



ABBY is a non-pharmaceutical, activity-based approach to managing responsive behaviors in persons living with moderate to severe levels of dementia.

ABBY augments the care environment by providing ambient (available in the environment for easy access) activity experiences available to residents on a 24/7 basis.

ABBY helps to manage responsive behaviours by providing opportunities for residents to engage in, and interact with personalized experiences (touches, music and sounds, personal images) familiar and meaningful to the resident, to attain a state of calm.

ABBY helps to mitigate caregiver stress and burden. Care providers, including RTs, PSWs, and family members have an opportunity to interact positively with residents using an easy to access wall mounted tool.

ABBY enhances the visitor experience by providing familiar and effective memory triggers that allow family members to interact more meaningfully with a loved one.

For more on ABBY, visit [www.ambientactivity.com/ABBY](http://www.ambientactivity.com/ABBY) and click 'watch video'.



## The Results are in.

ABBY's ability to manage responsive behaviors was assessed in six long-term care homes across Ontario. In a study conducted by the University of Toronto over an eight-month period in 2017, a variety of outcomes, including resident aggression, agitation, depression, cognition, use of anti-psychotic medication, as well as staff strain and family/visitor satisfaction were measured.

### Summary

#### For residents:

After 3-months of using ABBY, residents with dementia demonstrate;

- A significant reduction in agitated behaviours:
  - physically non-aggressive behaviour (e.g., exit seeking, pacing)
  - verbally non-aggressive behaviour (e.g., repetitive sentences or questions)
  - verbally aggressive behaviour (e.g., screaming)
- Significantly reduced paranoia & delusions, activity disturbances, aggressiveness, anxieties & phobias
- Significantly improved quality of life

#### For staff:

- Reduced workplace burnout (emotional exhaustion)

Please visit [www.ambientactivity.com/the-research/](http://www.ambientactivity.com/the-research/) and download the 'evaluation report'.



## How ABBY Works

Ideally, ABBY is mounted onto a wall in a 'wandering hallway', in an area large enough to accommodate social interaction, while also being easily observable from a nursing station.

ABBY requires a regular 110v electrical wall outlet, and a 'hard-wire' internet connection to be functional and serviceable.

When a resident interacts with ABBY, ABBY will respond by playing for the resident, media content (pictures, movies, slideshows, audio-songs, and voices) to be engaged in, or virtual games to interact with.

### ABBY interacts with residents in one of two modes:

#### Public Mode

ABBY is always in 'public mode', and available to anyone who engages with it. In public mode, ABBY provides general content to all who interact with ABBY's tangible activities.

#### Personal Content Mode

We have demonstrated that ABBY's ability to trigger memories in a resident can be enhanced by its ability to provide residents personalized media content, specific and familiar to the resident. A resident will wear on his/her apparel in some fashion, a beacon which will allow ABBY to identify a resident who interacts with ABBY. When a resident engages with one of the tangible activities on ABBY, ABBY will access the residents' content profile stored in its memory, and present to the resident the specific media content developed and/or selected for the resident. Family members and care-givers can indirectly manage personalized content. The richer the media content, the better the 'trigger effect'.

A resident profile is developed in conjunction and collaboration with staff and family members, and includes;

- Collecting various forms of personalized media content from family members, digitizing, and uploading into ABBY.
- Selecting media content, appropriate to the resident, from our AAT public library, based on input from staff and family members.
- Providing wearable ID beacons, as well as providing the means to best wear identification beacon (each resident is different).
- Remotely managing personalized content as required.

There is a one-time cost per resident for developing and managing a personalized resident profile.