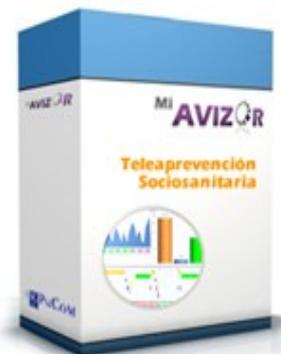




## Initiatives in the Galician countryside

Initiative	MiAvizor
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Legal formula	Public university

## The initiative



MiAvizor is an advanced teleprevention system patented by the Faculty of Psychology of the University of Santiago de Compostela. Through an installation of wireless sensors at different strategic positions in homes, the person's movements are monitored in order to identify possible incidents: if the person does not leave the room during the whole day, if the person is not following meal schedules, etc.

Information accessibility is configured in order that it is possible for families, health and home assistance personnel, or any other who provides the person with a service to access this information. Information access is done through a web platform.

Technology is not intrusive, and it respects people's intimacy, since there are no visual images. It uses signals that help to supervise daily routines, and it informs of changes or modifications that indicate the possible problem that the person might have.

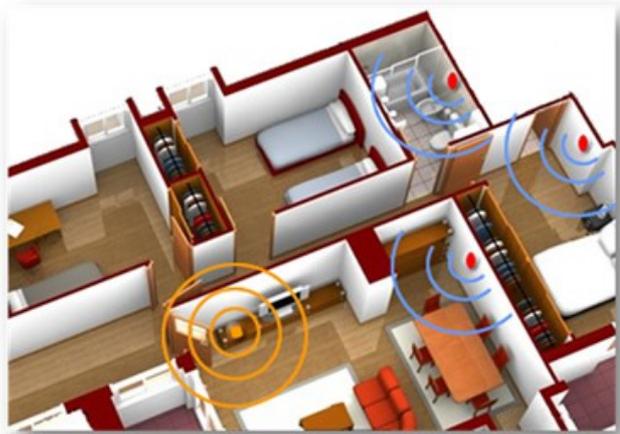
This idea emerges from the evaluation of the service offered by Consorcio do Benestar 'Xantar na Casa' (Lunch at home). This evaluation detects the necessity to monitor the weekly supply of food consumption. At the present moment, MiAvizor is installed in more than 225 Galician homes.

## Innovation

MiAvizor applies to the field of teleprevention the knowledge that the University Group PSICOM had been developing in the field of consumption analysis.

It involves analyzing the personal habits to detect significant deviations, such as the fact of not open the refrigerator or stay in one room all day.

The items that can be monitored are: the lack of movement, the fallings, an unusual use of the bathroom, poor diet, sleep disorders, abnormal mobility, inadequate temperature, the fact of not returning home or loss of mobility between others.



Through a website with integrated security, it's possible the access to the reports, with access allowed only to those people previously authorized by the elderly or, failing that, by the accredited professionals.

The same information can be accessed by different people, among which is the family.

## Origins

The project arises from the application of a methodological know-how to the field of social services community. The team had a trajectory evaluating programs like Lunch at home, home care or telecare services.

Based on this work it was found that the different services do not communicate or coordinate between themselves. An elderly is attended by many people, professionals or relatives who do not share information.

MiAvizor explores a technology solution focused on communication and collaboration between professionals and caregivers and also with people's family environment. On the other hand, it seeks to improve telecare, through technological innovation, focusing it towards teleprevention. It's running since 2012.



## Resources

The project has co-financing of the Galician Government and the European Union, amounting to 800,000 euros for a period of three years. It has 500 users in 141 municipalities in the interior of Lugo and Ourense provinces. The installation it's free for the users up to 2015 December 31st.

An important asset in MiAvizor it's the family, that when is able to monitor the elderly, it maintains a higher degree of involvement in their care, and acquires a capacity of preventive response to a poor diet or sedentary lifestyle, to give just two examples.



## Challenges

In order to provide useful information to all users it's needed to adapt the tool to mobile devices and tablets.

It is also necessary to open monitoring outside the home, for instance with the use of GPS phones that allow to know where the elderly are.





## Impacts

### Smart territory

MiAvizor applies new technologies to the sociosanitary prevention, allowing to make monitoring of the elderly living alone. It applies knowledge developed in another area to the field of social health and addiction.

### Inclusive territory

Aging makes the challenge of care people who live alone, especially where there is large population spread. People mostly wish to remain in their home. In the Galician countryside reality, the sons and daughters often live far apart. Through MiAvizor they can monitor and support their family elderly, reducing their vulnerability.

### Sustainable territory

MiAvizor can focus on improving the quality of telecare and teleprevention services, and lowering costs by allowing family members who live far away make a daily monitoring of the elderly, and by providing valuable information to different professionals who care the person.