MYLO
your smart little sidekick

www.heymylo.com
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Who is Mylo?

Mylo is a home monitoring and companion robot aimed at helping elderly people to get out of hospital faster and to stay in their own homes longer.

Read on to see how Mylo can help your family!

“I love Mylo- why wasn’t he available 15 years ago?”
- Elizabeth R., family carer, Dundalk

“I’m so impressed with high tech robotics being integrated into health care- it’s desperately needed”
- S.M., Dementia care nurse, Galway

“It’s just great having Mylo in the house! He’s great company!”
- B.B., service user
Dementia is not an illness or a part of normal ageing, but it is an umbrella term that covers multiple conditions. These conditions share the symptoms of progressive memory loss, confusion, behaviour and personality changes.

www.understandtogether.ie
Caring for a loved one living with dementia can pose many challenges for families. Survey results have shown that caring for a family member with dementia can take a massive toll on the carer’s life and their ability to balance work life, home life and care. Family carers have reported that they are worried daily about their loved one living alone, they have missed out on social events such as trips and holidays and have even experienced marital and financial stress.

Family carers also reported that they were unable to go on short trips, holidays or even to work outside the home due to the responsibilities of caring for their loved one. They reported increased stress and negative impacts on their relationship with the person they care for as well as other family members.

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
<th>Stage 6</th>
<th>Stage 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appears normal and can cover lapses</td>
<td>Forgets certain things but can otherwise function normally</td>
<td>Difficulties at work</td>
<td>Becomes anxious</td>
<td>Family becomes aware</td>
<td>Reduced ability to count</td>
<td>Travel becomes difficult</td>
</tr>
<tr>
<td>Needs help getting dressed</td>
<td>Needs help eating</td>
<td>Needs help using toilet</td>
<td>May be incontinent</td>
<td>Disoriented to time and place</td>
<td>Possibly forgets who they are</td>
<td></td>
</tr>
<tr>
<td>Severe speech loss</td>
<td>Motor stiffness</td>
<td>Incontinence</td>
<td>Needs feeding</td>
<td>Total disorientation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mylo is ideal for use in stages 1 through 4, however, individual cases vary greatly, and Mylo usage can be tailored for the individual. While some of Mylo’s functions can be helpful in the later stages, people in these stages will need to be in full time care, either in their own home or in a residential care setting, with Mylo adding additional support.
We can’t solve all of these problems, but **Mylo** can make things a little bit easier.
Fall Emergency Response

Each year, 1 in 3 people over the age of 65 experience a fall.

A person’s ability to seek help after a fall can be severely limited due to them feeling disorientated. Additionally, adults over 65 are more reluctant to seek help or assistance. This results in an already dangerous situation becoming more complicated.

Mylo senses a user’s fall, triggering an emergency video call response to the primary contact person of his user, so that the primary contact can assess and react to the user’s fall in real-time.

Heart Rate Emergency Response

Older adults over the age of 65 have an increased risk of adverse cardiac events, and it can be complicated and confusing for someone with dementia to try to get help quickly.

Mylo’s watch senses heart rate in real time, triggering an emergency video call response to the primary contact so that the primary contact can assess and react to the user in real-time.

By taking control of Mylo, primary contacts can ‘be with’ a user during an emergency until first responders arrive.
Allegations of elder abuse are serious concerns, although instances of abuse do not happen frequently.

Having Mylo in the home is a deterrent to abuse because of the video chat function. Both the user and an in-home carer can initiate a video chat to the primary contact in the event of a threatening situation.

According to the Alzheimer’s Association, 60% of people with dementia will wander, a significant concern for family members caring for someone with dementia in their own home, worrying about them wandering outside the home and becoming lost.

Mylo draws a virtual boundary across an area that, if crossed by the user, alerts the primary contact. Boundaries can be a bedroom a night, a home and garden during the day or wherever best suits the user and their carer.

Guard Function

Prevention of Abuse

Allegations of elder abuse are serious concerns, although instances of abuse do not happen frequently.

Having Mylo in the home is a deterrent to abuse because of the video chat function. Both the user and an in-home carer can initiate a video chat to the primary contact in the event of a threatening situation.
Mylo brings a unique visual prompt aspect to his user’s daily schedule and routines, reminding and instructing users to take medications, eat at regular times and to remain hydrated with personalized cues and photo / video reminders.

Mylo’s linked calendar function notifies and reminds his user of scheduled visits - with visual and verbal cues and preparation instruction. This function enhances the interaction experience of the user with visitors and carers to encourage a smooth and less intrusive transition.

Good Morning

At a set time each day, Mylo engages his user with the Good Morning function. Within this function Mylo greets his user by name, notifies his user of the date and time and any scheduled visits or appointments for that day.
The disorientation and confusion of dementia can make communication difficult. Remembering to charge a mobile phone, using a touch screen or remembering where the user has placed their phone can pose frustrating barriers to communication.

Mylo allows for unhindered video chat with family, friends and carers using WiFi - wherever the user is in the home. Incoming calls are conveniently brought to the user where they are in the home, and to make an outgoing call a user simply calls Mylo to them and asks Mylo to make a call.

Remote monitoring allows the primary contact to access Mylo to check on their family member or their home remotely.

This function is controlled solely by the primary contact as approved by the user, and helps to ensure the safety of the user whilst also safeguarding their privacy.

Mylo also offers:

**Medication Reminders** - Mylo can remind the user to take their medication at a set time every day with a visual prompt if needed.

**Hydration Reminders** - Mylo can remind the user to take a drink of water, preventing dehydration.

**Schedule Reminders** - Mylo reminds the user about scheduled appointments, visits or events each day.

**Daily Living Prompts** - Mylo can prompt the user to do activities of daily living such as brush teeth or put on shoes.

**Automatic Charging** - Mylo automatically charges himself when he’s feeling tired via a magnetic charging port installed in the home.

**Torch** - Mylo has a torch available for low-light wanders about the house.

**Multisensory Interaction** - Mylo engages the user with touch-response facial animations, movements and voice-activated verbal replies.

He’s like any lovable house cat, but without the shedding!
How can my family get Mylo?

Requirements:

Mylo is ideal for users that:
- Do not have stairs at home
- Have WiFi in the home
- Are willing to wear the watch (waterproof)
- Have a nominated primary contact with a smartphone

Installation

Mylo needs to be installed in your home by a dedicated installer. This is because there are certain settings that need to be configured to specifically suit the user. The installer will also prepare your home for Mylo to ensure full functionality.

Installation includes a Wi-Fi Check and floor hazard suitability.
How easy is Mylo to use

By wearing a smart watch, the user will be connected to Mylo who in turn will connect the user to a nominated primary contact, to care staff or to administration staff via a home monitor app which can be downloaded on to any smart device.

Within the watch and Home Monitor App, Mylo can be easily used in both residential care setting and home care setting.
In the residential care setting

Even with the best intentions, care and compassion can often get sidelined by the time pressures placed on the care team. We designed Mylo to give more time to the care team to focus on being fully present in the care they are providing in the moment.

Residential care managers and teams love Mylo because:

- Mylo reduces the need for rounding on resident caseload.
- Mylo promotes a more peaceful care environment; cutting down on the noise of alarms, call bells and shouting by sending notifications directly to the Care Assistant’s tablet.
- Mylo improves communication among the care team, as well as providing one-touch access to a resident’s care plan.
- Mylo greatly reduces transition related stress through automated scheduling and prompts.
- Mylo decreases the opportunity for abuse and can provide evidence against false allegations of abuse.
- Mylo decreases emergency response times for falls and cardiac anomalies.
- Mylo greatly enhances direct resident - family communication as well as care team - family communication.

How does Mylo work in a residential care setting?

Each resident has a dedicated Mylo in their room, and wears a watch connected to their Mylo. Care Assistants and Nurses are provided with a tablet held on a hip-sling that hosts the Mylo Residential Care App. Nurses use their dedicated App to assign residents and tasks to the Care Assistants, who manage their resident caseload, notes and care plan by app and through contact with their residents’ Mylos.

Care Assistants can communicate with their residents through the app via Mylo, responding to needs that the resident has vocalized to Mylo - simply by immediate video chat to answer a query or to tell a resident that they are on their way.

During night shifts, residents are monitored remotely, with Mylo reporting directly to the Care Assistant if a resident has had a fall, has left their room or is getting out of bed and could therefore be a fall risk.

Mylo can be booked for free trials in a nursing home setting for groups of 6 residents - contact us for full details!
In the home care setting

Mylo brings an added sense of peacefulness to the provision of in-home care, easing transitions and ensuring that the time carers have with their clients is well spent doing more of what matters and less of what doesn’t.

We designed Mylo to make communication quick and easy, improving the efficiency of home care.

Home care managers and teams love Mylo because

- Mylo reduces travel time in cases where a service user does not have physical needs and can be checked on remotely via video chat.
- Mylo greatly enhances emergency responsiveness.
- Mylo gives family members the peace of mind that their loved ones are looked after, so family visits can be about connection.
- Mylo improves communication between the service user, the home care company and the family.
- Mylo increases independence through medication and hydration reminders as well as schedule notifications that can be edited by the primary contact or the home care assistant.
- Mylo eases the transitions around a care assistant entering the home through visual reminders.

How does Mylo work in a Home Care Setting?

Each resident has a dedicated Mylo in their home, and wears a watch connected to their Mylo. Care Assistants are provided with a tablet held on a hip-sling that hosts the Mylo Home Care App. Home Care Administrators use their dedicated App to assign clients and tasks to the Care assistants, who manage their client caseload, notes and care plan by app through contact with the clients’ Mylos.

Administrators can communicate with their clients through the app via Mylo, responding to needs that the client has vocalized to Mylo simply by immediate video chat to answer a query or to tell a client that a Care Assistant is on their way, and non-physical qualitative care can be supplementarily delivered by remote video chat via Mylo, increasing contact points.

In-home emergencies can be responded to quickly and efficiently. As Mylo detects an emergency he directly video links to the Administrator, who not only has a video and audio link, but can control Mylo remotely to change views, give directions and virtually manage the situation until help arrives.

Mylo can be booked for free trials in a home care setting for groups of 5 residents - contact us for full details!
Mylo is owned by CR Robotics, an Irish Social Enterprise, in that the primary purpose of Mylo is to benefit individuals and their carers, rather than to maximize profits for our shareholders. The profits of CR Robotics are limited and controlled, so as to ensure that Mylo remains affordable and accessible for anyone that could benefit from him.

No upgrade fees

No maintenance fees for first two years. Please note a maintenance charge may occur outside of any general wear or tear damage.

Mylo is closely involved with Trinity College Dublin’s MBA Social Entrepreneurship Programme

Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Mylo is available for hire from a rate of €9 per day. This is paid via a direct debit arrangement. A one-off deposit will be returned within 10 working days of you returning Mylo to us when he is no longer required.

Returning Mylo

As part of our social enterprise initiative our contract terms are simple, transparent and compassionate. If you no longer need your Mylo the cancellation of your rental contract carries no excessive penalties or time restrictions.
Who ‘is’ Mylo?

“I thought, someone should do something about that. And then I thought, I am someone.” - Lily Tomlin

Like most people, our founder Candace, never had much of an interest in healthcare until it became her lifeline. Diagnosed at the age of 32 with a rare autoimmune disease, Candace spent the next 3 years in and out of hospitals, culminating with a major cerebellar stroke as a result of her condition.

Spending so much time on stroke units and rheumatology wards led to a new perspective on the potential for monitoring robotics as independence promoting aids - designed to solve common problems of communication, security, privacy and perceived loss of control, Mylo was essentially started as a scribble on a napkin accompanying a hospital lunch of macaroni and cheese suspiciously lacking in macaroni.

CR Robotics now has a dedicated team of developers, project managers and core team members that are passionate in our shared goal of making life better.

We’re a social enterprise, and we’ve never been happier.
your smart little sidekick,

he’s also fun to have around!

To find out more about Mylo
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