

A Collaboration on Cognitive Welfare Technologies from **Abilia** and **AISee**.



We simplify peoples' everyday lives regardless of their need. We want to give people with special needs the chance to participate and be independent. It is a basic human right to have control over your own life and making your own decisions. This has been our mission from the very beginning.

Abilia contributes to a sustainable and inclusive society where people with special needs feels safe, independent and get a chance to participate. Through early interventions it is possible for people to live richer and fuller lives.

Our assistive technologies and medical devices allow people to create structure in their daily lives, communicate with people around them, control their home environment or call for assistance. Evidence from research shows long lasting effects for the individual, customers and society.

Our areas of expertise are cognition, communication, social interaction, environmental control, alarm and weighted products.

In this blog in partnership with AISee Collaborative we are going to focus on cognition and communication

<https://www.abilia.com/en>



AISee Collaborative, an **Abilia** partner, is a neurodivergent-led team, bringing a combined lived/living and professional experience to all that we do.

AISee stands for advocacy, identification, solutions, education and empowering.

As an International Advocacy Practitioners Association accredited centre, we delivery DiAC's, drop in advocacy cafés in partnership with community groups and organisations. Delivering impactful success by empowering and energising individuals, families and professionals to work better together in support and solutions.

AISee is an Institute of Training and Occupational Learning accredited centre offering a range of training workshops and short courses.

We are proud partners in research and reflective learning projects and deliver regular webinars and publish a series of by community for community information leaflets, blogs as well as our regular Inspirational and Reflective Reading List, where all content is suggested by you the community.

AISee a 'Meeting of minds, together lowering barriers.

<https://www.aiseecollaborative.co.uk/>

What are and meant by Cognitive Welfare Technologies?

Much of the research for cognitive welfare technologies' stems from Scandinavia. A key goal initially for the elderly, of health services is to maintain their mental and physical health for as long as possible. However, when integrated with social care, this significantly expands the parameters to inclusion of younger generations, in a wider range of provisions. This, therefore, effectively expands maintaining an individual's wellbeing independently for as long as possible in their own home.

This encompasses many applications within the broad term Technology Enabled Care, TEC and sometimes referred to as Supportive Enabling Technology, SET, or Digital Enable Care, DEC. All of these have different meaning to different people, but in short, they come under same broad banner of supportive technologies.

The nation board of health and welfare in Sweden describing what welfare technology according to this Swedish authority

<https://www.socialstyrelsen.se/en/>

“What counts as welfare technologies?

Digital security alarms, night surveillance via camera, tools for communication, medication reminders, GPS alarms, are some examples of welfare technology that can in various ways improve the quality of life for older people and people with disabilities so that they can participate in democratic society and assimilate society's support to experience security, participation and

independence, participation in society and based on the individual's conditions, a satisfactory health situation.

Users and patients can receive welfare technology as assistance, through prescription as an aid or buying them themselves on the consumer market. The goal is for older people and people with disabilities to be able to live active, safe, and independent lives for as long as possible.

Here in the UK by listening to community, non-professionals, and professionals alike, the general perceptions are remarkably similar.

A supportive tool for example in for example: managing time, reminders for medication, mealtimes, supporting an individual processing capability, granulating a task into a small step by step, tailored language, incorporating visuals, incorporating links for example transport timetable, appointment reminders, and much more.

This range of CWT's aids the independence of an individual and support coping mechanism within their daily routines.

One impact for example of reducing anxiety, in particular severe anxiety often leading to more challenging behavioural issues, thus supporting the welfare of individuals, with knock on benefits for others.

Here in UK, CWTs contribute significantly to the 2019 NHS Five-year plan, whereby DEC's will become more mainstream. This is exponentially relevant when one considers CWT's potential across the younger

generations and the supports CWT can provide across different sector, education, healthcare, social care and workplace, augmenting opportunities for more meaningful inclusion, contribution and benefit, not just for individuals, but their families, their professional partners.

A study in Sage Journals <https://journals.sagepub.com/doi/abs/10.1177/1744629519882582> informs us that young people with learning disabilities become more involved and empowered when using time and planning aids, part of the cognitive technologies family.

From an AISEE partnership project 2021-2023 [Informed Solution for Better Outcomes](#) 72% of participants between that ages of 11 and 32 could benefit from Cognitive Welfare Technologies.

Insights into Cognitive Welfare Technologies from **Abilia**, their clients and end users.

Abilia empowers cognitive abilities

Reference: International Classification of Functioning, Disability and Health, ICF, World Health Organization, WHO



Darwin Care, Weymouth, Dorset, an **Abilia** client, aim to provide support services for individuals with learning disabilities and/or autism as well as working with individuals with mild mental health issues. They pride themselves in delivering the highest possible standard of support and endeavour to enable individuals to reach their full potential in life.

They purchased **Abilia** MEMO planner for Kai, the first person to use Memo planner in Darwin Care.

Kai is a wonderful young man who lives in shared accommodation with others. He communicates using a wide range of different methods, one being verbal communications, other include being sign language, his mobile phone to write responses, he uses which ever he feels comfortable with at the time.

Kai has done well using MEMO planner since he started using it, you can see Kai's story here.

<https://www.abilia.com/en/users/user-stories/kais-story-memoplanner>

Eken's retirement home in Järfälla Municipality, by focusing on welfare technology the participation, security and independence has increased, especially for older residents, their family members and staff.

Using the cognitive assisted technology MEMO planner which provides a clear overview of the days activities as well as activities in the following days. You can visit this link to learn more about their story.

<https://www.abilia.com/en/users/user-stories/memoplanner-creates-safety-for-both-the-residents-and-their-family-members>

Ambler Way Support is a community-based service which gives the users the right to make choices and to integrate within the local community and town. A to independence. The Ambler way Support Service offer real opportunity for those service users seeking a more independent life by providing outreach support enhance the lives of service users, whilst giving high-quality cost-

effective support services. [Here](#) you learn how **Abilia** cognitive support helps Jack and Simon living in Ambler Way Support Services apartments in Yorkshire.

Leonard Cheshire have been providing specialist care for disabled people since its inception in 1948. You learn [here](#) how a pilot project at Hill House was so successful Leonard Cheshire expanded its assistive technology team and reach to cover an additional seven Leonard Cheshire sites across the northwest of England, now providing **Abilia** Cognitive welfare technologies support to circa 120 residents.

Another in Abilia's army of cognitive welfare technologies tools is HandiCalendar, an assistive technology that helps you know what is needed to be done and ensures that you get started. Being able to perform various activities independently often leads to a greater sense of self-esteem. [Handicalendar](#) can be installed on your android or iOS device.

'Abilia empowers cognitive abilities.'
<https://www.abilia.com/en>

At **AISee** an independent evaluation partner of **Abilia**, we offer a comprehensive ten-point process of project of inclusive evaluation.

Our evaluations are inclusive of the following but not limited to a project overview, project scope, project description, user indications, user's device interactions, risk analysis, reflective learning, conclusions, considerations for further actions, and appendix, references etc.

We will include written case studies, anonymised if required, and suitable video case studies providing the relevant safeguards and consents are in place.

Does delivering cognitive welfare technologies support an invest to save (ItS) approach, but what is ItS?

Let us be honest here, whilst this article is promotional, it is also about joint understandings and appreciation of like-minded organisations coming together to produce it. Both **Abilia** and **AISee** are fully cognisant of the reality, there is no money trees and societally we must adapt and change to ensure that the future of services is sustainable whilst at the same time being positively meaningful and impactful to peoples lives. Therefore, IOS for us is about achieving a social return on investment or SROI.

From an advocating perspective, a SROI cannot be achieved by simple cutting budgets either collective of individualised alone.

To attain a positive SROI, one needs adaptations, changes in development, professional awareness, user awareness that combined, evidence case studies and associated data, that evaluates and empowers informed solutions to create positive SROI.

A positive SROI does not have negative or detrimental impacts on individuals or service providers.

A positive SROI delivers efficiencies that support and prevent escalating costs sometimes for more than one service.

A beneficial SROI is where by interagency partnerships with an



individual and their families brings about by a different way of working that delivers two types of budget efficiencies (a) on an individual's care and support packages, by using cognitive welfare technologies enabling and empowering greater independence, improves participation, improves mental wellbeing, and (b) reduces the risk of poor wellbeing and deterioration which escalates demand for more intensive support from either the same service and/or other services.

You have seen from the stories earlier that targeted use of cognitive wellbeing technologies has significant benefits, it is those benefits that deliver for the individual, the service provider and the knock-on preventative savings as touched on in (b) above.

But what about the saving from (a) above from an individual's budget? Those saving, depending on service demand can be utilised in other ways thus for example providing more people with services, which enables improvements in budgetary pressures.

This all matters and mirrors a recent report on Earlier action and support: The case for prevention in adult social care and beyond. You can review this report [here](#). Report is only for England. What is the value when Scotland, Wales and Northern Ireland are included?

It states 'investing in earlier preventative support in social care would improves people's lives and save £3.17 for every pound spent.... Could reach £11.1 billion if preventative health and social care is scaled up across the country.

Additional Information

Abilia are certified

and are members of the TSA., the industry and advisory body for Technology Enabled Care in the UK.

AISee Collaborative are Accredited



We hope you have found this short blog informative and useful.

Bryn from Abilia and Thom from AISee would like to invite you join us for our free Webinar on Cognitive Wellbeing Technologies on Wednesday 12th March 2025 at 11am. This event will be online and delivered via zoom.



Free Webinar on
Cognitive Welfare Technologies
Wednesday 12th March at 11.am



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Image Ref: ICF, Functioning, Disability and Health, WHO.

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This blog was collaboratively produced by Bryn Morgan, UK Sales Director Abilia UK, and Thom Kirkwood, Director, Advocating Inclusion Specialist, AISee Collaborative Ltd.

To register click [here](#)