

# BUILDING AN APP LIBRARY

for people living with  
Dementia and their carers





# WHO WE ARE...



Allison  
Person Living  
with dementia



Soo  
HSCNI



Andy  
ORCHA

# TODAY'S CHALLENGES



# THE HEALTH APP MARKET HAS BOOMED

Today, 79% of adults own a smartphone and 100% of 16-24 year olds have access to the internet via a smart phone.

The average amount of time spent online on smart phones is 2 hours & 34 minutes every day.

The growth of Health apps is undeniable, there are:

- **More than 327,000** health apps
- **4 million** downloads every day
- **48%** of people who have used a health app<sup>(3)</sup>

Our research has found people want to use health apps for convenience, saving time and to taking control of their health.

Sources: (3) Accenture, consumer survey on digital health 2018

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# PROFESSIONALS SEE THE OPPORTUNITY

93% of healthcare professionals believe apps can make a difference – improving care & efficiencies.

But there are 5 barriers:



## Governance & risk management

The lack of clarity around the appropriate evaluation and governance foundations brings uncertainty.



## Trust & safety

The lack of a clear assessment regime prevents professionals from being able to differentiate between safe and unsafe apps.



## Systems & process

Professionals are not yet given the tools to embed digital health into day to day working practices.



## Awareness & habit

Apps are not yet part of training and development or the day-to-day management of conditions and so inhibits confidence.



## Return on investment

Evaluation of impact remains a challenge and so inhibits adoption.

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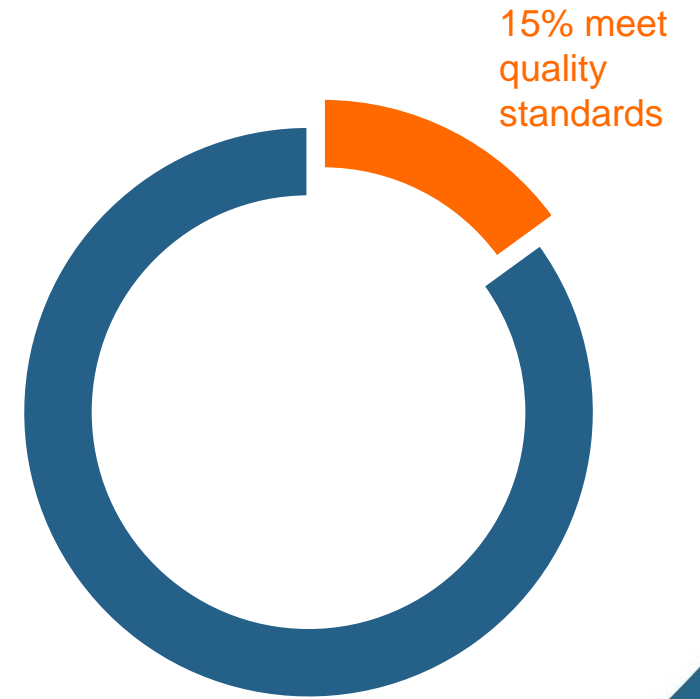
# CAUTION IS JUSTIFIED

Only 15% of more than 5,000 reviewed apps meet minimum standards.

There are **no regulations** on app stores.

Our published research found user reviews and popularity **do not correlate with app quality**.

65% of apps **haven't been updated** for more than 18 months.



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# ORCHA DIGITAL HEALTH PLATFORM



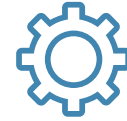
## Governance & risk management

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## UNIQUE ORCHA REVIEW ENGINE

Meets the breadth of disciplines, volume of apps & pace of market.

## Accreditation

ORCHA works with national bodies to establish and drive efficient, safe and closed loop app accreditation schemes.

## App Library

ORCHA offers unique bespoke app libraries helping to find and compare evaluated health & care apps.

## Pro solutions

ORCHA pro solutions help professionals to find and recommend health and care apps directly to patients.

## Implementation

ORCHA works with providers to involve and train professionals on digital health and build communications campaigns.

## Commissioning

ORCHA provides market insight reports and consultancy to build commercial frameworks.

# APPS 4 DEMENTIA





# BACKGROUND

There are **over 20,000 people with dementia** in Northern Ireland. It is thought that this figure could rise to around **60,000 by 2051**<sup>(2)</sup>.

The cost of dementia care is substantial, both to the public purse and to those living with dementia and their families. The Alzheimer's Society estimated the annual average cost of care for someone with dementia to range from **£16,700 to £37,500**.

The scale of the challenge makes it vital that we re-design the services provided now and start to work differently to support people with dementia and their families.

The views of those living with dementia and their carers are vital in the development of strategy. The aim will always be to support the person and their carers so that, as far as possible, the person can remain in their own home environment and maintain their independence.

Sources: (2) IMPROVING DEMENTIA SERVICES IN NORTHERN IRELAND A Regional Strategy

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# BACKGROUND

Funded by the Dementia eHealth and Data Analytics Pathfinder Programme.

The initiative uses data and technology to inform better services, support people with dementia and help plan for the future.

It aims to support people living with dementia and their carers.

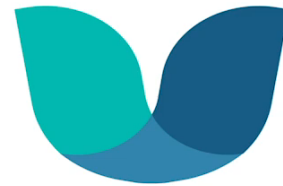
It allows people to find safe, trusted apps for information and guidance on the condition, supports self-care of symptoms, to enable users to carry on with their day-to-day activities for as long as possible.

Working with ORCHA, all apps are independently evaluated and measured for data privacy, clinical assurance and user experience, looking at 260 factors.

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# INTRODUCTION



ORCHA™

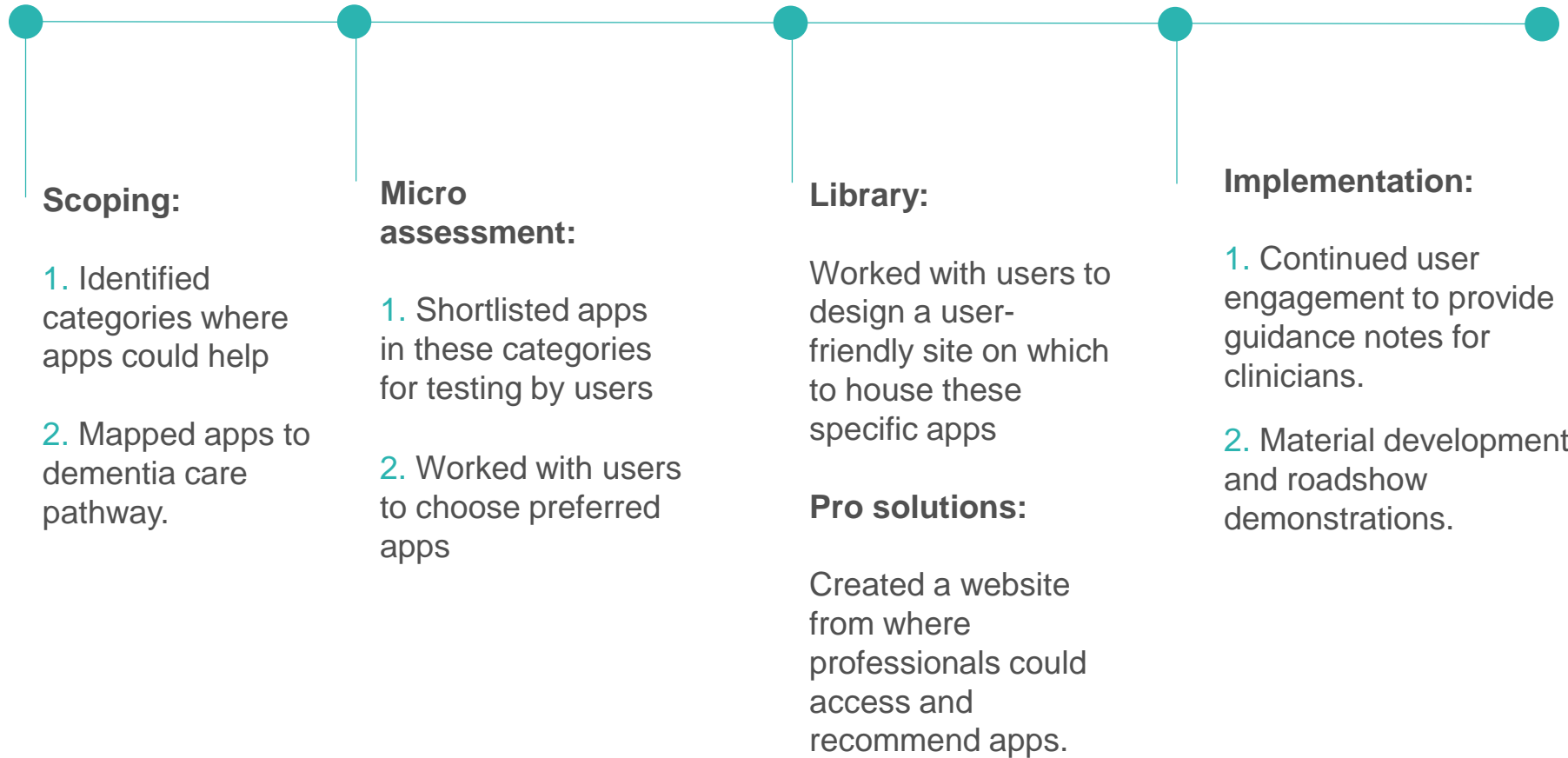
<https://www.youtube.com/watch?v=s-i3Kwl1Zvg&t=1s>

Or via <https://apps4dementia.orchacare.co.uk/about/>

Visit [Apps4dementia.orchacare.co.uk](https://apps4dementia.orchacare.co.uk)



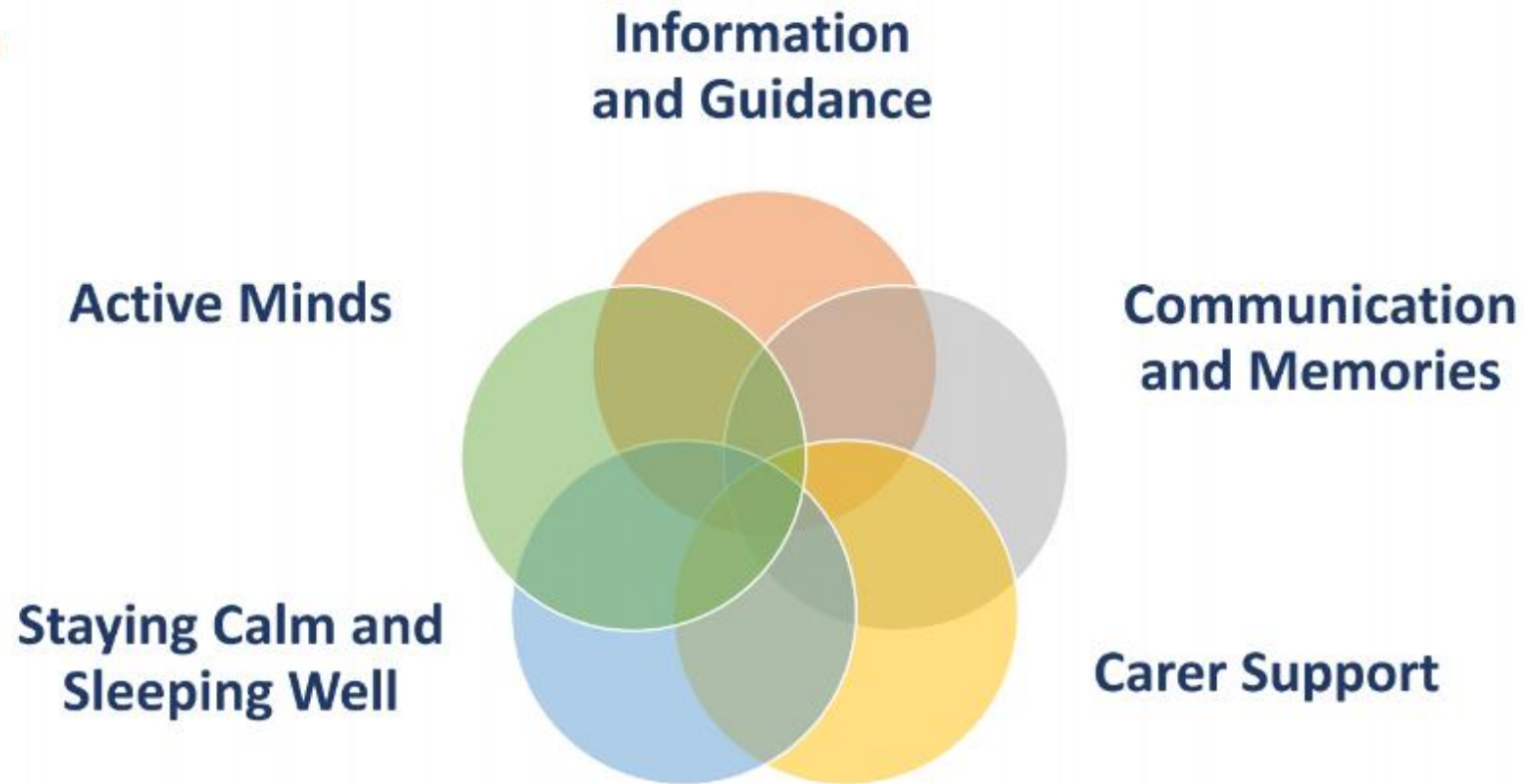
# APPROACH



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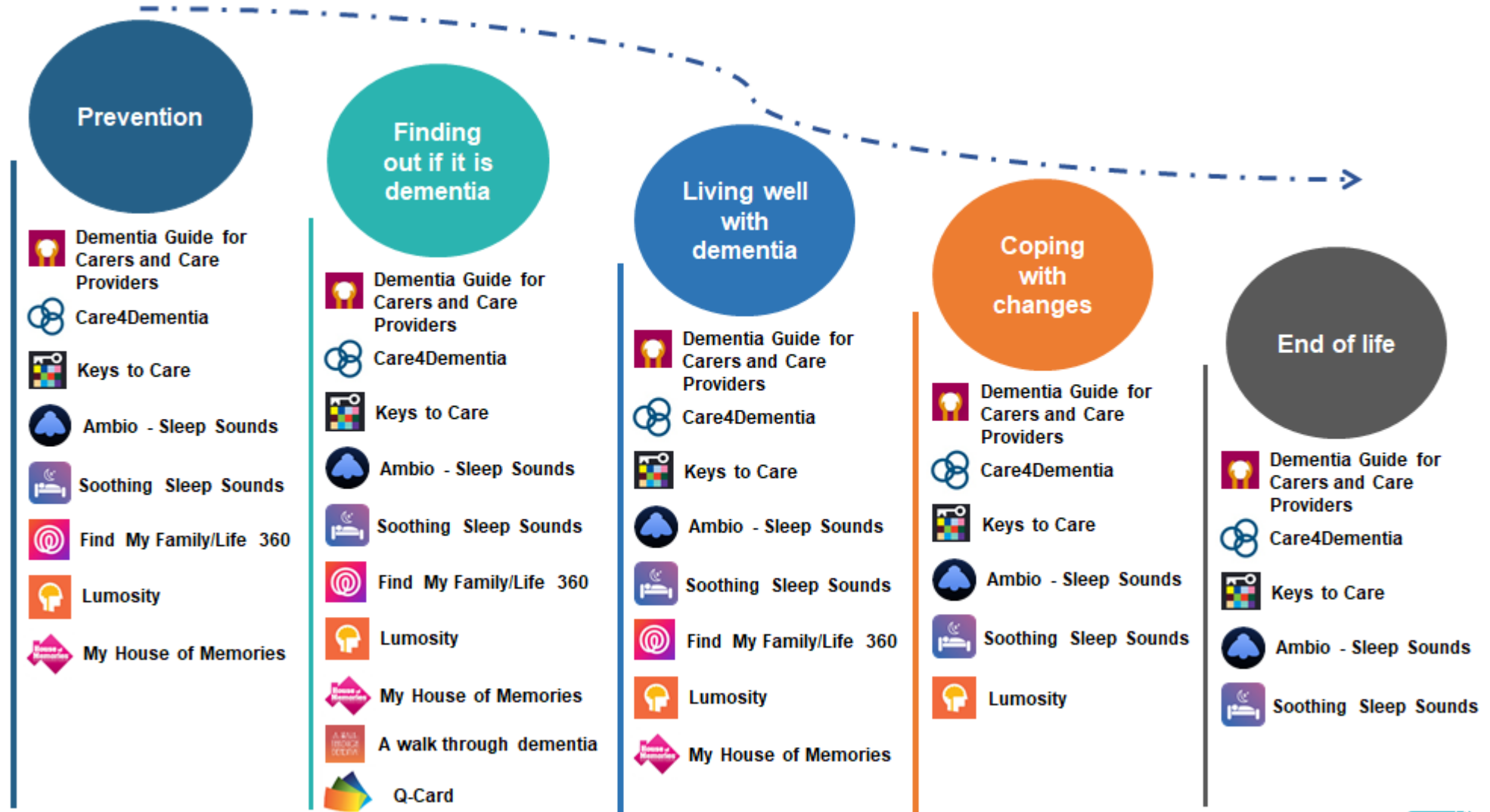
# SCOPING – CATEGORIES IDENTIFIED



Visit [Apps4dementia.orchh.co.uk](https://Apps4dementia.orchh.co.uk)



# SCOPING – APPS MAPPED TO CARE PATHWAY



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# SITE WALK THROUGH

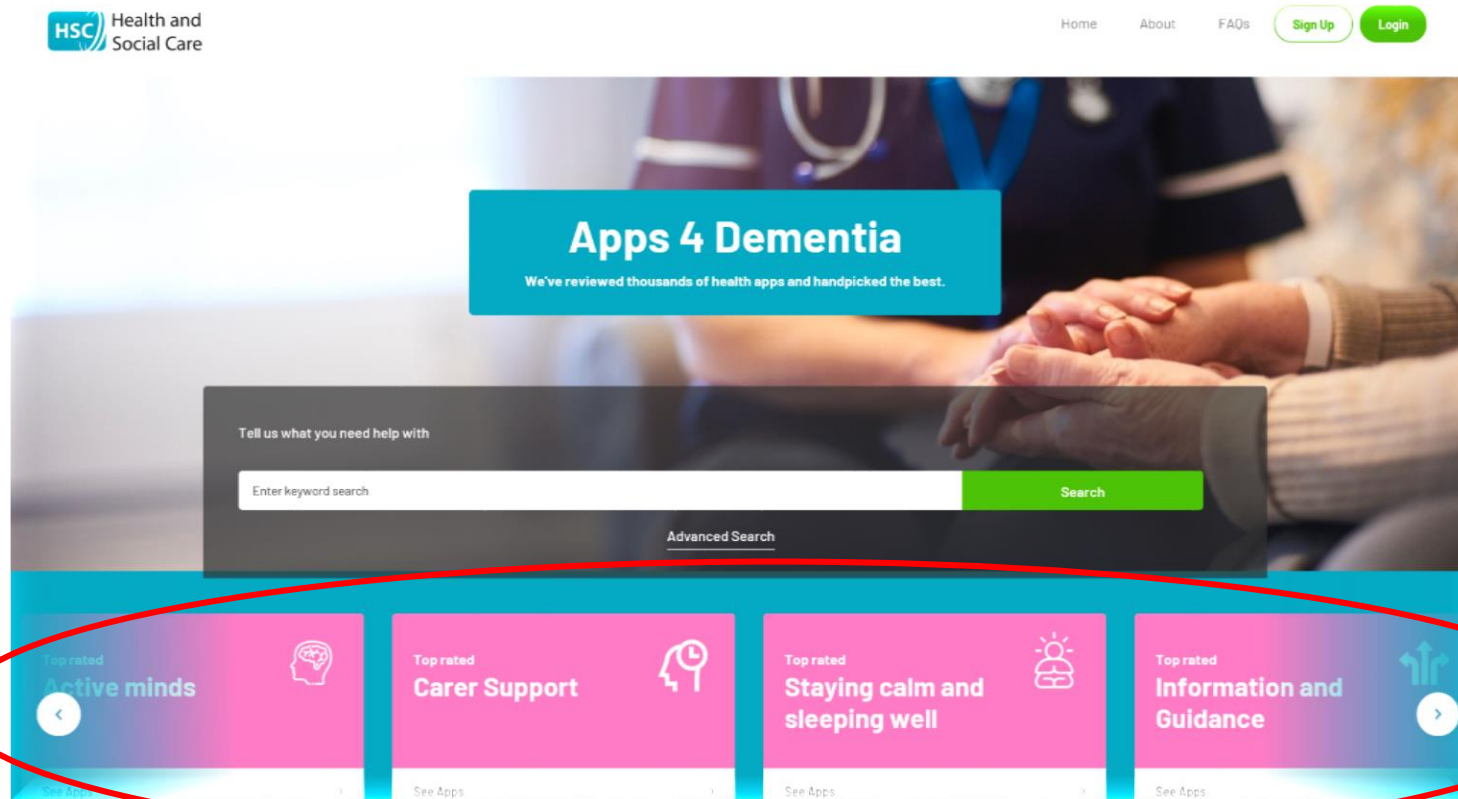


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# SITE WALK THROUGH

The areas where apps could add value have been included on the site as categories:



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# SITE WALK THROUGH

Clicking into Active Minds, for example shows you apps that could help and how they have been rated. Additionally, you can see which devices they are for (Android or Apple), and any costing implications (all apps are free to download but some offer 'in app purchases'):

The screenshot shows the HSC Health and Social Care website search results for the query 'active minds'. The search bar is at the top, and the results are displayed in a grid. The first three results are highlighted with red circles and arrows pointing from the text above:

- Lumosity: Daily Brain Games**: Cost: InAppPurchases, Rating: 83%, Level 2. Includes an Apple logo in the top right corner.
- Lumosity: #1 Brain Games & Cognitive...**: Cost: InAppPurchases, Rating: 82%, Level 2. Includes an Android logo in the top right corner.
- Qcard | Outsmart Forgetfulness**: Cost: InAppPurchases, Rating: 72%, Level 2. Includes an Apple logo in the top right corner.

Below these are two more results for 'Qcard | Outsmart Forgetfulness' (Cost: InAppPurchases) and 'My House Of Memories' (Cost: EntirelyFree).



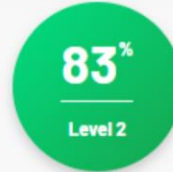
## Finding the Right App

Lastly, you can read 'More Information' about the apps and their reviews, and easily Download them or share them via social media...

**Lumosity: Daily Brain Games**  
Cost: InAppPurchases

This card shows the app icon, title, and cost. A blue ribbon in the top right corner indicates it is available on the App Store.

Lumosity's brain training program is a fun, interactive way to build a daily habit



[More Information](#)

ORCHA APPROVED

83%  
Level 2

A green square badge with a white 'i' icon in the top right corner. It features the text 'ORCHA APPROVED' in the top left, '83%' in the center, and 'Level 2' at the bottom.



**Lumosity: Daily Brain Games**  
Developer: Lumos Labs, Inc.

Cost: In App Purchases

### Developer description:

Lumosity's brain training program is a fun, interactive way to build a daily habit around acquiring knowledge and learning about how you think. Used by over 90 million people worldwide, Lumosity offers a comprehensive brain training program designed to put your critical thinking, memory, and problem-solving skills to the test.

[Read More](#)

[Share this App](#)

### App Details

Category: Active Minds  
Reviewed On: 26/07/2019

Released: 18/06/2013  
Updated: 09/07/2019  
Version: 8.62  
Size: 0mb

Country:

[Download app](#)



# APPS4DEMENTIA IN PRACTICE



Allison  
Person Living  
with dementia

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# CASE STUDY - LUMOSITY



[Home](#)

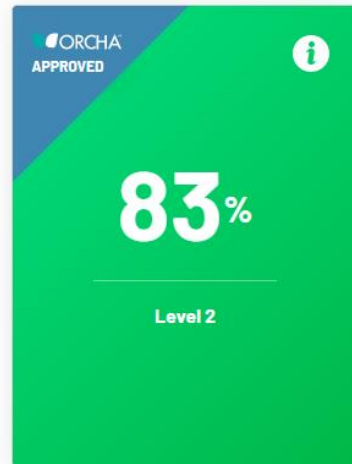
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[FAQs](#)

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The current version of this application has not yet been reviewed.



## Lumosity: Daily Brain Games

Developer: Lumos Labs, Inc.

Cost: In App Purchases

### Developer description:

Lumosity's brain training program is a fun, interactive way to build a daily habit around acquiring knowledge and learning about how you think. Used by over 90 million people worldwide, Lumosity offers a comprehensive brain training program designed to put your critical thinking, memory, and problem-solving skills to the test.

[Read More](#)

[Share this App](#)

### App Details

Category: Active Minds  
Reviewed On: 26/07/2019

Released: 19/06/2013  
Updated: 08/07/2019  
Version: 9.82  
Size: 0mb

Country:

[Download app](#)

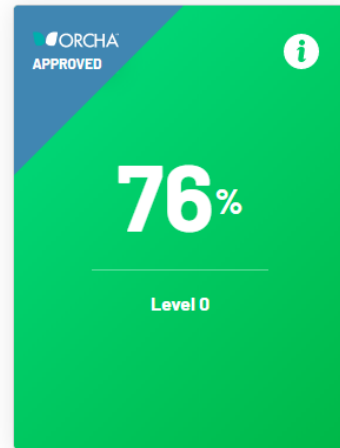
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# CASE STUDY - AMBIO

[← BACK TO SEARCH](#)



## Ambio - Sleep Sounds

Developer: verygoodapps.com

Cost: In App Purchases

### Developer description:

Work. Play. Rest. Create perfect ambience for your whole life.

[Read More](#)

[Share this App](#)

### App Details

Category: Staying calm/Sleeping well  
Reviewed On: 26/07/2019

Released: 19/11/2013  
Updated: 29/06/2016  
Version: 1.8.22  
Size: 9mb

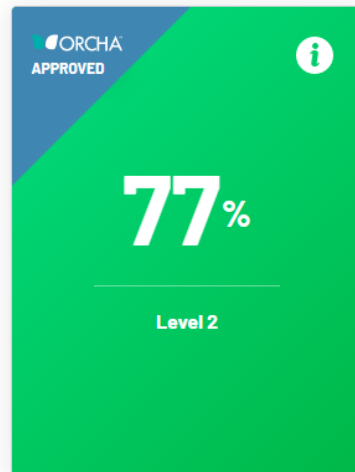
Country:

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# CASE STUDY – FIND MY FAMILY



## Find My Family, Friends, Phone

Developer: Life360

Cost: In App Purchases

### Developer description:

Life360 is the world's leading realtime, location-sharing app, and is the best way to coordinate with family and friends. Get automatic notifications when your family comes and goes from home, work and school, and when they complete drives. As seen on FOX, NBC, CBS, and more!

[Read More](#)

[Share this App](#)

### App Details

Category: Carer Support  
Reviewed On: 26/07/2019

Released: 10/08/2010  
Updated: 16/07/2019  
Version: 19.0.1  
Size: 0mb

Country:

Download app

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# PROFESSIONAL ACCESS

Health and Care Professionals are given special accounts that allow them to:

- ❖ Search for apps
- ❖ Favourite preferred apps
- ❖ Recommend apps to service users and carers as part of their care delivery

Inputting the mobile phone number or email address of the potential user allows the professional to send links to specific apps straight to their phones or devices.

The user will then get a text or email with a link to download that specific app.

Visit [Apps4dementia.orchacare.co.uk](http://Apps4dementia.orchacare.co.uk)

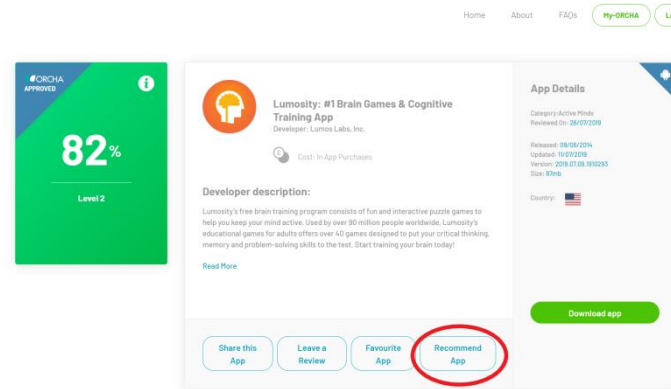
Wed 4 Sep, 09:59

You have a new health/care app recommendation! Click the link below to see it:  
<http://orchacare.co.uk/s/A19D07>

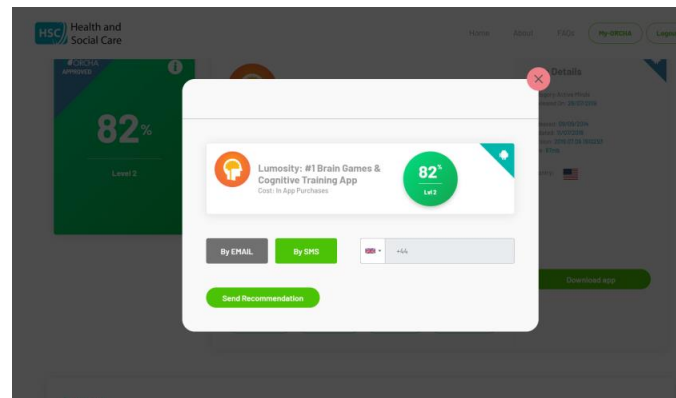


# PROFESSIONAL ACCESS

A Professional has the same functionality you've seen for a User, but when they've found the right App they can also **recommend** it by clicking 'Recommend App'



And inputting the mobile phone number or email address of whomever they want to recommend it to – be it someone living with Dementia or a family member.





# ROLL OUT PLANS

Launched the programme.

Collateral and tools such as flyers and prescription cards.

Training for professionals

- ❖ Build app recommendation into your templates and processes so you get nudged.
- ❖ How to have the conversation about apps.

Roadshow around local centres to demonstrate to professionals, people living with dementia and their carers.

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**HSC Health and Social Care**

## Download apps you can trust

We've reviewed thousands of apps and handpicked the best.

They have been reviewed for clinical assurance, data privacy and user experience and can be found on our own apps library.

Do you have dementia or care for someone that does?

The apps4dementia library, [apps4dementia.orchacare.co.uk](https://apps4dementia.orchacare.co.uk), provides a place for people living with dementia and their carers to find safe, trusted apps to help support them with their condition and treatment.

The library has been developed together with healthcare professionals, people living with dementia and their carers; they have provided feedback on the design as well as the range of apps listed in the library.

You can find apps by entering a keyword into the search bar or select apps within the following categories:

- Information and Guidance
- Communication and Memories
- Carer Support
- Active Minds
- Staying Calm and Sleeping Well

Service provided by **ORCHA**

If you have any queries or would like more information, please contact: [apps4dementia@hscni.net](mailto:apps4dementia@hscni.net)

**Amblio - sleep sounds**  
In App purchases  
Recommended for Carers and People with Dementia  
Compatible with Android Devices

**App Summary**

- Use Amblio to craft the right mix
- Choose from hundreds of your own sounds to create mixes for
- Select a mix and listen to it on your favourite mix.

**Categories**

- Staying Calm and sleeping well

**Functions and Features**

- Alerts and Notifications

**Guard | Outsmart Forgetfulness**  
In App purchases  
Recommended for Patients  
Compatible with Android and Apple Devices

**App Summary**

- Let Guard guide you to completion, reminding you along the way and never letting you forget. Connect with your loved ones to delegate and manage life together.
- Reminders, Appointments, Guided Tasks, Lists and more... all in one convenient App!

**Categories**

- Communication and Memories
- Active Minds

**Functions and Features**

- Wellbeing Tracking
- Carer Support
- Data Sharing
- Alerts and Notifications

[apps4dementia.orchacare.co.uk](https://apps4dementia.orchacare.co.uk)

**HSC Health and Social Care**

Service provided by **ORCHA**

Recommended app:

**Download apps you can trust**  
at [apps4dementia.orchacare.co.uk](https://apps4dementia.orchacare.co.uk)



# RESULTS TO DATE & NEXT STEPS

## Results to date:

- ❖ Training delivered in each of the Trusts across NI
- ❖ Over 70 professionals set up with accounts to recommend apps
- ❖ Over 100+ apps recommended to service users and carers
- ❖ Recommend apps to service users and carers as part of their care delivery

## Next steps:

- ❖ Continuing to roll out training, including to charity staff
- ❖ Supporting the embedding of apps into a consistent offering for people living with dementia and their carers across NI
- ❖ Evaluating roll out of this project to support the Dementia pathway
- ❖ Considering other pathways to roll out similar projects

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# THANK YOU

If you'd like more information please contact:  
[andy.jeans@orcha.co.uk](mailto:andy.jeans@orcha.co.uk)  
[apps4dementia@hscni.net](mailto:apps4dementia@hscni.net)

