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THE USE OF MOBILE TECHNOLOGY TO INCREASE INDEPENDENCE AMONG ELDERLY

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With a growing number of elderly, technology can in many ways support independence and increase quality of life. The social alarm area has until recent years remained the same, but with digitalisation and mobile communications new possibilities have arisen. Home-based social alarms have become digital. They are more reliable and they have possibilities to add functionalities such as sensors detecting fall or sensors detecting lack of activity. The rapid growth of the mobile networks has led to a number of services that can support safety and security outdoors, and many of these services are targeted towards elderly people. However, there is still a need for social alarms that work well both indoors and outdoors and that in an easy way can provide additional services adapted to the user at hand. Based on experience from both research and development in the social alarm area, we suggest a new solution that can be adjusted and adapted to a variety of user needs and different usage situations. Safety and independence are achieved by combining the technical advantages of the smartphone with sensors, smart reminders and analysis of Big data. This will enable efficient e-health services, that are based on real user needs and will provide proactive support, in contrast to the current more reactive ways of care. Information can easily be shared between health care professionals, assistants and relatives and will contribute to self-help in everyday life.

EVACUATION PLANNING TO REDUCE RESIDENT STRESS FOR SENIOR ADULTS

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Evacuation plans are a required element of generalized disaster planning for residential facilities, but do not address the issues of keeping nursing home residents safe in a natural disaster. Many nursing homes do not have emergency plans in place that meet federal guidelines, regardless of the recommendations found in literature. A review of current emergency plan development and the implementation of emergency plans during Hurricane Katrina are presented. The complications that resulted during that evacuation are presented along with suggestions for future natural disasters. A primary element of developing a national model for nursing home evacuations involves using systems already in place and refining those systems to be accessed during evaluations. For a majority of nursing home administrative directors, resident medical conditions, including mobility issues, visual and auditory difficulties, and cognitive impairments influence the decision to evacuate. A national model for evacuation plans would not only keep evacuation routes to appropriate facilities viable, but also medical concerns of the residents up to date. Logistical issues concerning what residents are able to do for themselves and what residents need additional assistance to accomplish would be pre-identified. Further, accessible medical information ensures that care does not stall because the resident cannot remember current diagnoses or medications. Either in the form of a regional database, or as digital medical dog tags, medical providers would know how to accurately treat a patient transported out of the local area during a disaster.