



Vivago technology enables quality care for the elderly at Kotokampus

CASE Kotokampus nursing home in Lempäälä, Finland

In Kotokampus premises in Lempäälä in Southern Finland there are 130 customers, of whom 60 are in home care and 58 receiving 24-hour care in assisted living environment. There are also 12 customers with mental health issues. Kotokampus is an independent service provider, offering services directly to private customers and also to public sector. The mission of Kotokampus is to provide a meaningful daily life for the elderly with interesting activities available every day. Kotokampus is a home for the elderly and people with mental health issues.

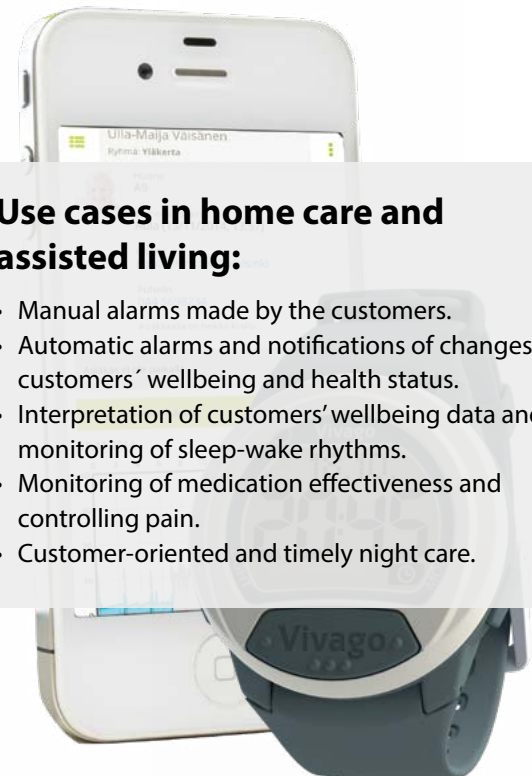
Vivago technology is a daily tool at Kotokampus

Vivago solution was implemented at Kotokampus 3 years ago. Before that systems by 5 different technology providers were tested. After testing Vivago was selected by Kotokampus personnel because of the 24/7 wellbeing data the system provides. Implementation of the system was planned and carried out in cooperation with Vivago team.

Vivago base stations secure seamless performance of the system at Kotokampus premises. Each customer is wearing a Vivago Care watch and has a base station in the apartment. Personnel has a Vivago mobile app on their smartphones that allows them to receive alarms and monitor customers' wellbeing in real-time.

Use cases in home care and assisted living:

- Manual alarms made by the customers.
- Automatic alarms and notifications of changes in customers' wellbeing and health status.
- Interpretation of customers' wellbeing data and monitoring of sleep-wake rhythms.
- Monitoring of medication effectiveness and controlling pain.
- Customer-oriented and timely night care.



Care personnel's experience of Vivago technology



Care personnel can see and utilise data of customer's sleep-wake rhythm with Vivago system.



For example, urinary tract infections can be detected earlier with data to enable preventive actions.



Effectiveness of pain medication can be evaluated by monitoring customer's overall wellbeing.



Wellbeing data can be further used by the doctor in planning the care of the customer.

Benefits of Vivago technology for Kotokampus as an organisation



- **Falls:** Night-time falls have been avoided at Kotokampus.
- **Allocation of care resources:** Nurses on morning shift start their work in stages, according to the customers' wake-up rhythm.
- **Quality of service:** Care visits can be evaluated with real-time wellbeing data and reports.
- **Preventive care:** Changes in customers' wellbeing and health status can be anticipated.

Real-time wellbeing data strengthens customer's safety and peace of mind

Technology brings safety to customers of Kotokampus and ensures that they are getting help quickly. Vivago system makes an automatic alarm in case of changes in customer's wellbeing. Alarms are transferred to care personnel enabling a fast help for the customer. Base station also enables a voice connection between the nurse and the customer.

The feeling of safety and peace of mind of customers and their loved ones can be enhanced when care personnel have access to real-time wellbeing information. The view of customers' wellbeing data makes it easy to monitor their sleep and wake rhythms and daily activity, for example. This allows proactive actions to changes in customers' wellbeing.

Future plans for using Vivago technology at Kotokampus

At Kotokampus, the future goal is to further develop the skills of care personnel in analysing and interpreting customers' wellbeing data. One nurse has been assigned the task of identifying and developing new care approaches based on the information provided by Vivago technology.

The main priority is to provide customers timely and quality services that can be tailored to their needs.

The text is based on a presentation by Pauliina Alén, Director of Kotokampus.

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