



Lisa's condition and functional capacity improved

She was able to continue living at home

Situation

Lisa is an 80-year-old woman who lives independently at home, helped by her daughter and home care. Lisa suffers from memory loss and as her memory disorder progresses, her circadian rhythm has taken a turn for the worse: she sleeps in the afternoons and stays awake at night. Lisa's functional capacity and her ability to manage her own affairs have deteriorated.

Solution

Lisa's Vivago CARE watch collects wellbeing data and, on the basis of the weekly wellbeing report, Lisa's nurse was able to intervene in the situation. Lisa was ushered to afternoon activity groups and her outdoor activities were increased.

Summary

Changes in the customer's wellbeing are visible in the wellbeing report, which enables early intervention. Improved circadian rhythm is reflected in the general functional capacity and refreshed memory. Lisa can continue living at home.

Vivago



Still able to live at home.



Case Lisa

Lisa is an 80-year-old woman who suffers from memory loss. Home care visits her once a day in the morning to deliver her daily medication. Lisa is still able to live on her own. Her daughter does grocery shopping for her once a week.

As Lisa's memory disorder progressed, her circadian rhythm took a turn for the worse. She often slept in the afternoon and stayed awake at night. Her circadian rhythm, functional capacity and ability to manage her own affairs deteriorated. Thanks to the weekly well-being report, Lisa's nurse noticed the change in her circadian rhythm, and Lisa was then directed to afternoon activity groups and her outdoor activity was increased.

The picture on the right depicts the situation six months later. It shows how Lisa's circadian rhythm has improved. She now sleeps during the night and the sleep periods are clearly longer. Lisa is more active in daytime, which is reflected in her appearance, general functional capacity and improved memory. She can continue living at home.

Lisa's activity chart

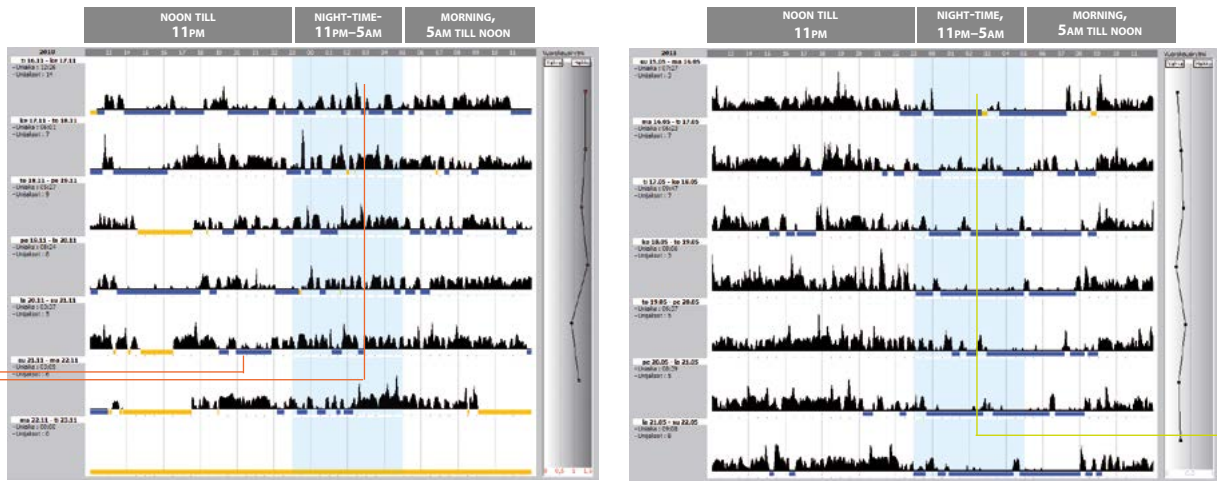
sleep

watch not worn

no activity data

High black bars: good daytime activity – a lot of activity interspersed with moments of rest

Low black bars: poor daytime activity – low level of activity and a lot of rest



Situation
Poor circadian rhythm

Cause
As memory disorder progressed, Lisa often slept in the afternoon and stayed awake at night.

Situation six months later
Increased daytime activities have improved Lisa's circadian rhythm. She now sleeps during the night and the sleep periods are longer.



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