

Routinify
SMARTER LIVING

FEASIBILITY AND USABILITY OF THE WELLASSIST SYSTEM BY ROUTINIFY FOR SELF-CARE AND CAREGIVING

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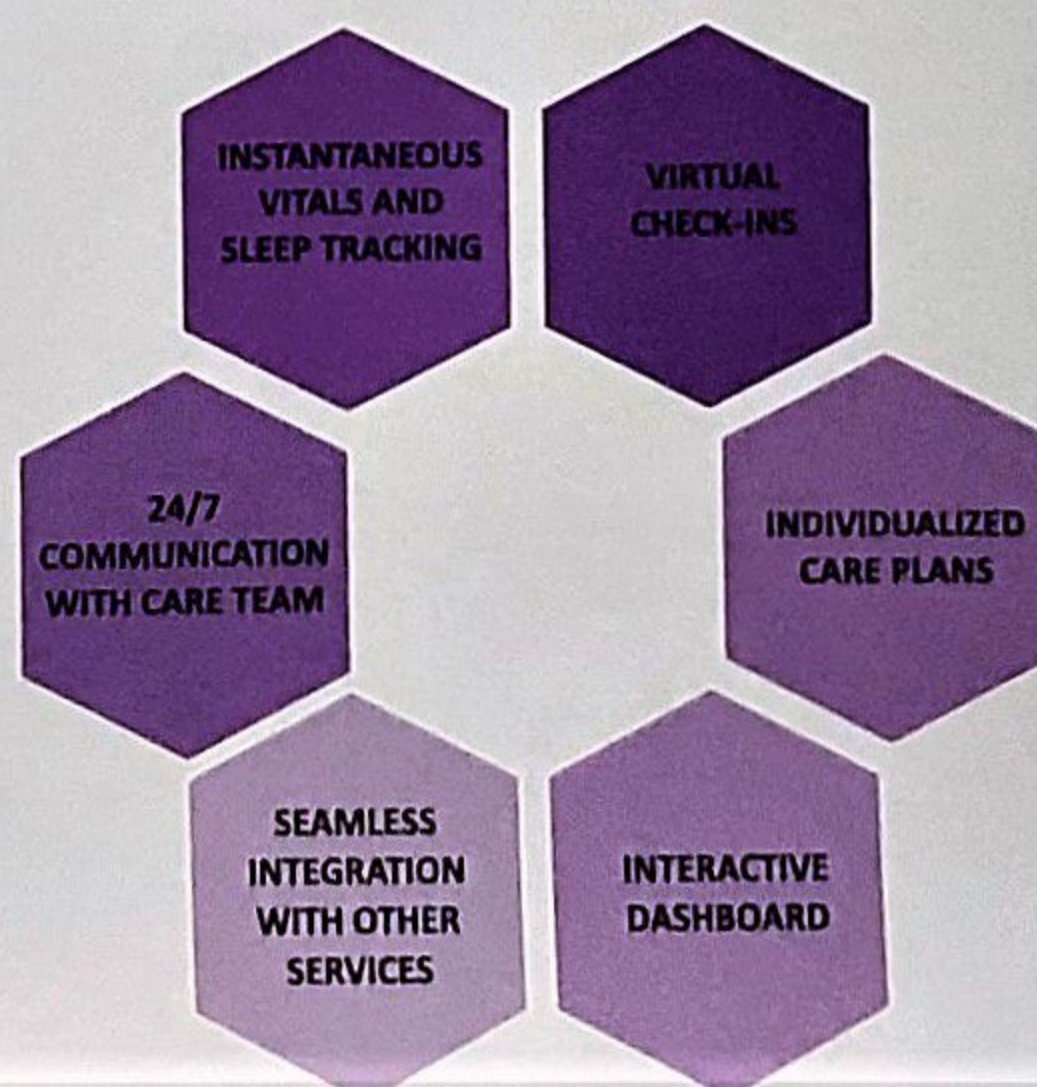
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Background

- Many individuals prefer to remain in their home as they age, instead of relocating to a long-term care facility.¹
- Research related to aging in place shows community based services can enhance health and functional outcomes for older adults.²
- Older adults with physical limitations and diminished capacity, who otherwise would be dependent and require institutional care, can remain at home and experience subjective well-being when provided adequate supports.³
- Mobile technological devices, particularly those with health promotion and monitoring capabilities, create opportunities to support frail older adults at home – preventing or delaying the need for institutional long-term care.^{1,4}

Routinify

- A mobile technological device designed specifically to support older adults age in place using a WellAssist platform. Routinify promotes continuity of care by sharing health information with individuals' designated care team.

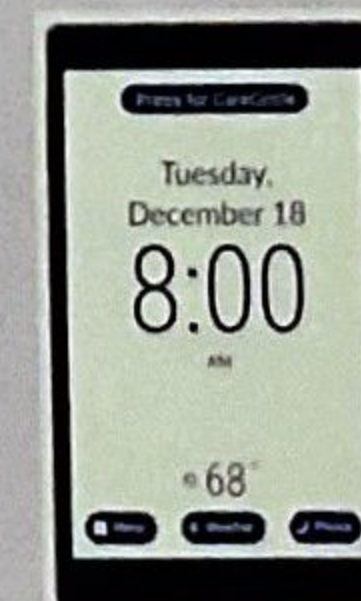


Research Aim

- The purpose of this research is to promote aging in place by investigating whether the WellAssist platform can increase self-care in the aging adult and supplement caregiving, that may be provided by an informal caregiver or home care worker, to reduce caregiver burden.

Methods

- A mixed-methods study was conducted using qualitative and quantitative measurements. Data were collected through the use of surveys and semi-structured interviews.
- 78 aging adults and 11 family caregivers were recruited from the greater Saint John, New Brunswick area. Participants from a variety of senior outreach and community programs were invited to participate.



Preliminary Findings

- Initial results show Routinify WellAssist technology may be used to support aging in place by increasing independence levels in aging adults. Preliminary findings indicate an improvement in areas including self-efficacy, self-compassion, and wellness.
- Caregivers have indicated feeling less burnout, which may be attributed to the increase in support provided by the technology, resulting in a decrease in dependency from the aging adult.

References
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2. E., Matters, L., Upchurch, G., Warren, M., Black, M., & Herlin, M. (2016). Communities caring for seniors: Connecting primary care practices and community resources. *The Journal of Aging and Health*, 28(10), 1558-1563.
3. Hinton, M. (2015). A community-based, technology-supported health service for detecting and