

CARERS SUFFER TOO

63% Higher Chance of Dying if you are a carer

Why?

much attention has gone to the patient,
and the carers' mental needs are often
overlooked by others & carers themselves.

SYMPTOMS OF MENTAL ILLNESS



Sleep deprivation



Poor eating habits



Failure to exercise



Failure to seek help

WHAT ARE WE TRYING TO DO?



Who Over 60s caregivers

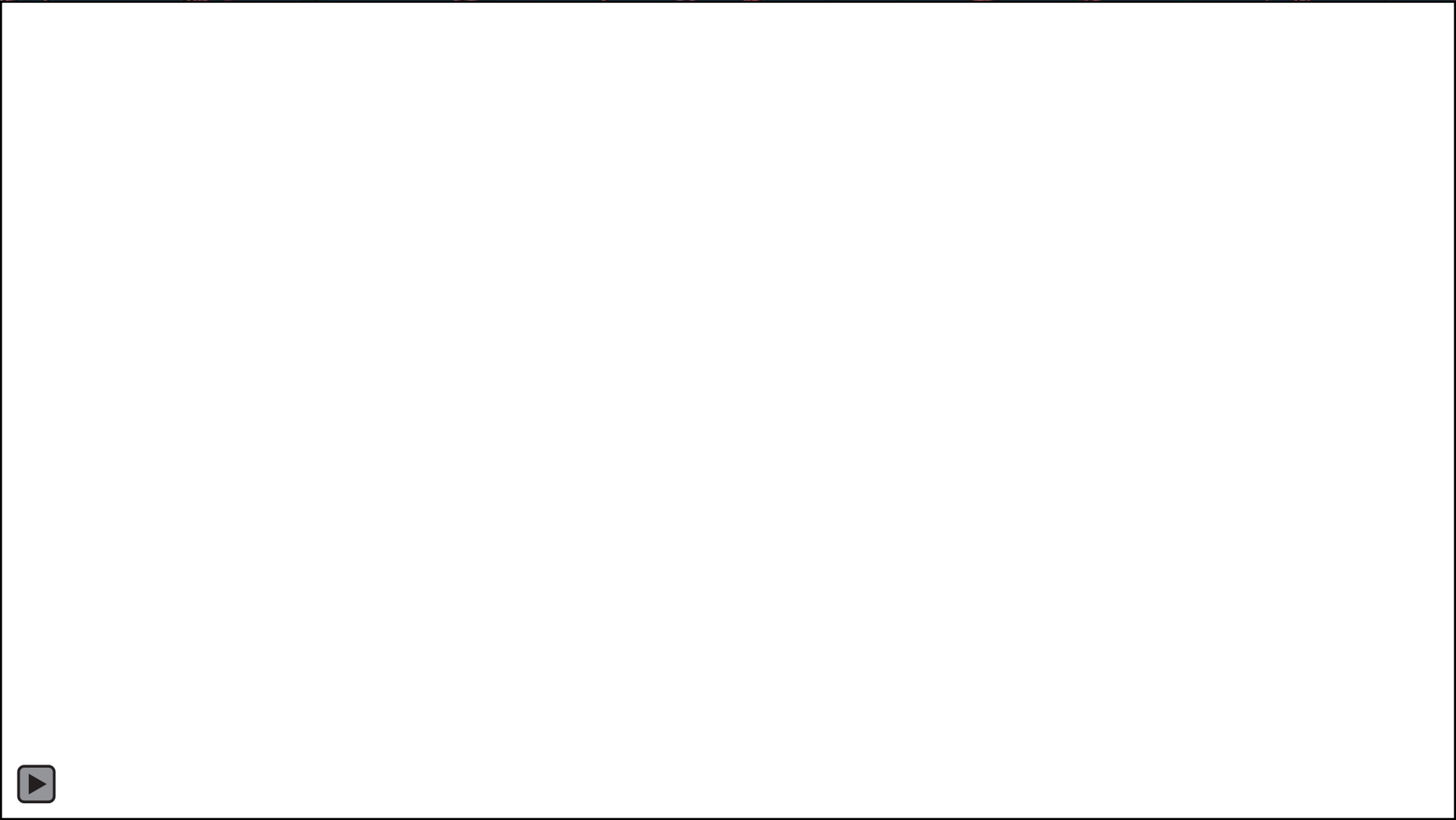
What Informs a 3rd party of the mental health of the caregiver



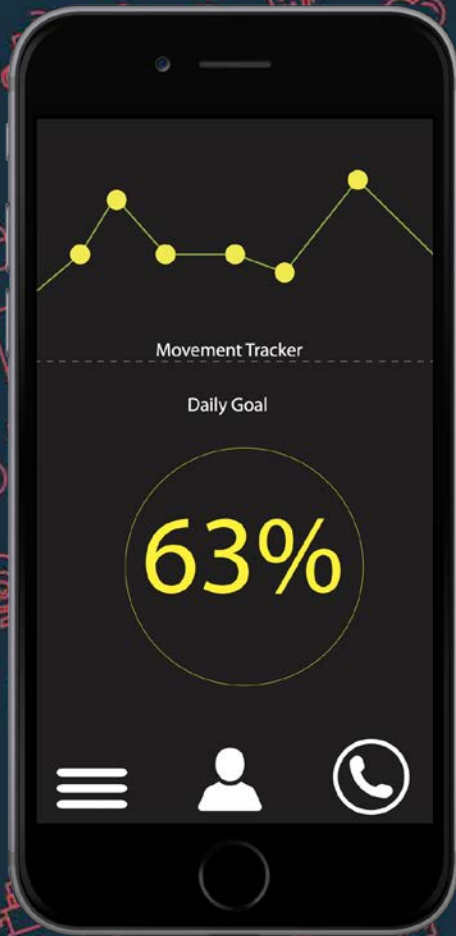
Why Caregivers do not know they need help, or do not actively seek help for mental health issues



How A wearable device to monitor the activity and behaviour of the caregiver, sending the data to the 3rd party



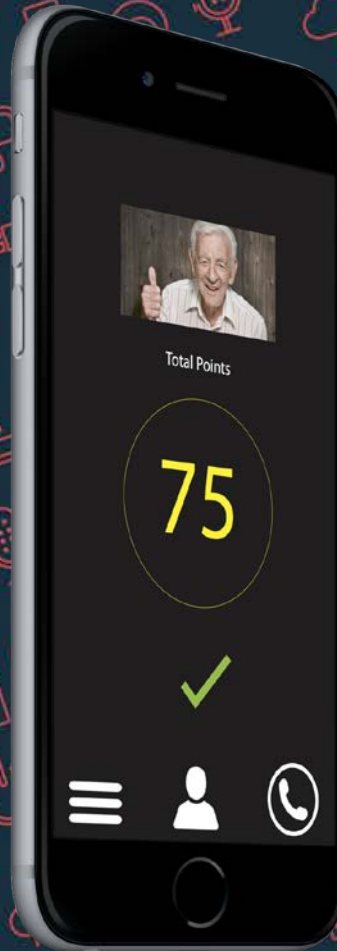
THIS IS WHAT IT IS.



Sends data of the carers' day including:

- Amount of exercise
- Eating times/contents
- Any signs of mental illness

THIS IS WHAT IT IS.



And the app analyses the data to keep track of the carer's mental wellbeing, to make sure that your mother, father or your loved one is safe and happy.

SHORT TERM BENEFITS

Prevents carers' mental health

“dad, this is for us to make sure that you are okay as well as mum. I love you both, and want to be around both of you for longer and happier.”

- Makes carers aware of his mental health
- Involves carers' family about his mental health
- Facilitates intervention by carers' family and local organisations, such as the Mind Charity

LONG TERM BENEFITS

Everyone around the carers benefit.

- Better cares for Anne, and other caree
- Less frictious emotions, like guilt, for the caree
- Helps the family to stay connected
- Concrete data for the general practitioners if carers need medical help



RECOVER

Care for the Carer