

# Using Insight to Confidently Review Overnight Support

## At a Glance

### Technology used

Andi Hub and environmental sensors

### Focus

Understanding overnight activity to review an existing care package

### Outcome

Objective insight supported a confident review of overnight staffing levels while maintaining safety and independence

## Background

An adult with learning disabilities lives independently with a care package that includes overnight support.

Although the individual is able to self-mobilise independently, the existing care package included two members of staff overnight:

- One waking night carer
- One sleep in carer

This arrangement had been put in place to ensure support was available if personal care was required during the night, which would require two members of staff.

Over time, carers reported that the individual appeared to be active during the night, raising questions about whether the current level of support remained appropriate. However, there was no objective data available to confirm how often night-time support was actually required.

An Occupational Therapist (OT) therefore introduced the Andi system to provide clearer insight into overnight routines and activity levels.

## Initial Monitoring Setup

To understand overnight movement patterns, unobtrusive environmental sensors were installed including:

- Movement sensor in the bedroom
- Movement sensor in the hallway
- Door contact on the bedroom door

Monitoring rules were configured to flag when when the bedroom door opened between 10pm and 8am, allowing the OT to understand when the individual was active overnight.

This enabled the team to build a clearer picture of night-time activity patterns without disrupting the individual's routine.

## Understanding Overnight Activity

Within the first week, the system began to provide useful insight.

The data also highlighted variation in the frequency of overnight checks between shifts, helping the team better understand how support was being delivered in practice.

Over a three week monitoring period:

- The bedroom door opened only twice overnight
- Movement data showed the individual was largely settled during the night

The insights also showed that the frequency of overnight checks varied between shifts, helping the team better understand how support was being delivered.



## Impact

The data gathered through Andi provided objective evidence to support a confident review of the existing care package.

The insights confirmed that the individual was largely settled overnight and able to mobilise independently when needed.

With this evidence, the care team were able to explore safely reducing overnight staffing from two carers to a single waking carer, while ensuring appropriate support would still be available if required.

This approach demonstrates how insight from unobtrusive monitoring can help ensure care is proportionate to need, supporting independence for the individual while enabling providers to deploy staff more effectively across their services.