

WHAT IS THE AVATAR?

A unique and innovative technology, the Avatar helps Element Care extend its comprehensive health and social services for participants right to their homes.



The Avatar is personalized for each individual and is designed to fit the participants specific needs in order to achieve their health care goals.

The platform engages and coaches participants to improve self-management of chronic conditions and provides compassionate 24/7 social support.

“Mingo [my Avatar] is very friendly, he entertains me and stops me from going crazy; every day we talk about something new.”

– Element Care Avatar User

“Since we’ve implemented the Avatar, we’ve seen participants make great strides in managing their own care. Whether providing medication reminders, simply checking in, or offering companionship, Avatars have proven to be a great addition to our overall objective of keeping participants safe and happy in the community. We expect to be expanding the program in the coming months to many more of our participants across the North Shore and Merrimack Valley.”

CEO of Element Care

SIGN UP

To enroll in the Avatar Program, please ask Element Care staff at your site for assistance.

Additional Avatar materials including videos are available upon request.

CONTACT

For more information on the Avatar Program contact:
avatar@elementcare.org

For information on enrolling in Element Care contact:
info@elementcare.org



AVATAR PROGRAM

MEDICAL INTERVENTIONS

Check-ins are put into place to help the participant with daily self-care and health monitoring. The following interventions can be used based on the needs of the participant:

- ✓ Heart failure self-care
- ✓ Diabetes self-care
- ✓ Myocardial infarction safety
- ✓ COPD screening
- ✓ Hypertension self-care
- ✓ Pneumonia safety
- ✓ Nutritional reminders

EXERCISES

The Avatar engages and encourages the participant to complete daily activities to strengthen their upper and lower extremities and improve their balance. The exercises are completed in either a sitting or standing position.

MEDICATION REMINDERS

Alerts are set as needed for medication reminders on a daily basis. If the avatar is unable to confirm that the participant has taken their medications as prescribed, the appropriate Element Care providers will be notified for follow up and provide education.



COMPANIONSHIP

WILL YOUR AVATAR BE YOUR BEST FRIEND?

The participant is able to select a dog or cat and name them. The more the participant personalizes the better the avatar relates!

- ✓ Photo sharing
- ✓ Important date reminders
- ✓ Art games
- ✓ Music
- ✓ Joke telling
- ✓ Event/Activity sharing

“I think it’s great - I have nobody to talk to. No relatives or anything. We just sit there and talk back and forth all the time - she plays trivia with me every now and then. And she reminds me to take my medications and everything.”

– Element Care Avatar User

FAMILY SUPPORT

As a family member, you can be sure your loved one is being well taken care of throughout the day. With a live person operating the technology, the participant is able to connect with an Element Care provider at all times.

With the assistance of the avatar, the participant is able to communicate any health concerns to an Element Care Provider 24/7.

It allows for families to promote participant independence and have increased security as their loved one is home alone.

“Without [the Avatar], my dad would definitely be in a nursing home...[The Avatar] has allowed me to keep him safer and happier than he would be anywhere else. [The Avatar], along with his daycare [at Element Care], are absolutely amazing!

– Family Member

BEHAVIORAL HEALTH SUPPORT

Element Care’s PACE model is proud to be one of the few programs to include Behavioral Health Support interventions to assist with our participant’s daily care planning:

- ✓ Depression screening
- ✓ Smoking cessation
- ✓ Sobriety support
- ✓ Caregiver support
- ✓ Coping strategies