

MyHomeReach™ by HealthComms

- Security
- Connectivity
- Peace of mind



- Centralised View/Admin
- Real-time & longitudinal data
- Reduced hospitalization
- Transparency of care
- Flexibility

- Efficiency
- Ease of Use
- Stronger links within care community



Connecting

caring

Communities

KEEPING PEOPLE CONNECTED TO PEOPLE THAT CARE

HealthComms MyHomeReach

January, 2016

IN THIS ISSUE

Loneliness has no future...

Loneliness is an invisible epidemic that affects 60 million Americans. Everyone feels lonely at times in their lives, but chronic loneliness poses a serious health risk. New research suggests that loneliness and social isolation are as much a threat to your health as obesity. As Richard Lang, MD, chair of preventive medicine at the Cleveland Clinic in Ohio puts it, people need to attend to loneliness in “the same way they would their diet, exercise, or how much sleep they get.”

In a study carried out between 2002 and 2008 Geriatricians at the University of California, San Francisco, asked 1,604 adults age 60 and older how often they felt isolated or left out, or lacked companionship. The researchers were attempting to quantify the feeling of loneliness — a sense of not having meaningful contact with others, accompanied by painful distress. Answers were recorded in 2002 and every two years after through 2008. The number of older adults who reported feeling lonely — just over 43 percent — didn't change significantly over that period, according to Dr. Carla Perissinotto, an assistant clinical professor at U.C.S.F. and the study's lead author. About 13 percent of older adults said they were often lonely, while 30 percent said loneliness was sometimes an issue. What did change over the six-year period was the health status of elderly men and women who felt isolated and unhappy. By 2008, 24.8 percent of seniors in this group reported declines in their ability to perform the so-called activities of daily living — to bathe, dress, eat, toilet and get up from a chair or a bed on their own.

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MyHomeReach in Australia

New customers coming on board

Healthcomms at Respond! And UCC Joint conference entitled Combatting Isolation and Loneliness.

Contact us today for a demonstration of MyHomeReach™ at enquiries@healthcomms.com, for more information visit our website <http://www.healthcomms.com>



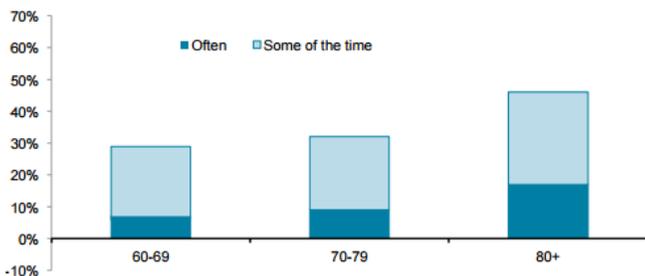
Among those free of loneliness, only 12.5 percent reported such declines. Lonely older adults also

were 45 percent more likely to die than seniors who felt meaningfully connected with others, even after results were adjusted for factors like depression, socioeconomic status and existing health conditions.

“One in six seniors living alone in the United States faces physical, cultural, and/or geographical barriers that isolate them from their peers and communities,” reports the National Council on Aging. “This isolation can prevent them from receiving benefits and services that can improve their economic security and their ability to live healthy, independent lives.”

Of course this is not a US phenomenon. In the UK a range of survey sources (Growing Older, ELSA, Age UK) produce similar figures on loneliness: i.e. Around one in ten (c.6–13% of) older people say that they are often or always lonely. A further one in three (c.31–34%) say that they sometimes feel lonely. These figures can be further broken down over age ranges. Ref Chart below.

Percentage who report being often lonely, and sometimes lonely, by age group (Source; Friends of the Elderly/ English Longitudinal Study of Ageing/ the Future Foundation, 2013)



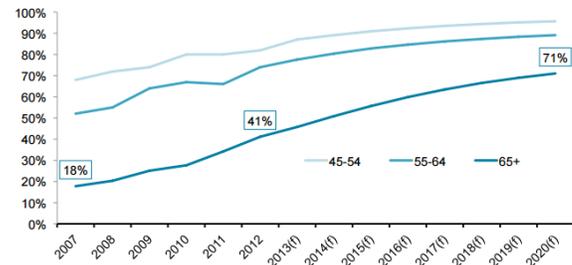
How technology can play a role in enhancing contact and communication.

Recent the progression of communications technology has been largely an additive process. Tweeting and video calls now add to instant messaging, which added to texting, which added to mobile call minutes which added to landline call minutes. And these have all added to increasing social ‘face time’. The big picture at least,

is clear: new communications technology plus greater mobility plus increasingly sociable habits means that older people are communicating more than ever.

Prevalence of internet use among older age groups, 2007 to 2020

(Source; Friends of the Elderly/ Eurostat Survey of ICT Use / the Future Foundation, 2014)



Getting the most out of online social activity.

In itself, online social activity represents a tremendous opportunity for fun, connection, involvement, creativity and sharing. The most obvious danger it presents is over-reliance – something that will happen to some individuals. Attention must be given to: What is the content and quality of the interaction? How does it fit into day-to-day life? Does it mesh with and support ‘real-world’ relationships?

A key potential of new technology is to identify and target, more quickly, and preferably in advance of ‘crises,’ vulnerable individuals. ‘Joined up’ multi-agency approaches are key

How can MyHomeReach Help?

MyHomeReach™, provides a unified system that enables parents, aging at home to ‘one touch’ their health status with an “I’m Ok” button, establish connections to their primary caregivers, launch video-based telepresence sessions, be reminded of medication schedules and appointments, instantly engage family members as to issues and concerns, notify them by electronic verification of scheduled care giver visits and order life style services such as medications, a taxi or a grocery delivery from approved local providers.

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Activities in Australia

HealthComms are demonstrating how MyHomeReach can build on current activities enhancing the ability of organizations in providing care for those living independently.

New customers spinning up.



Integratedliving Australia Ltd is an innovative, not-for-profit community business delivering a broad range of quality community care services. Integratedliving operates across regional and rural New South Wales, Queensland, and recently expanded into Victoria in 2013 along with ACT and Tasmania early in 2014.

Integratedliving has been providing services to the frail, older people, younger people with a disability and their carers for over 15 years.

Ingenia Communities. Ingenia Communities (Ingenia) is a leading Australian property group that owns, operates and develops a growing portfolio of affordable senior's communities across key urban and coastal markets.



Healthcomms at Respond! And UCC Joint conference entitled Combatting Isolation and Loneliness.

Respond! And UCC organized a joint conference on loneliness and social isolation among older people which took place in Respond's new conference facility in John's College on 26th November 2015.

A conference entitled Combatting Isolation and Loneliness: Housing and Community Perspectives will be the inaugural event at the new conference center in John's College. The conference was organized as part of a joint research initiative between the School of Applied Social Studies, University College Cork and Respond! Housing Association and is funded under the Irish Research Council / The Wheel New Foundations Research Scheme.



Topics covered included:

- Responding to Isolation and Loneliness: Housing and Community Perspective
- Improve your health – get a friend
- Tackling Loneliness in Disadvantaged Areas
- The challenges of tackling loneliness and social isolation among Older People in Ireland
- Human Rights and Choices for OUR Older Age