

# Digital SafetyNet for early stage Dementia

# Project idea

## Relevant Questions

- Can technological innovation contribute to a safety net for early stage dementia?
- Can we measurably contribute to healthy happy neighborhoods with strong intergenerational bonds?
- Can we help individuals maintain control of their lives in the presence of degenerative diseases?
- Can we contribute to a less isolated and more empowered social network able to support loved ones?

## The project idea:

- a **digital safety net** that nets socially responsible business, volunteer organizations, and researchers with a **bundle suite of digital tools** that sustains a **mutual support network** that alleviates isolation and helps people **maintain control** of their lives.
- This digital safety net will help health professionals, social workers, local parishes, and health centers and volunteers to participate and measurably contribute to a future of healthy neighborhoods and communities:
  - Diet/medication
  - Exercise/activities
  - Health goals/care plan
  - Training, via digital materials such as short videos but also other media
  - technology mediated service development/innovation
  - Timebanks

# Expected Benefits

## Project idea

- Fighting isolation
- Building resilience
- maintain dignity and supervised independence
- alleviate caregiver / selfcare stress
- Timely answer to urgent needs (help reinstalling a neighbor after hospital discharge, calling help after a fall and waiting in place with the patient)
- Respite care
- Synergies in the use of community resources
- Sharing experiences/knowledge
- Support/integrat emerging dementia communities

## Who We Are and what we look for..

### Who we are..

- U of Aveiro, U of Coimbra, Portugal
  - User site, evaluation
- Cotton Wool in my Head Foundation, NL
  - User site
- U of Oslo, Appetitus, Norway
  - User site, industry
- U of Timisoara, Romania
  - User site
- HL7 Foundation
  - Standards and interoperability

### Join us we are looking for..

- Supporting user groups
- Timebanks
- Social Innovators
- Dementia communities
- Knowledge repository