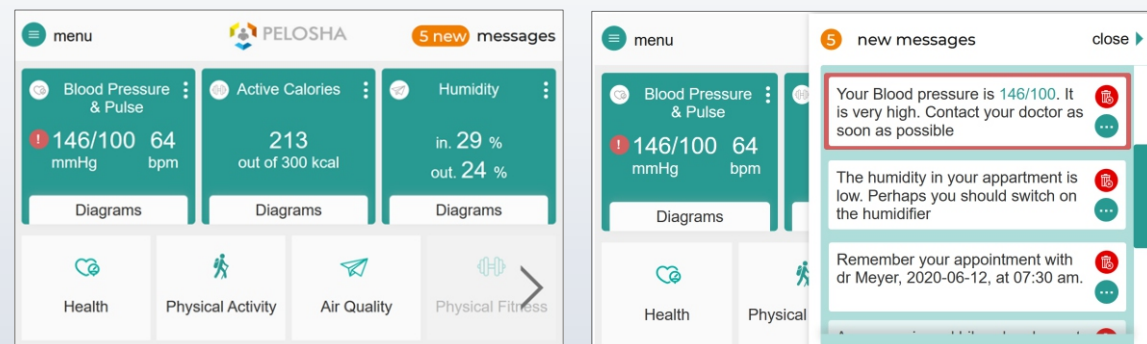**PELOSHA supports seniors and their caregivers with a set of personalized modules available through a virtual Assistant and monitored through a Caregiver Dashboard**

PELOSHA

PERSONALIZABLE SERVICES FOR SUPPORTING HEALTHY AGEING
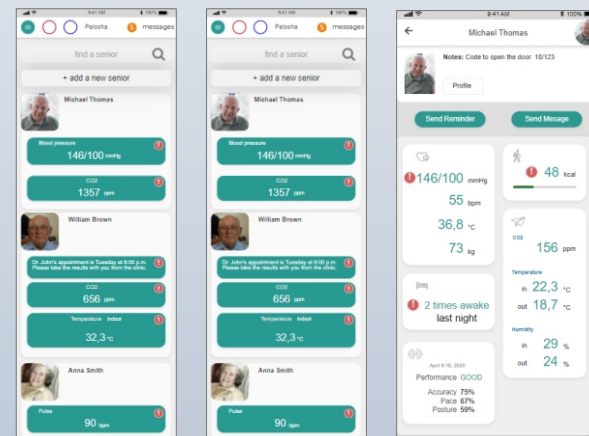
Assistant

is a user-friendly app for seniors to manage all the PELOSHA modules they need and have selected.

Caregiver Dashboard

informs caregivers about the well-being of seniors.

What is it?

• • • PELOSHA is a technological solution for assisted apartments that is composed of 3 main applications covering all aspects of providing care to the seniors.

• • • While the Assistant and the modules are designed for seniors, the Caregiver Dashboard is a "command centre" for caregivers/nurses. From there, they have an overview of their seniors' health parameters, requests for assistance, etc. Having everything in one place makes their work easier, less stressful and more effective.

What is in it for...

• • • **Management?**
- clear overview of the employees and residents
- possibility to extend the offering with new solutions

• • • **Caregivers?**
- supporting more efficient and effective time management
- providing just-in-time assistance to seniors

• • • **Seniors?**
- support for managing health as they age
- feeling secure with timely assistance when required

How does it work?

• • • **Step 1:** The senior with the assistance of caregiver/technician configures their mobile device and the Assistant app. They set up an account, select desired modules and connect external devices (e.g. blood pressure monitor, scales, socket devices, etc.).

• • • **Step 2:** Once the setup is completed, the Assistant and selected modules are up and running, ready to be used on daily basis. At the same time, the caregiver's account is created and linked to the senior's profile.

• • • **Step 3:** The senior and the caregiver use PELOSHA every day. Data from the sensors is securely stored in a central database and the caregiver has a clear overview of the overall situation. Only the senior's caregiver has access to the data to maintain senior's privacy.

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Health Module

allows for regular monitoring of health data (i.e. blood pressure, heart rate, body weight and temperature). This allows the caregiver to constantly monitor all registered health test results and helps to maintain the continuity of care.

Night Activity Module

monitors senior's activity at night based on information from devices which use electricity.

Activity Module

measures the level of senior's daily activity. It is possible to set a custom daily activity goal.

Training Module

is a virtual personal trainer to help maintain functional physical fitness through a dedicated functional training programme, presented in a friendly and educational way with feedback about the progress.

Reminders Module

is a simple tool to set friendly reminders for seniors. It allows the caregiver to add different entries to the senior's calendar (e.g. reminders to perform blood pressure measurement).

Staying In Touch Module

conveniently sends out care requests to caregivers with four configurable buttons.

Air Quality Module

monitors air quality at home (temperature, humidity, CO2), recommends improvements and shows warnings related to low air quality conditions.

Assistant

Caregiver Dashboard

PELOSHA