



A Day in the Life of Ann, a Person Living with Dementia, Supporting Independence with the CareLink360 Digital Health Companion™

Case Study



This case study explores a typical day in the life of Ann, a person living with dementia, who continues to live independently at home with the support of her case manager. The integration of the CareLink360 Digital Health Companion™ into Ann's daily routine has been instrumental in allowing her to age in place, maintaining her dignity, independence, and safety in a respectful and non-intrusive manner.

CareLink360™

Table of Contents

Introduction	2
The Habilitative Strength-Based Approach to Dementia Care	3
Managing Ann’s Care	3
The Role of the CareLink360 Digital Health Companion™	4
1. Strategic Placement and Environmental Observation	4
2. Well-Being Checkups	4
3. Medication and Safety Reminders	5
4. Check-ins with YES/NO Questions	5
5. Bringing Joy through Music	5
6. Coordination with Companions	6
7. Staying Connected with Family	6
The Impact of the DHC on Caregiving	7
Conclusion	7
About the Authors	8
Teri Skoog, Dementia Support Specialist	8
Paula Muller, Ph.D. Founder & Chief Clinical Officer of CareLink360™	8
About Skoog Dementia Support LLC	9
About CareLink360™	9

A Day in the Life of Ann, a Person Living with Dementia, Supporting Independence with the CareLink360 Digital Health Companion™

Introduction

As the aging population grows, the number of people living with dementia is rising, leading to an increased demand for innovative care solutions that allow individuals to maintain their independence and dignity. This case study explores the day in the life of Ann, a person living with dementia independently at home, and how the incorporation of the CareLink360 Digital Health Companion™ (DHC) has supported her care. The paper highlights the unique approach of her dementia support consultant, Teri Skoog, whose habilitative strength-based care model, enriched by over 35 years of experience, focuses on emotional needs, sense of security, well-being, and retained skills rather than symptoms and disease management.



The Habilitative Strength-Based Approach to Dementia Care



Teri Skoog's approach to dementia care is rooted in the habilitative strength-based care model, which emphasizes the importance of creating supportive environments for individuals living with dementia. Rather than focusing on the losses associated with dementia, Teri's care plan is centered on retained abilities through experiential learning, and familiar routines, which focus on maintaining security and well-being. Through keen observation and an understanding of Ann's unique needs and habits, Teri has developed a truly person-directed strength-based plan of care, enabling Ann to continue living in her own home despite her advanced dementia.

Managing Ann's Care

Teri provides care and support for Ann through a combination of daily in-person visits, virtual check-ins, and the coordination of a private duty companion who visits Ann for several hours each day. The companion helps maintain Ann's highest level of functioning by balancing her safety with autonomy. Teri's involvement is crucial in ensuring that Ann's care is consistent, compassionate, and aligned with her needs.

However, the real game-changer in Ann's care has been the incorporation of the DHC. This technology allows Teri to support Ann in a non-intrusive yet effective manner, enabling Ann to continue living independently at home.

The Role of the CareLink360 Digital Health Companion™

The CareLink360 Digital Health Companion™ has become an indispensable tool for Teri in providing dementia-supportive care to Ann. The DHC is a multifunctional device designed to enhance the safety, well-being, and quality of life of individuals living with dementia, while also providing support to their caregivers. The DHC technology is simple to maintain and manage, approachable, and user-friendly. It allows the person living with dementia to employ intuitive thinking skills and automatic responsiveness. Below, we detail how Teri utilizes the DHC to ensure Ann's independence, safety, and emotional well-being.

1. Strategic Placement and Environmental Observation

First, a comprehensive in-person observational assessment was conducted to determine meaningful routines and tasks throughout Ann's daily experience identifying her daily patterns and strengths. The DHC has been strategically placed in Ann's kitchen, allowing for the greatest success of interaction and engagement. Positioned on the table, the DHC offers a view of Ann's preferred seating location, the kitchen sink, meal preparation area, and medication planner, all key areas of Ann's primary activities. This placement enables Teri to monitor Ann's activity levels subtly. For instance, if Teri notices that the dish drainer is not in the sink when she checks in the evening, she can infer that Ann may not have completed her dinner routine. This unobtrusive monitoring allows Teri to ensure Ann's safety and well-being without interrupting attention or invading her privacy.

2. Well-Being Checkups

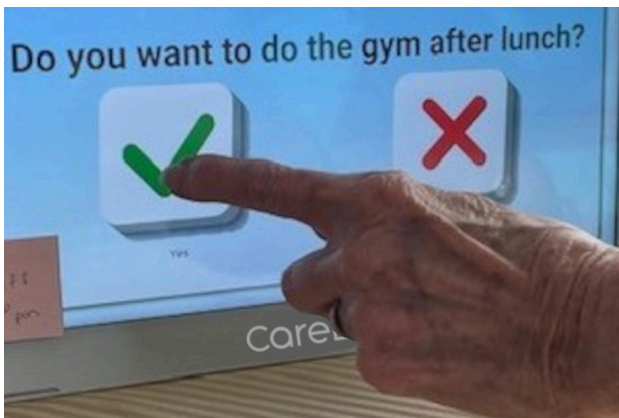
Teri has scheduled daily well-being checkups through the Carelink360 companion app on her smartphone. Every morning at 9:30 AM, Ann receives a prompt on her DHC asking, "How is your morning?" Ann can respond by selecting a happy face, neutral face, or sad face on the screen. Teri receives instant notification of Ann's response on her smartphone. If Ann chooses the happy face, Teri knows she started her day well. A neutral face indicates that Ann is up and about, while a sad face suggests that Ann may have had a rough start, perhaps sleeping past her usual wake-up time.

3. Medication and Safety Reminders

The DHC's reminder capability is a crucial feature in managing Ann's daily routine. Teri has set a daily reminder at 12:30 PM for Ann to apply her eye drops, ensuring consistency in her medication regimen. Additionally, Teri uses the DHC to remind Ann of important events, such as her weekly church visit. Most importantly, during adverse weather conditions, Teri can send reminders through the DHC, advising Ann to avoid going outside to pick up the newspaper, thereby keeping her safe at home.



4. Check-ins with YES/NO Questions



In the afternoon, Teri uses the YES/NO question feature of the DHC to check on Ann's day. A question like "Have a good day?" or "Do you want to do the gym after lunch?" appears on Ann's DHC screen, and she can respond by touching either the YES or NO option. Teri receives an instant notification on her smartphone with Ann's answer. If Ann responds with "NO," Teri immediately initiates a video visit through the DHC to understand what may have gone wrong and to provide support.

5. Bringing Joy through Music

Understanding the power of music in dementia care, Teri has integrated music into Ann's daily routine using the DHC. The DHC is loaded with Ann's favorite music from Ireland and the Big Band era, which are known to bring her joy. Teri has started scheduling morning music sessions to elevate Ann's spirits and help her wake up in a positive mood.

6. Coordination with Companions

Teri also utilizes the DHC to communicate with the companions who assist Ann during her visits each day. She can send reminders and instructions to the companions through the DHC, ensuring that Ann's needs are met even when Teri is not physically present.

7. Staying Connected with Family

The DHC serves as a vital link between Ann and her family. Ann's family has filled the DHC with photos of babies in the family, bringing her immense joy. The DHC also facilitates regular virtual visits with family members, keeping Ann connected and engaged with her loved ones.

The Impact of the DHC on Caregiving

The introduction of the DHC has been transformative in how Teri supports Ann. By allowing Teri to monitor Ann's well-being remotely and providing timely, personalized interventions, the DHC has reduced the need for unnecessary in-person visits. This has not only lowered the cost of care for Ann's family but also significantly reduced Teri's concerns. She no longer needs to worry about making late-night trips to check on Ann, as the DHC provides her the means to check in on Ann from afar, consequently, offering her peace of mind.

Moreover, the DHC has enabled Teri to provide more consistent and regular support for Ann at a lower cost. The ability to instantly connect with Ann has allowed Teri to be more proactive in her care, ensuring that Ann remains safe, happy, and independent in her own home.

Conclusion

The day in the life of Ann, as supported by Teri Skoog and the CareLink360 Digital Health Companion™, exemplifies the power of combining human compassion with technological innovation. Through Teri's habilitative approach and the DHC's capabilities, Ann can live independently, with dignity and respect, despite the challenges of dementia. The DHC has not only enhanced Ann's quality of life but has also empowered Teri to provide the best possible care while reducing stress and costs. This partnership between caregiver and technology is a model for the future of dementia care, one that prioritizes the well-being, autonomy, and happiness of individuals living with dementia.

This case study highlights how Teri Skoog, a dementia support consultant with over 35 years of experience, uses a habilitative strength-based approach to dementia care and the CareLink360 Digital Health Companion™ (DHC) to support Ann, a person living with advanced dementia, in maintaining her independence at home. Teri leverages the DHC's features, including virtual visits, well-being checkups, reminders, and personalized music, to monitor and enhance Ann's daily routine in a non-intrusive, person-directed manner. This technology enables Teri to ensure Ann's safety, sense of security, emotional well-being, and connection with her family while respecting her dignity and autonomy.

About the Authors

Teri Skoog, Dementia Support Specialist

Teri has over 35 years of experience providing care management and assessment through exceptional training and education for dementia advocacy. She is driven to develop a strength-based, aging-in-place plan of care that helps people with dementia regain their foothold on dignity and control of their caregiving needs.. She holds a BA in Social Work and Aging Studies from the University of Iowa, is a DAWN® Method Certified Trainer, and is the owner of Skoog Dementia Support LLC.

Paula Muller, Ph.D. Founder & Chief Clinical 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 holds several certifications in dementia care, has translated into Spanish "[The Dementia Handbook - The DAWN Method](#)", 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 Skoog Dementia Support LLC

Skoog Dementia Support LLC helps persons living with dementia and their families find hope for the road ahead of the dementia journey, by providing a strength-based approach to dementia care.

To learn more about us, please skoogdementiasupport.com

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