

Long-term monitoring enables measuring the quality of rehabilitation for the elderly

A new assessment and rehabilitation unit ARVO utilizes age-friendly technology to support care

A new assessment and rehabilitation unit ARVO has been established in the hospital of Hatanpää in the city Tampere. The unit serves regular home care customers. The operating purpose of the unit is to improve the operational capacity of customers and to enable safe living at home for as long as possible.

The ARVO unit works in between of home and ward care, so transferring knowledge and information is essential.

ARVO is a supporting unit providing rehabilitative care in two weeks periods. The purpose of the unit is to improve the operational capacity of customers and to enable safe living at home for as long as possible.

- Utilizing age-friendly technology to support care was a goal in the unit right from the start.
- The Vivago system was on the procurement list well in advance when the new unit was being planned.
- Vivago manual alarms and night-time monitoring are routinely used, as is activity monitoring.

The ARVO unit has a total of 20 customer beds and a staff specifically recruited for this new unit, so the pioneering work was able to begin from scratch.



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Measuring sleep, activity and circadian rhythm of customers has been a key part of the ARVO unit's service selection.

Nurses have quickly adopted a way to go through wellbeing data every time they switch shifts. The Vivago reports are also in regular use, especially as a summary of care when a customer returns home.

According to unit's vision measuring wellbeing could be done already at home before and also after the rehabilitation period. This would provide a reliable view of the individual's wellbeing at home environment. Long-term monitoring enables measuring the quality of rehabilitation for the elderly and could also serve as a measure of the success of the ARVO unit. The Vivago solution enables this with real-time wellbeing monitoring.

The use of the Vivago system has been well established and has received positive feedback from nurses regarding their ease of use.

Annamari Mänty, Head of Service at the ARVO Unit, believes that in the future Vivago's wellbeing information will be increasingly used in treatment. Other wishes for the future include expanding the use of the system to home care and taking the first steps in medication effect monitoring with Vivago. Achieving these goals requires long-term development work with partners.

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