Simple-C
Always there.
What is SimpleC?

Easy to use care and wellness program, delivered via technology, that uses life history details combined with photos, music and voice recordings to create personalized audio-visual based therapies for individuals.

These therapies become a living care plan and toolset for care staff and family that is always there to help individuals maintain independence and function.
Wellness Model

Supports Person Centered Care
Validating the Person and their Unique Life Story

Activity Programming

Engages Families

Supports the Culture of the Community
Our innovative approach weaves care needs with personalized content to develop interventions that modify behavior to achieve:

- individual goals
- enterprise goals

Resulting in:

↑ Engagement & participation
↓ Symptom frequency
↑ Goal attainment
↓ Psychotropic drug use
↑ Staff effectiveness & efficiency
↑ Job satisfaction
Therapeutic Framework

- Reminiscence
- Trusted Voice
- Music
- Validation
Benefits

- Decreases depression
- Increases self-esteem
- Improves mood
- Increases sense of mastery
- Calms anxiety and agitation by shifting the resident’s focus

We use images or sounds from our library and those provided by family and community to remind them of happy memories.
Benefits

- Music connects us to pleasant memories from our past
- The part of the brain responsible for auditory memory is particularly resilient to the effects of aging
- Provides distraction and a sense of calm decreasing agitation and anxiety
- Connections provided through music can help you wake up on the right side of the bed or relax you for a better night’s sleep.
- Increases quality of life and communication skills
By combining photos and music we can leverage their abilities to bring positive memories up for a person which provides opportunities to reminiscence about important people, experiences and family stories.
Hearing particular music can bring up specific memories or positive periods of time in a person’s life. When images are combined with preferred music it increases the ability to change moods and shift focus.
Benefits

Familiar voices are:

- Proven to be effective at delivering a message
- Calming to someone who is agitated
- Beneficial in decreasing distressed behavior and easing anxieties
- A way for individuals to feel connected to loved ones
We support the use of validation, a person-centered care technique, that validates the individual and what they are feeling or experiencing.

Benefits

- Helps a person feel more secure in their environment by informing them of where they are and what is coming up
- Validates the individual’s concerns
- Calms someone who is agitated
- Decreases anxiety and agitation
- Improves quality of life
Companions are personalized for each resident with:

- therapies addressing individual symptoms, care needs & goals
- media reflecting personal interests and life details
- family photos, if provided
- preferred music, and Trusted Voice recordings in appropriate language

Companions also contain therapies addressing each community’s care and wellness interests:

- morning care
- meals
- hydration
- bathing
- activities
- sleep
Three Main Therapy Uses

**Prompt and Inform**
- Activities
- Care events
- Housekeeping

**Redirect or Calm**
- Overstimulation
- Restlessness
- Sleep
- Hydration
- Meals
- Upcoming Visitors
- Wandering
- Sundowning

**Engage or Stimulate**
- Under-stimulation
- Socialization
- Enhance Communication
Supporting the Whole Person

- ADL
- Mood
- Sleep
- Behavior
- Activity
Person-Centered Therapies
Addressing Functional and Cognitive Impairments

SimpleC Process

What are the needs of THIS individual?
- Care Goal Process
- Life Story

Individualized Therapies Available
- Automated Schedule
- On Demand

On-Going Clinical Consultation
- Individual profiles change to meet changing needs

SimpleC Companion
Quick Configuration

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<th>Room/Apartment Number</th>
<th>Community Name</th>
<th>Companion/Device Number</th>
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<tr>
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Life Story
We personalize the Companion with information collected on this form based on the interests and likes of each individual. We use this information and our media library to create the majority of the content on the Companion. We also suggest that families share family photos and voice recordings to further enhance the personalization of the Companion. You should receive a family packet with directions for submitting photos and Trusted Voice Recordings. If you do not, please contact us and we will provide you with your packet. Please feel free to contact us at 770-280-0640 with any questions you have regarding this form or SimpleC. Please fax the completed form to SimpleC Fax 888-829-7794. Thank you for completing this form in as much detail as possible.

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| Preferred Method of Contact |
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Mr. Williams

Key Need Areas

- Changing Clothes
- Dressing for Bed
- Anxiety
- Agitation
- Depression
- Wandering/Pacing

- Bathing
- Sleep
- Waking Up
- Eating
Mrs. Johnson

Key Need Areas

- Delusions
- Depression
- Anxiety
- Agitation
- Bathing
- General Confusion
- Difficulty Communicating
- Physical Aggression
- Sundowning
- Disinhibition
- Disrobing
- Sleep
Mrs. Davis

Key Need Areas

• Depression
• Agitation
• Apathy
• Withdrawn- often refuses to leave room
• Frequent Naps
• Lack of Participation in Activities
• Bathing
• Dressing
• Oral Care
Supporting the Whole Person

- ADL
- Sleep
- Behavior
- Activity

Mood
Symptoms & Care Needs

Top 5 Symptoms

1) lack of participation in physical activities
2) anxiety
3) bathing
4) change clothes
5) disorientation to place and time

Average: 14 per resident
SimpleC Platform

Companion
Access Pleasant Memories & Manage Schedule

Care Station
Start Therapy from Outside the Room to Cue for Upcoming Care

Community Connect
Therapies and Activities for Use in Group Settings

Community Connect on Tablet
Mobile to Meet the Person Where They Are
Community Connect

Content Areas

• Brain Stimulation
• Engagement
• Entertainment
• Holidays and Seasons
• Mini-Adventures
• Mood and Spiritual Support
• Music
• Wellness Activities

Features

• Compliments Activities
• Opportunities to Engage
• Supports Routine and Flow of the Day
• Community Building
• In-Between Activities
• Evening and Weekend Support
Wellness Model

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