

# Lisa's fitness and functional ability improved

- possibility to stay home remained

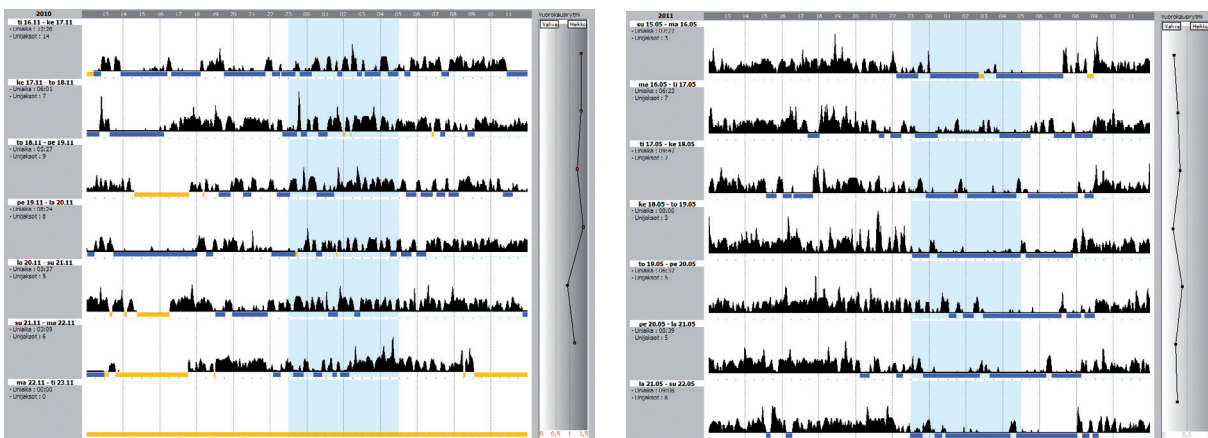


The person in the picture is not involved in this case.

Lisa is an 80-year old woman with frailty syndrome. A care person visits her once a day in the morning administering her the daily medicine. Lisa is able to move around her home and complete her daily tasks independently. Her daughter helps by doing her shopping once a week.

**Description:** As the memory loss disorder proceeded, her daily rhythm weakened. Lisa often slept for long periods (left chart) on afternoons and stayed up nights. Her daily rhythm disappeared, functional ability diminished and her ability to take care of her own daily routines weakened. Lisa's nurse was notified by the circadian rhythm's change by Vivago system. The weak day-night rhythm was seen from the weekly view and from the alert system in Vivago. As an action Lisa needed to be stimulated and encouraged to take outdoor activities under the supervision of a nurse.

The chart on the right shows the status half a year later. Lisa's situation is much better and her daily circadian rhythm has been recovered. She is active in the daytime, her sleeping period are only at nighttime and are constant. Overall, Lisa is much more content and a feeling of well being in general with regards to her abilities, functionality and memory loss. Lisa can still remain in her own home, due to the Vivago system.



*Change: improvement of the daily rhythm.  
Cause: activation of the client during the daytime.*



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# Vivago