felt even earlier. Despite this, John's brilliance and wit persist, a testament to his remarkable intellect that dementia cannot dull.

Having lost his wife a couple of years ago, the disease's progression seems to have accelerated since. A series of falls have understandably heightened his children's concerns, though their geographical distance makes regular visits a challenge. The pandemic has further complicated matters, making physical presence even more difficult during these times.

With the DHC, John has discovered a renewed sense of joy and connection. He delights in viewing family photos and images that bring a smile to his face, enjoying the visual presence of his loved ones even from afar.

Despite the physical distance, John's children maintain a steady and meaningful connection with him through the DHC, gaining valuable insights into his well-being and appearance effortlessly.

Remarkably, one of John's children has incorporated nightly check-ins to ensure he is comfortably settled in bed, all without disturbing his rest. This thoughtful approach exemplifies a heartwarming shift towards proactive and attentive care, as reflected in the child's sentiment, "I can be proactive and not reactive."

John's child's sense of gratitude and relief is palpable, with one of his children expressing, "This has truly brought me peace of mind, and I deeply appreciate and value it."



The DHC has provided John and his family with both comfort and reassurance, enhancing their connections and making each day more fulfilling.



The CareLink360 DHC proves invaluable for individuals living at home with support, enhancing their quality of life through a range of integrated features. It maintains a strong connection with family by facilitating regular virtual interactions, allowing family members to stay closely involved and engaged. The DHC also supports both the individual and their caregiver with timely reminders for medication, appointments, and daily tasks, which can be set and monitored by family members. Brain cognitive activities and fitness exercises, which can be performed together with the caregiver, help keep the individual mentally and physically active. The inclusion of music and educational content further enriches their daily experiences. Additionally, the DHC offers family members peace of mind by enabling them to check in on their loved ones and their care environment at any time, fostering accountability and ensuring that care standards are upheld. This comprehensive support system helps preserve independence, maintain engagement, and ensure a higher quality of life while providing reassurance to families.

Transitioning to Assisted Living

As individuals age, the need for assistance with daily activities and personal care becomes increasingly prevalent, often influencing the decision to transition to an assisted living community. Understanding **Activities of Daily Living (ADLs)** is crucial in gauging the right time for such a move. ADLs, a term coined in 1950 by Dr. Sidney Katz, refer to the fundamental skills required for self-care and independent living. They are classified into two categories: **Basic ADLs (BADLs)** and **Instrumental ADLs (IADLs)**.

Basic ADLs (**BADLs**) include essential physical tasks like:

- **Ambulating:** Moving from one position to another and walking independently.
- **Feeding:** The ability to feed oneself.
- **Dressing:** Selecting and putting on appropriate clothing.
- **Personal Hygiene:** Bathing, grooming, and maintaining hygiene.
- **Continence:** Controlling bladder and bowel functions.
- **Toileting:** Using the toilet and cleaning oneself properly.

Assessing how well someone manages these BADLs can help determine whether daily assistance is required. This evaluation can also inform eligibility for state and federal assistance programs.

Instrumental ADLs (**IADLs**), on the other hand, involve more complex cognitive and organizational skills, such as:

- **Transportation and Shopping:** Managing transportation and acquiring groceries.
- **Managing Finances:** Paying bills and overseeing financial matters.
- **Meal Preparation:** Preparing meals and shopping for essentials.
- **Housecleaning and Maintenance:** Keeping living spaces clean and well-maintained.
- **Managing Communication:** Handling phone calls and mail.
- **Managing Medications:** Obtaining and taking medications as prescribed.

While individuals may seek assistance with IADLs before needing help with BADLs, both types serve as important indicators of a person's functional status. The inability to perform these tasks can lead to dependence on caregivers or mechanical aids, increased safety risks, and a diminished quality of life. For example, the inability to ambulate can raise the risk of falls, a leading cause of injury and poor prognosis in adults aged 65 and older. Similarly, difficulty managing household tasks, transportation, or medication may signal that assisted living is a safer and more supportive option.

Monitoring BADLs and IADLs can predict the need for alternative living arrangements such as assisted living, memory care, or nursing homes. It also helps families make informed decisions about the timing of transitions and provides insight into the individual's evolving care needs.

The CareLink360® DHC plays a valuable role in helping families make informed decisions about transitioning from independent living to more supportive arrangements. Through its reporting capabilities, the DHC monitors key indicators such as cognitive acuity, responsiveness to reminders, and engagement in video visits. These insights provide objective data on the older adult's day-to-day functioning, including their ability to acknowledge and interact with reminders for medication, appointments, and activities. By tracking these patterns over time, family members gain a clearer picture of their loved one's mental and physical state. This data can guide conversations about the right time to transition to a more supportive living environment, ensuring that decisions are made based on evidence and the older adult's evolving needs, while preserving their dignity and independence.

Bianca



Bianca is a vibrant 97-year-old lady who lives in a nursing home. Her children, scattered as far as 700 miles away, can't always be by her side. Despite her remarkable intellect and mental acuity, Bianca finds herself grappling with social interactions and phone conversations due to her hearing impairment. What's more, she's never had the chance to explore smart devices or computers, making her vulnerability to loneliness and isolation even more pronounced. Beyond this, Bianca deeply misses indulging in her Italian music and attending mass, both cherished aspects of her life.

Thanks to the DHC, Bianca now feels deeply connected to her family and loved ones, regardless of the distance between them. Heartwarming pictures and videos flow in from all corners of the world, filling her days with joy and warmth. With just a simple touch, she can access a treasure trove of her favorite music and watch videos of Italian Mass, reconnecting her with cherished traditions through the video library feature.

The high-quality speakers ensure that every sound reaches her clearly and comfortably, perfectly tailored to her hearing needs.

With the DHC, Bianca's happiness has blossomed, and she now feels a profound sense of connection with family members she hadn't seen in years. The DHC has rekindled bonds, bringing them closer than ever before.

Rich

Rich's transition to assisted living was a smooth and joyful experience, largely thanks to the support of the CareLink360 DHC. As his health evolved, it became clear to his children that he needed more day-to-day support. After open conversations, they collectively decided it was time for Rich to move to an assisted living community. The first thing Rich unpacked in his new home was his DHC, which instantly reconnected him with his children and grandchildren. Within moments, video calls started flowing in, with each family member offering words of encouragement and reminding him of all the new possibilities in his new place.

As time passed, Rich began adjusting to life in his assisted living community, and the DHC played a key role in helping him maintain the same sense of closeness and connection with his family that he had when living independently. Through video visits, photos, and messages, Rich continues to feel the warmth and support of his loved ones, making the transition easier and his new environment feel like home.



The DHC has truly bridged the gap, allowing Rich to embrace this new chapter while staying deeply connected to his family.



The CareLink360® DHC plays an immense value in easing the transition to and supporting daily life in an assisted living community. It keeps residents closely connected with their families through regular video calls, photos, and updates, fostering emotional bonds even from a distance. The DHC offers reminders for activities within the community, such as social events, medication schedules, and doctors' appointments, ensuring residents stay on track with their health and social engagements. Additionally, the DHC provides brain cognitive and fitness activities, along with personalized music, religious services, and other enriching content, all tailored to maintain residents' cognitive and emotional well-being. For family members, the DHC brings peace of mind by allowing them to check in on their loved ones' well-being at any time, while also adding a layer of transparency and accountability for the assisted living community. This holistic support system helps preserve residents' quality of life and ensures they remain engaged, connected, and cared for.

Stay at Rehab

Frailty is a common condition among older adults, particularly in residential care settings where its prevalence is double that of those living in community dwellings, with approximately 30% affected compared to 15% in the community¹. Frailty is typically defined as an aging-related syndrome marked by physiological decline, characterized by increased vulnerability to adverse health outcomes. This often includes a loss of muscle mass, stamina, endurance, weight, and overall fitness. Frail older adults tend to experience more symptoms such as weakness and fatigue, increased medical complexity, and reduced tolerance to medical or surgical interventions. The prevalence of frailty increases with age and is linked to a higher risk of falls, hospitalization, and mortality. For instance, among frail individuals, 42% were hospitalized in the previous year, compared to 22% of those considered prefrail and only 11% of robust older adults. Additionally, hip, back, and heart surgeries are frequently associated with frailty, and over half of frail older adults reported experiencing a fall in the last year. Frail individuals are also more susceptible to severe illness when exposed to conditions such as influenza or pneumonia, further underscoring the need for specialized care and support.

For older adults, especially those who are frail and have experienced hospitalization, a period of rehabilitation often follows, which can be a disorienting and challenging experience. During this time, the CareLink360 DHC can serve as an invaluable tool, accompanying them to rehab and helping maintain a sense of connection to their family, friends, and familiar environment. With frailty often leading to increased hospitalization rates, the DHC can serve as an anchor to reality, reducing confusion in settings where everything may look the same, and the passage of days might blur. The DHC provides clear displays of the date, time, and weather, serving as an anchor to reality, while reminders for medications, exercises, and therapy sessions ensure they stay on track with their recovery plan. This continuity of care and connection can alleviate feelings of disorientation and loneliness, contributing to a smoother, more reassuring rehab experience, while offering peace of mind to family members, knowing how their loved ones are progressing in their recovery.

¹ Karen Bandeen-Roche, Christopher L. Seplaki, Jin Huang, Brian Buta, Rita R. Kalyani, Ravi Varadhan, Qian-Li Xue, Jeremy D. Walston, Judith D. Kasper, Frailty in Older Adults: A Nationally Representative Profile in the United States, *The Journals of Gerontology: Series A*, Volume 70, Issue 11, November 2015, Pages 1427–1434, <https://doi.org/10.1093/gerona/glv133>

Susie



After Susie suffered a mini-stroke that led her to the emergency room and then a four-week stay in rehabilitation, her journey to recovery was challenging, yet hopeful. The stroke had affected her mobility and memory, but with diligent therapy, she made partial strides toward regaining her strength. Throughout this process, the CareLink360® DHC became an invaluable part of her recovery. The DHC helped Susie with memory exercises through a continuous stream of pictures and videos sent by her family, keeping her emotionally connected to her loved ones.

In addition to the emotional support, the DHC provided critical reminders for her medications and therapy activities, helping Susie stay on top of her daily tasks.

During her rehab stay, her therapists recorded videos of her exercises and uploaded them to the DHC, allowing her to re-watch and practice the movements even after leaving the rehab center. These features not only aided her physical recovery but also empowered her to stay engaged and motivated. The DHC became a constant companion, helping her heal while maintaining her connection to the outside world.



During a rehabilitation stay, the CareLink360 DHC provides significant value by maintaining connections with family and the acquainted environment. The DHC ensures that residents remain emotionally connected through regular video visits and updates from loved ones, which helps counteract the feelings of isolation that can occur in a rehab setting. It offers practical support by providing reminders for therapies and medications, helping to keep the rehabilitation process on track. For family members, the DHC offers peace of mind by allowing them to stay informed about their loved one's progress. With the ability to check in on their loved one's well-being and see updates on their rehabilitation journey, families can feel reassured that their loved one is supported and engaged in their recovery, while also staying connected to their everyday life and routines.

Recovery Time

Educational programs aimed at improving patient self-care and self-efficacy play a crucial role in enhancing patient outcomes and overall quality of life. These programs empower individuals with the knowledge and skills necessary to manage their health effectively, leading to significant improvements in functionality and adherence to medical recommendations. For instance, a postoperative educational intervention program has been shown to yield remarkable benefits beyond just functional recovery². Participants in that program experienced enhanced mental health status, increased vitality, and improved social functioning. By equipping patients with practical strategies and reinforcing their confidence in managing their care, these programs foster a proactive approach to recovery. This, in turn, supports better adherence to treatment plans, reduces complications, and promotes a more holistic recovery process, demonstrating the profound impact of education on both physical and emotional well-being.

Susie

During Susie's recovery, the CareLink360[®] DHC proves to be an essential tool for her rehabilitation process. The DHC allows Susie to follow her prescribed exercises through videos recorded by her therapists during her rehabilitation stay. These videos serve as a valuable resource, enabling her to continue her therapy regimen correctly and effectively. Additionally, educational videos provided through the DHC offer insights into the stages of her recovery, helping Susie understand what to expect and how to navigate each phase with confidence.

The DHC also facilitates regular check-ins with her therapists, who can inquire about her progress, address any concerns, and provide guidance as needed. This ongoing communication ensures that Susie receives timely support and answers to her questions, enhancing her ability to manage her recovery.

Additionally, brain fitness activities available on the DHC assist Susie in monitoring her cognitive recovery, providing engaging tasks to gauge her progress. Her family and therapists also benefit from the detailed



² Amarilla-Donoso FJ, Roncero-Martín R, Lavado-García J, Canal-Macías ML, Pedrera-Canal M, Chimpén-López C, Toribio-Felipe R, Rico-Martin S, Barrios-Fernández S, López-Espuela F. Impact of a Postoperative Intervention Educational Program on the Quality of Life of Patients with Hip Fracture: A Randomized, Open-Label Controlled Trial. *Int J Environ Res Public Health*. 2020 Dec 13;17(24):9327. doi: 10.3390/ijerph17249327. PMID: 33322161; PMCID: PMC7763039.

reports generated by the DHC, which track her evolution and help in evaluating her needs and planning further recommendations.

Meanwhile, the constant connection with family and friends through the DHC offers emotional comfort and encouragement, helping to boost her morale and resilience. Overall, the DHC supports Susie's recovery by integrating practical tools, educational resources, professional oversight, and personal connections into her daily routine, fostering a more comprehensive and reassuring recovery experience.



During the recovery period, the CareLink360 Digital Health Companion (DHC) offers exceptional value by seamlessly integrating targeted and personalized educational information, professional oversight, and personal connections. The DHC provides tailored educational resources that guide patients through each stage of their recovery, offering clear insights on what to expect and how to manage their progress effectively. Professional oversight is maintained through regular updates and check-ins from healthcare providers, who use the DHC to monitor progress, answer questions, and adjust care plans as needed. Simultaneously, the DHC fosters personal connections by enabling constant communication with family and friends, offering emotional support and motivation. This holistic approach ensures that patients receive comprehensive care that supports both their physical recovery and emotional well-being, ultimately enhancing their overall recovery experience and quality of life.

Recognition of Need for Memory Care

Deciding when to transition to memory care is a deeply personal and subjective decision, with no universally agreed-upon 'optimal time'.³ A study revealed that this decision is often influenced more by personal factors rather than the severity of symptoms alone. Relatives face significant pressure to make this choice, and involving the person living with dementia in the decision-making process has been shown to improve their adaptation and coping abilities. Key factors influencing the move include respecting the preferences of the person with dementia, the carer's diminishing capacity to provide support, increasing levels of risk, and the extent of home care services already in place.

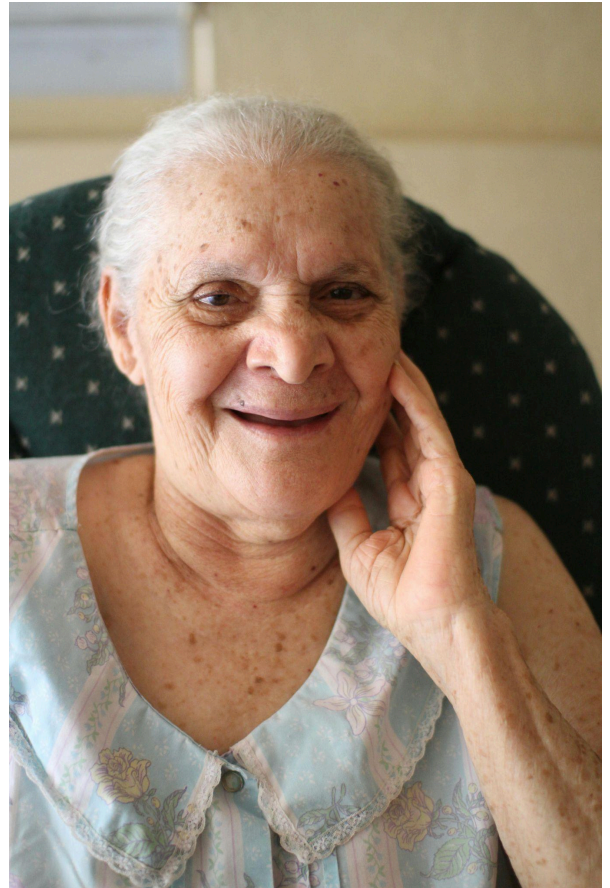
The CareLink360[®] DHC can significantly aid in this transition by offering detailed reports on cognitive and brain activities, including the selection, difficulty, and duration of tasks, as well as responsiveness to alerts. Additionally, voice biomarkers analyzed through the DHC provide valuable insights into the emotional state and progression of dementia, helping families and caregivers make more informed decisions about the timing and necessity of the move to memory care. This data-driven approach ensures that the transition is well-supported, respectful of individual preferences, and responsive to evolving care needs.

³ Samsi, K., Cole, L., & Manthorpe, J. (2019). Investigating 'optimal time': Perspectives on the timing of people living with dementia moving to a care home: Research findings. NIHR School for Social Care Research. https://kclpure.kcl.ac.uk/ws/portalfiles/portal/161339233/Samsi_et_al_2019_Optimal_time_study_findings.pdf

Judy

When Judy transitioned to memory care, the CareLink360 DHC became her lifeline to her family and cherished memories. Her children sent pictures of her, her late husband, and their young children, which never failed to light up her face and spark moments of joyful reminiscing. The DHC provided Judy with gentle brain fitness activities, tailored for engagement and stimulation without causing frustration. She found comfort in the sing-along sessions and videos of nature, as well as scenes and music from her beloved Ireland, which brought her a sense of peace.

The DHC's reminders and simple questions helped Judy manage her day with ease, giving her a sense of control and safety. Her family, reassured by the DHC, could easily connect with her and monitor her well-being, and even though Judy sometimes struggled with names, she still found joy in seeing her children and grandchildren. Through this connection, Judy stayed engaged, stimulated, and surrounded by love, even as her memory faded.



The CareLink360® DHC plays a vital role during the transition to memory care by offering opportunities for reminiscing, connection, and gentle cognitive stimulation. Through cherished photos, videos, and personalized content, the DHC helps individuals like Judy stay emotionally connected to their past, their family, and their sense of identity. Simple brain fitness activities and engaging content, such as sing-alongs and videos of nature, provide frustration-free stimulation, while the DHC's reminders create a structured and reassuring daily routine. Family members can easily stay connected and monitor their loved ones, offering peace of mind and maintaining meaningful interactions, even as memory fades. This support fosters comfort, connection, and dignity during a vulnerable time.

Time for Hospice

Hospice care is a compassionate approach that focuses on the care, comfort, and quality of life for individuals facing serious illness in the final stages of life. It is designed for situations where curing the illness is no longer possible or when a patient chooses to forego certain treatments. Typically, hospice care is recommended when a doctor believes the individual has six months or less to live if the illness follows its natural course. Hospice provides comprehensive comfort care, managing symptoms and relieving pain, while also offering emotional and spiritual support. An interdisciplinary hospice team—composed of nurses, doctors, social workers, spiritual advisors, and trained volunteers—works closely with the patient, caregivers, and family to ensure that the individual's medical, emotional, and spiritual needs are met. The goal of hospice is to ensure that individuals facing the end of life experience dignity, comfort, and peace. At the same time, their families receive the support they need during this difficult time.

Dolores



When it was time for hospice, Dolores, at 82, made the brave decision to forgo dialysis after learning her kidneys were failing, feeling that she had lived a long, good life. The CareLink360 DHC became a source of immense comfort and connection for her during this deeply personal time. With the DHC, Dolores was able to maintain a strong bond with her family, both near and abroad, rekindling relationships with old cousins and sharing cherished memories of her childhood in Old San Juan. The music and videos of her beloved island brought her peace, allowing her to immerse herself in the beauty of familiar sights and sounds. Through the DHC, Dolores also stayed connected to her spirituality by listening to religious services that provided her with a sense of calm. In addition to in-person visits from the hospice chaplain and volunteers, Dolores enjoyed daily virtual visits with her family and spiritual advisors, allowing her to feel constantly supported. As she prepared for her next journey, the DHC enabled Dolores to process her life peacefully and spiritually, helping her family to come to terms with the transition as well.



During hospice care, the CareLink360® DHC becomes an invaluable source of comfort, offering both emotional and spiritual support. It helps strengthen and rekindle relationships by allowing patients to stay connected with family and friends through virtual visits, shared memories, and heartfelt messages. The DHC provides access to personalized content like music, religious services, and familiar videos that evoke peace and a sense of home. For many, it serves as a spiritual anchor, allowing for reflection and preparation while offering loved ones a way to stay present and involved in these final moments, bringing peace to all involved.

Conclusion

The CareLink360 DHC provides invaluable support throughout the entire aging process, offering continuity of care and connection from the comfort of home to the transitions of assisted living, rehabilitation, memory care, and even hospice. At home, the DHC fosters independence while keeping loved ones close. During rehabilitation and recovery, it delivers personalized reminders and encouragement while maintaining vital connections to family and familiar surroundings. In memory care, it offers gentle stimulation, a sense of control, and cherished moments of reminiscing. As the journey nears its end, during hospice care, the DHC creates an environment of peace and spiritual reflection, strengthening bonds with family and evoking comforting childhood memories. Throughout these transitions, the DHC preserves the essence of home and offers loved ones the peace of mind that their family member remains engaged, supported, and connected to the things they hold dear.

Resources

- [Activities of Daily Living](#)
- [Frailty: A New Predictor of Outcome as We Age](#)
- [Aging in Place: Growing Older at Home](#)
- [Hospice and palliative care](#)
- [Alzheimer's Association](#)
- [Alzheimer's Foundation of America](#)
- [Alzheimers.Gov](#)
- [NIH Alzheimer's and Dementia](#)
- [Area Agencies on Aging](#)
- [Us Against Alzheimer's](#)
- [Dementia Action Alliance](#)
- [National Hispanic Council on Aging \(NHCOA\)](#)
- [The DAWN Method](#)

About the Author

Paula Muller, Ph.D. Founder & Chief Product Officer of CareLink360®

Paula has a lifelong passion for technology applied to healthcare. She got her M.S. in Biomedical Engineering in Chile working with the blind, later in Switzerland, she analyzed EEGs to prevent epileptic seizures, followed by her Ph.D. and Post-doc work at Rutgers with Parkinson's patients, and later at Authentidate with Telehealth products and services.

Paula has been certified in Individual Cognitive Stimulation Therapy (iCST), a Dementia Sales Advisor (DSA-NC), a Dementia Care Certified (CDC), a Certified Alzheimer's Disease & Dementia Care Training (CADDCT), and a Certified Dementia Practitioner (CDP), and volunteers as a bilingual Community Educator and support group facilitator for the Alzheimer's Association.

The concept of CareLink360® evolved from her professional background and her strong commitment to family relations and lifetime connections. CareLink360® was created to keep those aging in place and their families connected and closer together.

About CareLink360®

At **CareLink360®**, our mission is to **Change The Way The World Ages** by being the global leader in assisting aging adults, their caregivers, families, and extended care teams with solutions, and our ecosystem supporting and enhancing the aging journey; even for those experiencing cognitive decline. We also work with and help our customers and partners to deliver high-quality, person-and-patient-centered care across the care continuum; through our integrated, patented, and easy-to-use Digital Health Companion™. We strive to mitigate the global epidemic of isolation and loneliness affecting people of all ages, races, genders, and socioeconomic backgrounds.

To learn more about us, please visit mycarelink360.com