WETAKECARE

Deliverable D1.6

Sumary of the generic support materials.

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Executive Summary

This deliverable provides an overall description of the contents of Wetakecare grouped under the following main areas:

- Learning WeTakeCare

- Healthy tips and best practices

- Assistive devices and accessibility

- Taking care of the carer

- Taking care of the older Person

The contents of the WeTakeCare system make a continuum with the exercises. Most of the contents proposed are linked, direct or indirectly, with the exercises. For instance, when the system proposes exercises to train dressing the lower part of the body, such as putting on and off socks, it should provide information about different strategies to perform this task or assistive devices that may help to put on the socks in a more efficient way.

This report begins with an introduction linking the information here contained with the previous work developed in WP1. Then, the document lists the different areas of the contents, developed in the following points of the document.

In the annex shows different examples of the contents already developped.

1   Introduction

This report is one f the results of *WP1*. *From needs to concepts and contents* and specifically of task *T1.4 Development of the support materials.* T1.4 is the last task of WP1 and to develop it we have needed to work previously in the identification and requirements of the system (T1.1) and the definition of the activities and functionalities (T1.2). The results of these previous tasks are well covered in the reports D1.1. to D1.3. The process followed to define the restriction in activities of daily life as well as the basic requirements is shown in Figure 1.
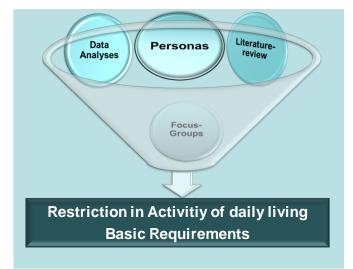
Figure 1. Process followed to identify the restrictions in activity of daily living and the basic requirements

Those activities where restrictions have been identified, after taking out some of them referring risks, are the ones the WeTakeCare system will focus on for the re-training and rehabilitation activities. The objective of the contents developed is to cover these activities and also other topics of specific interest for the potential users.

Older persons need not only to train already mastered skills and habits, but to learn new skills, strategies and habits to compensate loss of functions (like vision, hearing, mobility and strength) or mild disabilities based on diseases (like rheumatism, arthritis, etc.). Therefore, in some cases, they have to learn completely new ways of performance but also to "unlearn" automated movements. Throughout the exercises and activities included in the training program, skills acquired will be transferred to the daily life of the users. It also includes useful information to promote the autonomy and wellbeing.

WeTakeCare system aims to foster the performance of ADLs by affecting these different components:
1. physical, cognitive and affective state of the person by training and motivation
2. physical environment by adaptation and assistive devices and the social environment by supporting the care person
3. Demands of the activity by suggesting new strategies for the performance.

The objective of this report *D1.6 Summary of the generic support materials* is to give an overview of the support materials including their structure and organisation. Some examples of the activities and support materials are also included.
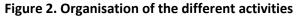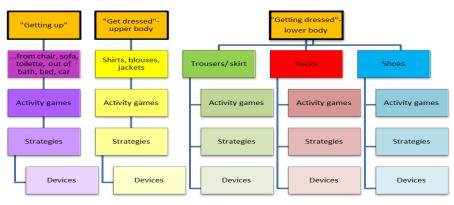
2   Structure of the content

The developed structure of the system responds to the different areas of care identified in earlier stages of the project. Table 1 summarizes these areas.

Table 1. Schema of the Content of WeTakeCare

Learning WeTakeCare	At this section information about setting up the environment, help for connecting devices, how to asses general problems and safety precautions are presented. It also includes information about different ways to perform ADLs.
Healthy Tips and best practices	This section contains recommendations about healthy living habits, strategies to overcome problematic situations and physical limitations, advice of good practices and more. Support devices to ease carry out these practices is provided
Assistive devices and accessibility	This section includes information on support products that can facilitate the performance of certain task and ensure perform them in a safe environment.
Taking care of the carer	Includes recommendations to maintain personal wellness and strategies to manage problematic situations, both personal wellbeing of the carer and those related to care. Support devices for wellness and perform care tasks are presented as well.
Taking care of the older person	Recommendations and strategies to properly care older people and maintain a good relationship between caregiver and older person. Information about symptoms for detecting crisi situations and strategies to deal with. This section also includes a list of support devices for carrying out care tasks.

The contents offered in WeTakeCare are a continuum with the proposed rehabilitation activities. An effort has been made to use similar structure for each of the capsules of knowledge to facilitate the navigation to the users. For instance, the activities have been organised by families such as "getting dressed lower body" or "getting dressed upper body". Each of these families may have several specific activities such as "socks" or "shoes", and for each of these specific activities we will find the proposed activity/game, information about possible (alternative) strategies to do that activity and information about related assistive devices. Figure 2 explains this structure.

Figure 2. Organisation of the different activities

Accordingly, the contents that are not related with exercises have been organised also keeping a three level structure. For instance, within the area of healthy tips and best practices for "Food and drink" we find the following sub-areas:

- **Did you know that** with common statements and sometimes with information about curiosities to take the attention of the users .

- **Recommendations** giving information about good practices to follow

- **Assistive devices** giving information about assistive devices that may help the user to perform autonomously a difficult task.

2.1   Learning WeTakeCare

The objective of this area is to provide information about the system and its features. By the information provided, the user will learn to use WeTakeCare. It has several sub-areas ofknowledge:

- **introduction** to get familiar with the system,

- **integration into daily life** with background information abaout learning and living with WeTakeCare

- **Instructions** to understand how to use the WeTakeCare system with and explanation of the tree structure

- **Assessment** where the user is suggested with one activity or offer of contents

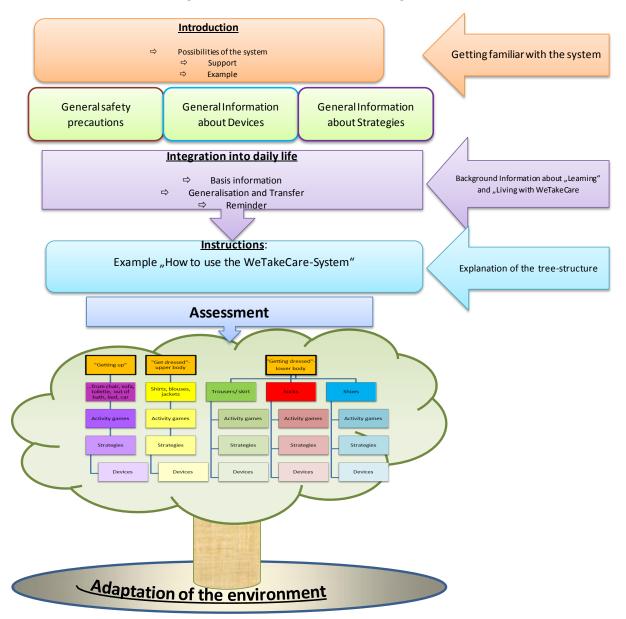Figure 3 gives an overview of the whole structure of the area *Learning WeTakecare.*

Figure 3. Overall structure of Learning WeTakeCare

2.2   Healthy tips and best practices

At this paragraph, information about healthy tips and practices to maintain a good quality of life are included. This information is addressed to caregivers and older people with mild-medium disability.

During the use of the system, automatic messages will appear to introduce some relevant information to the user regarding to this topic. This information will be linked with the content of the activity the user is performing. This information will be also available through the menu of the system. User can access to it in every moment.

The information is presented as:

- Benefits and positive rewards

- Recommendations to improve health status

- Tips to follow recommendations in a simple way

- Support devices to follow healthy tips and practices

- *No negative information or examples will be provided.

The table below shows the content included at "Healthy tips and best practices" section:

Table 2. Healthy tips and best practices

Food and Drink	- Benefits - Recommendations (ways to cook food, types of food recommended, nutritional needs, etc.) - Strategies to maintain good habits - Devices that can help with eating and drinking tasks depending on the needs of each
Physical activity	- Benefits - Recommendations (adapt to personal condition, types of exercises, food based on the exercise you perform, new activities, etc.) - Strategies to maintain good habits (schedule, group activities, etc.) - Devices that can help with exercises
Keep personal time and space	- Benefits - Recommendations - Strategies to maintain good habits - Devices that can help you with
Communication	- Benefits of a healthy communication - Recommendations to communicate with others, keep in contact, express needs and feelings, etc.). - Strategies to maintain good habits - Devices that can help you with communication (hearing aid, social networks, telephone, email, etc.)

2.3   Assistive devices and accessibility

This content provides information on how to adapt the environment and different support devices to help the user in the performance of ADL. It also provides information about accessibility. The purpose of this content is to help older person to maintain independency and/or help caregiver to perform their care tasks.

This information will be linked with the activity the user is performing and it will be available for him/her. This information will be also available through the menu of the system. User can access to it in every moment. The information is organized according to specific spatial requirements, activities performed and user capabilities.

The table below shows the type of information contained:

Table 1: Assistive devices and accessibility

Room	Specific Assistive devices	Adapting the environment
Outdoors	• Walking support devices • Guidance	• Benefits • Requirements • Advices • Technical information • Tips for a safety environment • Healthy environment (ventilation, temperature, privacy, accessibility, etc.)
Entrance	• Griping handles • Ramps • Precaution Signals • Antislip devices	
Bedroom	• Personal alarm and communication systems • Dressing devices • Adapted rest products	
Living room	• Adapted rest products • Reachers	
Bathroom	• Support devices for bathing tasks: • Bath and showering support devices • Cleaning products • Antislip devices • Adapted handles	
Kitchen	• Support devices for kitchen tasks: • Cooking • Eat • Store • Reachers • Alarms and reminders	
General	This section will include information about general devices that can be use at different rooms of the house	

2.4 Taking care of the carer

This section includes information addressed to the caregiver for care him/herself. Usually caregivers´ guide only offer information about how to care the others but forgives the caregivers´ wellbeing.

The attention to the caregiver is important for two reasons; firstly to ensure their wellness, and secondly to properly care the older person.

This content will be analysed and included according to the knowledge provided by experts and professionals in the field of Gerontology. No negative information will be provided.

Below a schema of the content of this section is presented:

Table 2. Taking care of the carer

TAKING CARE OF THE CARER			
	Task 1	**Task 2**	**Task 3**
Manage your time Take care of your health Common situations Relations with others	Benefits to accomplish adequately these dimensions	Recommendations to follow strategies in a simple way	Support devices
		• Positive behavior • Support at the others • Insomnia	

2.5 Taking care of the older person

This section provides information to the user in order to facilitate the performance of carer tasks and ensure older person wellbeing and independence.

The content f this module has been organized attending to different spheres of daily living. The next table presents the content addressed to older person wellbeing:

TAKING CARE OF THE OLDER PERSON				
	Task 1	**Task 2**	**Task 3**	**Task 4**
Care plan and organization	Benefits to accomplish adequately these dimensions	Recommendations	Support devices	Additional information
Mobilization		Strategies/ Exercise		
Personal sphere		Recommendations		
Answering to crisis situations	Benefits/ Information about symptoms	Recommendations		
Supporting ADLs	Activities	Strategies/ Exercises		

As in the rest of the content, no negative information will be provided. All the content is presented as positive.

3   Conclusions and next steps

This document has given an overview of the structure of the contents as well as some specific examples. The contents are integrated in the WeTakeCare system in a way that the users feel them as a continuum of the proposed games and activities. This is important because contributes to improve the engagement of the user to the system, and specifically to the performance of activities, contributing to the main goal of the project.

All the contents will be validated by the users. Special attention will be paid to the language use and to the complexity of the information provided. The contents are important but what is really important is to promote to the users the engagement to the exercises.

Annex I. Example of contents

A1.1. Turorial support example "getting dressed"

If you have difficulty to put on a pair of trousers, socks and/or shoes, you can choose the button "Getting dressed – lower body". It offers you information and activities about this topic.

Every button offers different possibilities:

You can choose between getting information about strategies or devices, or you can perform activity games.

In this example, let's choose the topic "Socks".

After selecting the button "Socks", you have the choice between "Activity games" to train a specific task, "Strategies" for information about how to compensate the task, or "Devices" to help you performing the task.

Perhaps you want to do some training and select the button "Activity Games". You will get some general information about the exercises first and then we can start to play the game and have some fun.

If you want some information about strategies that will make it easier for you to put on socks, then choose the topic "Strategies". Here you can watch some short clips or look at some photos that give you some ideas to help you putting on your socks.

Last but not least you can also get information about various devices that can help you and that you can purchase. This information is offered by a little clip or some photos with a description of how to use them.

A1.2. Content related to taking care of the older person "mobilisation"

TAKING CARE OF THE OLDER PERSON

1. PLANIFICATION OF CARE

1.1. DID YOU KNOW THAT...

- A good planification will make easy every activity you porpose to do
- Plan daily activities help to manage it more accurately and performe them efficiently

1.2. RECCOMMENDATIONS

- Use post-its to record important tasks and put them in a visible place so you do not forget (in the refrigerator, on the door, etc.)
- Carry a notepad/journal where you can be writing down tasks or small things to remember (go to pick up some recipes, coffee with a family, pick dress dressmaker, etc.)
- Think about what are the tasks you need to do and prioritize them against those who can wait
- Aim things that you should remember and mark on a calendar or agenda
- Arrange alternatively activities related with direct care with those that allow you to move out of home
- Take breaks between activities and fail to rest
- Always leave time off between tasks
- Seek support from others (La Caixa, 2008).
- Try to make certain tasks a specific days (eg grocery shopping on Thursdays, towel change, sabans, etc. Friday, and also with the activities of daily living...
- Make a list of your pending tasks and try to perform them on a particular day (for example, the day you're going to post also write down you go through the dressmaker because it is close, if you have to pick up prescriptions, take advantage and make an appoinment at the hairdresser who is next, etc.
- Establish time and spaces to develope the activities of care
- Take into account dependant person needs
- Be always ready when you need to leave the house (purse, scarve, jacket, etc.)

1.3. SUPPORT DEVICES

- Agenda
- Schedule to manage activities of daily living
- Online shopping
- Mobile apps as agenda: POPNotes App, Just possit, etc.
- Agenda alarms in the morning with the activities you should do for a better planification and time management

1.4. + INFO