

# Supporting Independence During Reablement

## At a Glance

### Technology used

Andi Hub and environmental sensors.

### Focus

Understanding activity patterns during a reablement stay to support recovery and safe discharge planning.

### Outcome

Insight into daily activity helped professionals identify progress, support earlier discharge planning and ensure appropriate support once home.

## Background

A reablement service supporting individuals following hospital discharge introduced Andi to gain better insight into how people were managing day to day activities during their recovery.

Reablement services play a vital role in helping people regain independence following illness, injury or hospital admission. However, understanding how individuals are progressing between care visits can be challenging.

Occupational Therapists (OTs) supporting the service wanted to better understand activity patterns during reablement stays to help inform clinical decision making and ensure individuals were receiving the right level of support.

To support this, Andi hubs, health and environmental sensors were installed within the reablement setting.



## Initial Monitoring Setup

To understand activity patterns throughout the day and night, several unobtrusive sensors were installed within their living area.

These included:

- Movement sensors in key areas such as the bedroom, hallway and living space
- Door contacts to understand when individuals were leaving their living space
- Additional environmental sensors where appropriate

This setup allowed professionals to observe patterns of activity without disrupting the individual's daily routines.

Where individuals had additional health needs, sensors such as temperature or humidity monitoring could also be included to provide further context.

## Understanding Recovery and Activity

Over time, the system provided valuable insight into how individuals were progressing during their reablement stay.

Professionals could observe:

- Increasing levels of activity throughout the living space
- Changes in sleep and night-time movement
- Independent use of different areas within the accommodation
- Daily routines developing over time

These insights helped OTs understand how individuals were rebuilding confidence and independence between visits from care staff.

## Impact

The insights gathered helped the reablement team make more informed decisions about care and discharge planning.

Where individuals were demonstrating increasing independence, professionals could confidently support earlier discharge planning and a safe return home.

At the same time, if changes in activity suggested someone may need additional support, this could be identified early and addressed appropriately.

By providing objective insight into daily routines, Andi enabled the team to ensure individuals received the right level of support at the right time while making the best use of available care resources.