



The Four Pillars For Happier Healthier Residents



Thomas Tredinnick
CEO - Ally Cares



About Ally Cares

- *Our mission is to enable people to live healthier, happier, longer lives.*
- ***Unobserved data is key:** Ally is a versatile monitoring system giving the most **complete objective picture** of unobserved well being changes.*
- ***UK's most widely used resident monitoring system - Deployed in over 7,000 bedrooms.***
- ***Research conducted on over 2000 bedrooms***
- ***Care homes with Ally see a 5% increase in length of life***



Maria Mallaband
Care Group



hallmark
care homes



HERITAGE MANOR
YOUR LIFE • YOUR HOME • OUR CARE

KYN

Ally Cares - Resident Monitoring System



Sense

Sound and Movement Monitoring

Attendance

Smart rounds, attendance record

Insights

Trends, investigations, reporting

View

PC & Android App

Link

Integrations with PCS & Nourish

Guide

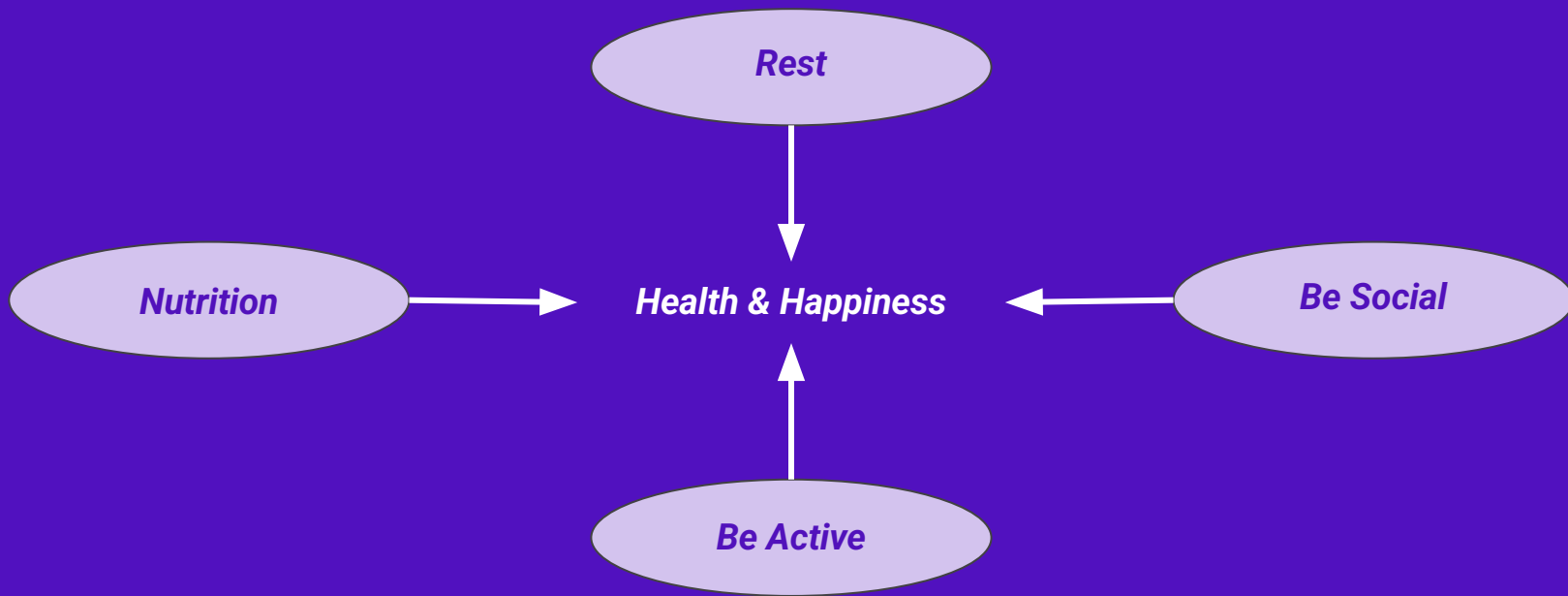
Skills and Support

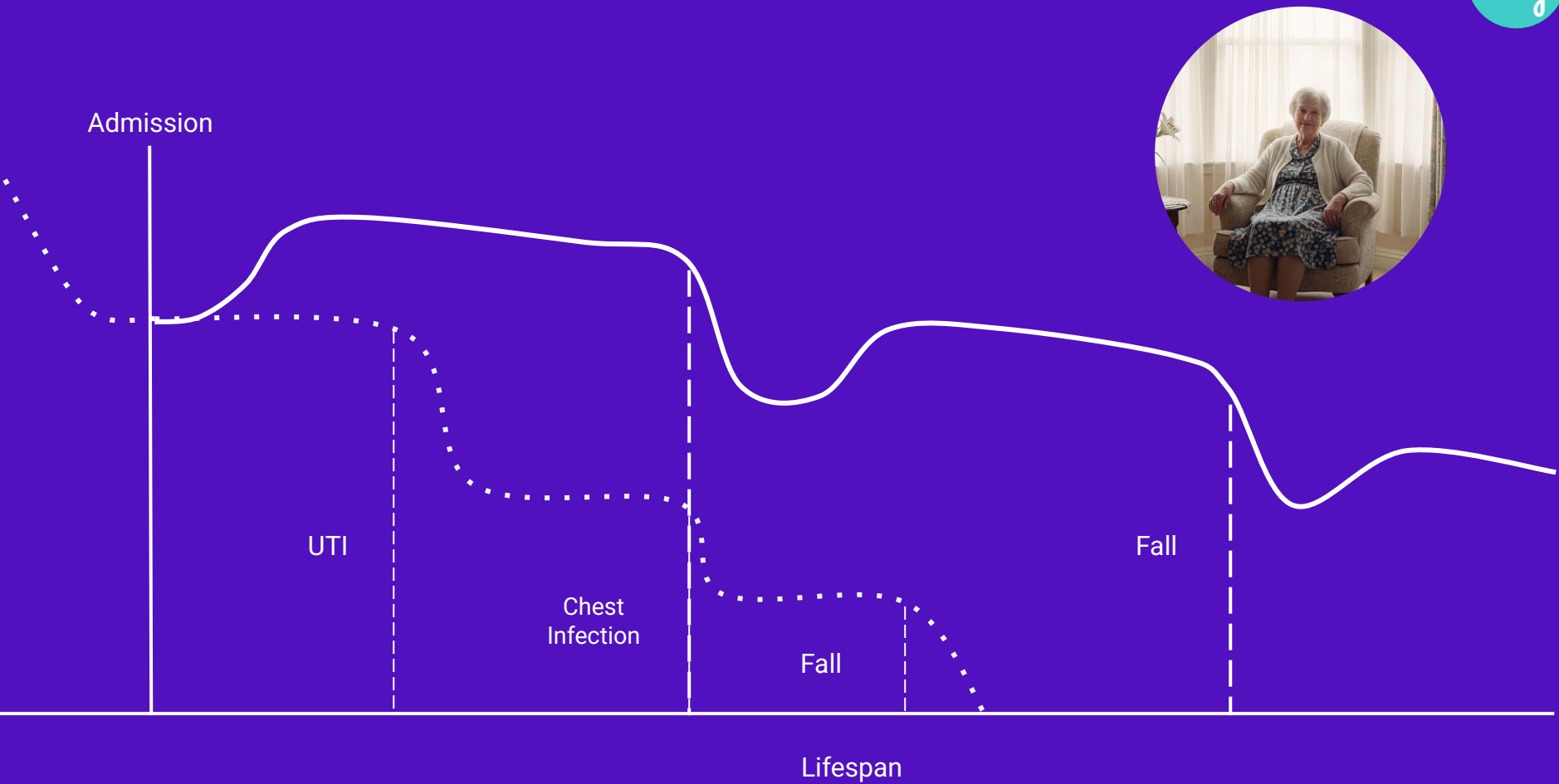
What We Will Cover

- The four pillars for a healthy life
- The TWO missing parts
- NEW Ally product updates helping - filling the gaps
- How these updates help you to better invest in each pillar in your care home



The Foundations of Health and Happiness





Rest

Improved mood

Improves appetite

Improved activity and social

Improved physical function

Improved lifespan

Nutrition

Boost energy levels

Improves immunity

Better mood

Better sleep

Better brain function

Increased lifespan

Exercise

Boost brain health

Reduces stress

Improves sleep

Better weight management

Bone and muscle strength

Increased lifespan

Social

Lowering stress

Boost immunity

Sharper brain function

Reduced loneliness

Increased lifespan

Sleep - Clinical Impact



- Increased risk of depression by 21%
- 23% increase in hypertension risk
- 48% increase in coronary heart disease
- 15% increase in stroke
- Reduced physical function and increased falls risk
- Increased risk of Alzheimer's by up to 33% .

[Impact of Poor Sleep on Physical and Mental Health in Older Women](#)

[NREM sleep as a novel protective cognitive reserve factor in the face of Alzheimer's disease pathology](#)

[Five hours' sleep a night linked to higher risk of multiple diseases](#)

What is Missing?

- **It's hard to invest in sleep**
 - a. In long-term care 75% of residents are woken each night by poor sleep environment
- **Uncommunicated and unobserved health and wellbeing changes:**
 - a. means preventative interventions can't be made early to help maintain the balance

Ally Cares - Resident Monitoring System



Sense

Sound and Movement Monitoring

Attendance

Smart rounds, attendance record

Insights

Trends, investigations, reporting

View

PC & Android App

Link

Integrations with PCS & Nourish

Guide

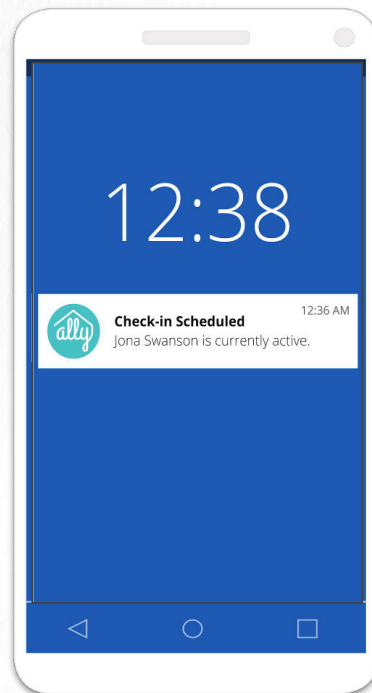
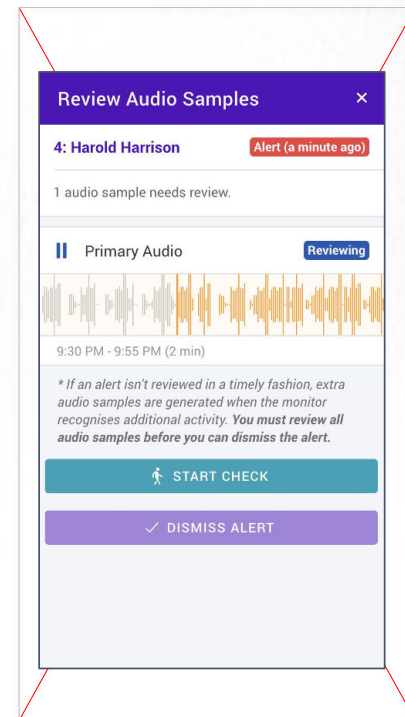
Skills and Support

Sense



Move

Hear AI



Hear AI

The 8 AI Tags and AI Overview

Resident Sounds

 Speech & Conversation

 Respiratory Sounds

 Discomfort Sounds

 Other Vocal Sounds

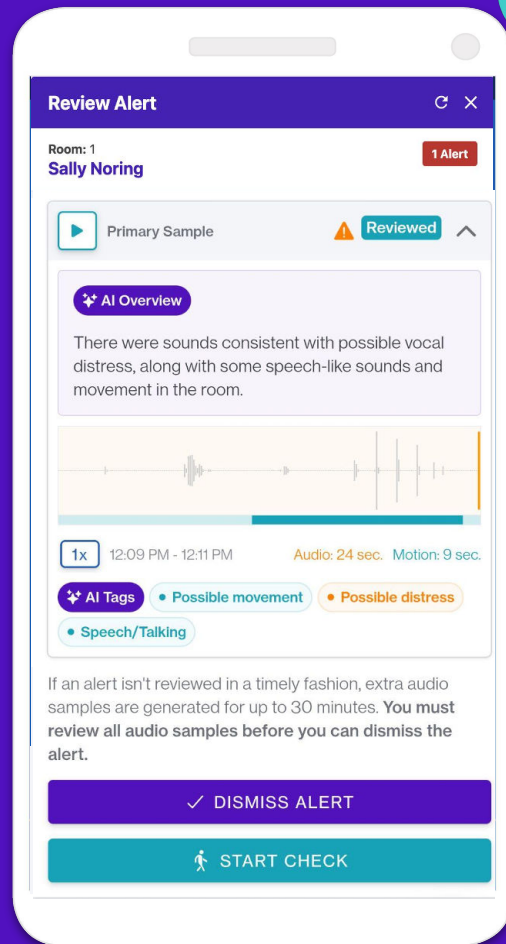
 Movement & Activity

Environment

 Calls, Bells & Alarms

 TV / Radio / Music

 Background Noise



Some of the sounds included within Each AI Tag

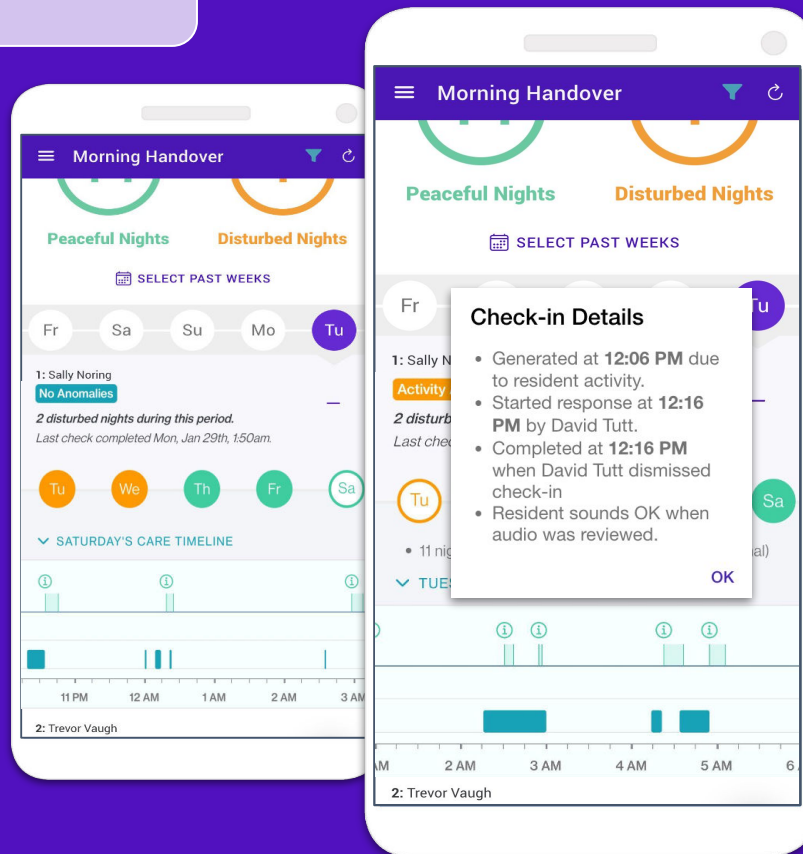
Type	AI Tag	Example 1	Example 2	Example 3	Example 4	Example 5
Human Made	Speech and Conversation	Speech	Whispering	Conversation		
	Respiratory Sounds	Cough	Throat clearing	Sneeze	Wheeze	Breathing
	Discomfort Sounds	Crying, sobbing	Groaning	whimpering	Yell / Shout	Grunt
	Other Vocal Sounds	Humming	Laughter	Sigh		
	Movement & Activity	Door	Knock	Footsteps	Water running	Toilet Flush
Environment (to understand the perspective of the resident and how to improve their experience)	Calls, Bells and Alarms	Alarm	Beep, bleep	Telephone	Ringtone	Fire alarm
	TV / Radio / Music	Music	Television	Radio		
	Background Noise	Vehicle	Mechanical fan	Bird	Hum	Clock

Insights

In App Trends & Investigations

Highlight & investigate changing residents needs

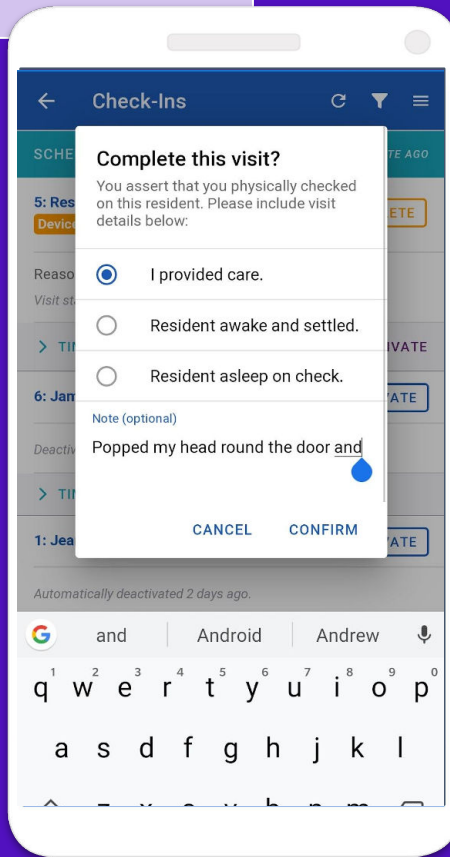
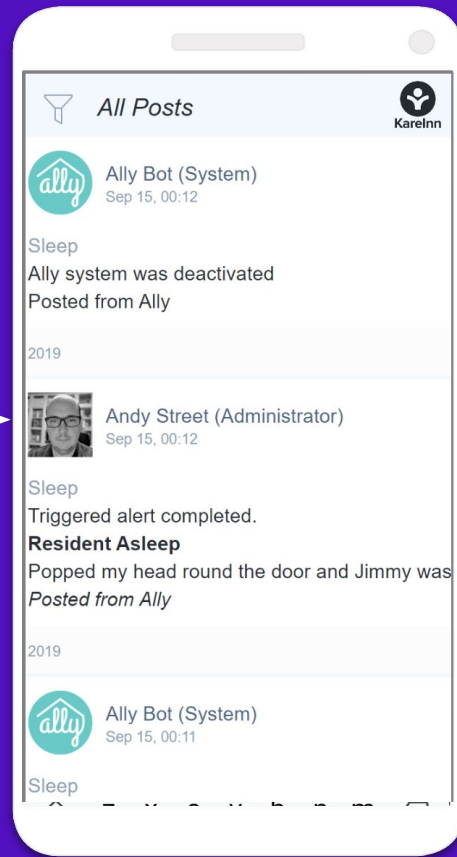
- Handover prompts for changing patterns, enables tailored daytime care and early care plan reviews
- Detail available for each alert
- Graphical view
- Sound files can only be accessed by chosen individuals.



Link

Integrations

- Sync alert details to residents timeline
- Sync insights to handovers



Ally's Data Changes How Care Can Be Provided

Ally's Data allows you to:

- Invest in giving privacy, rest and independence - make the care home feel like their own home
- Use the insights to make data led, proactive changes to each resident's care plan, to stop a spiraled decline

Oaklands Resthome Outcomes



Quality of Care:

- *76% better sleep*
 - Residents are active and engaged in the day, better mood, less cognitive decline
 - Weight and fluids have improved
 - Fewer sleep medications and antipsychotics
- *67% fewer falls*
- *50% fewer infections (chest and UTI's)*
- *7 hours time saved / night*

Oaklands Resthome ROI



Occupancy Improved by 16%

- Length of stay improved by from 81-89 weeks.
- 3 weeks attributed to Allys impact (**6% occupancy, or an extra 2 bedrooms full**).
- Mortality rate reduced by 18% (2 deaths per year)
- 3 additional enquiries converted each year.
- Improved trust mean no dissatisfied move outs.

Unobserved Insights - Early Intervention

Identifying Pain - Ally Prompted

*"**Ally notified to a resident in pain**, checking their care plan we confirmed an earlier incident, re-assessed their pain levels and increased their pain medication."*

Identifying Medication Side Effects - Ally Prompted

*"Ally notified to **a resident talking in a confused way** to themselves in their bedroom, which was abnormal. We investigated and found that the medication introduced the previous week had hallucinations as a side effect, we contacted the GP and got this changed"*

Identifying Chest Infections - Ally Prompted

*"Through Ally we **identified a resident developing a persistent cough**, this resident was a high risk of chest infections so we acted quickly and got antibiotics perscribed, we also took greater precautions with infection control which helped reduce the risk of spread"*



Mid On-Set Dementia

Staff Observations:

Nutrition: They were losing weight

Less **active** and **social** in the day
impacting mood

Reported as sleeping well

Ally Insight:

**Awake for 80% of the night rather than sleeping well,
with lots of background disruption**

Intervention:

**Shut doors, lights down, lower corridor noise, a
culture of a dark and peaceful night, develop a
positive sleep environment**

Outcomes:

Awake only 10% of the night

Weight: increased from 63 to 69kg

Became more active and social

Had better resilience to recover when they got sick

Activity Anomaly

3 active nights during this period.

Last check completed Tue, Jul 23rd, 7:33am.

We

Th

Fr

Sa

Su

Mo

Tu

- 18 nightly visits scheduled due to activity (12-13 normal)

▼ TUESDAY'S CARE TIMELINE



No Anomalies

2 active nights during this period.

Last check completed Thu, Jan 9th, 7:47am.

Fr

Sa

Su

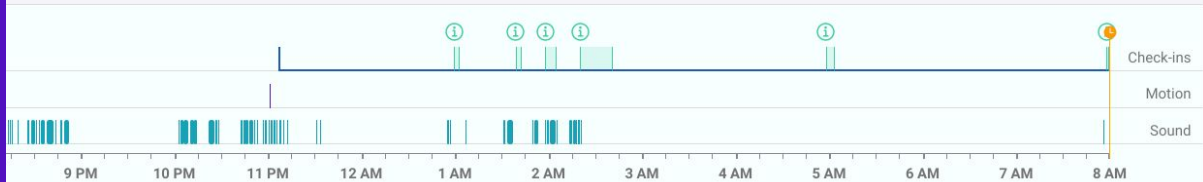
Mo

Tu

We

Th

▼ MONDAY'S CARE TIMELINE



Summary



Four Pillars for Healthier Happier Residents

- *Care homes need to invest in all four pillars*
- *Sleep is critical and poor sleep affects over 75% of residents*
- *Measure sleep and invest in a positive sleep environment*
- *Unobserved insights through effective monitoring helps prevent declines*
- *Creating a balance improves health with residents living up to 5% longer*



Four Pillars For Healthier, Happier Residents



Thomas Tredinnick

CEO - Ally Cares

www.allycares.com



info@allycares.com

www.allycares.com