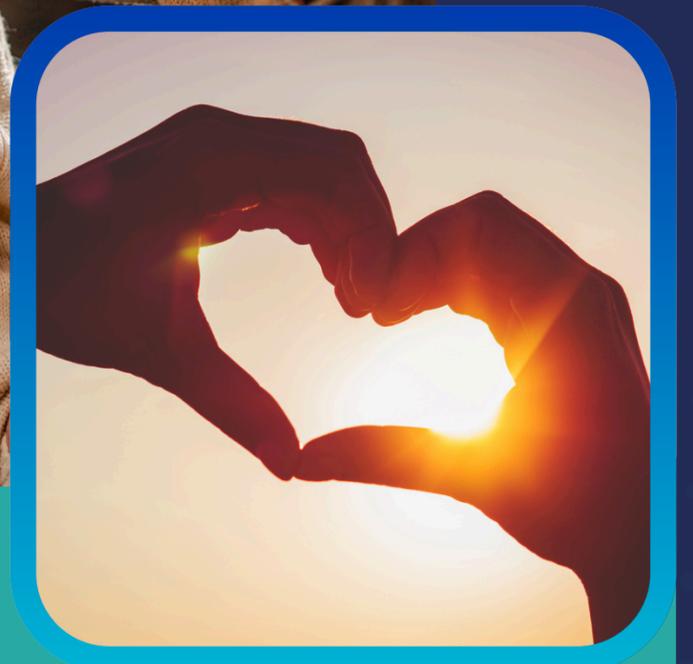




# Impact Case Study

The Role of Assistive Technology in  
Enhancing Independence and Increasing  
Confidence

[www.kyndi.co.uk](http://www.kyndi.co.uk)





Subject

**RB**

Age

**11**

Location

**South East, UK**

Assistive Tech Used

**Circadacare Smart Light Bulb**



# Patient Background

R is a young man with Downs Syndrome who has recently moved from a Junior School setting to a Senior school.

He is active and enjoys playing with his toys and games and also electronic devices and is able to work out how to operate devices such as his TV/Tablet/iPad.

R encounters challenges around sleeping through the night and if it is light he would get up and be wide awake.

This leads to R struggling to remain focused at school and becoming over tired.



# Intervention

In June 25 R's Mum came across the bulb solution at the Carer's First community Awareness event in Luton. Mum and Dad discussed the bulb deployment and contacted Kyndi and following a whole of TEC assessment we deployed 2 bulbs and lampstands. R was having disturbed nights with the knock on effect of being fatigued at school and subsequent heightened behaviours and struggled with concentration. One in R's bedroom and one in the lounge R took control of the lights and made it known that they were his lights and assumed responsibility for turning them on when he returned home from school.

# Impact Measurement

## Quality of Life

- Confidence: R has been able to manage the bulb himself and is benefitting from being less tired during the day
- Mental Health: R's Mum & Dad have advised that by having less disturbances at night they are also less tired during the day
- Daily Routine: The bulb has helped reduce R's night time movements by circa 40% & helped R transition from Junior school to Senior school.



# Impact Measurement

## Economic

- Medway: There are no immediate savings for Medway but longer term R will be able to transition smoothly from school support to work
- Cost of Assistive Technology:  
Circadacare System: £520 per year  
Net Savings: n/a



# Impact Measurement

## Social

- Community Engagement: Mum and Dad & R are regularly engaged in community activities and now he is less tired R is able to fully enjoy trips and going to see the Pantomimes



# Case Analysis

The installation of the bulb has provided the catalyst for R to have more restful nights and less fatigue during the day which in turn has improved concentration. The Environmental and Health sensors have confirmed 40% less movement per night on average since the bulb was installed in September 25.

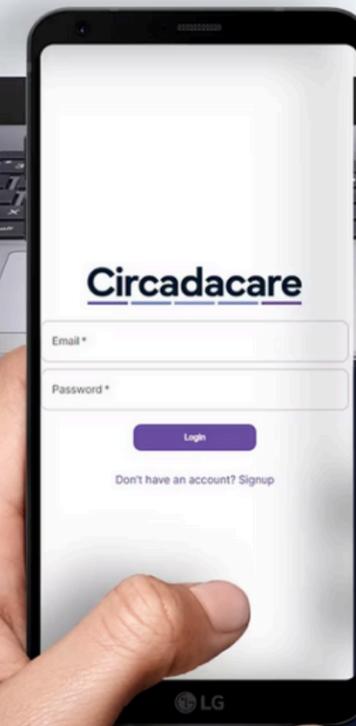
This experience will hopefully lead to further bulbs being installed for young people with additional needs across Medway





# Conclusion

The introduction of the Smart Bulb system has proved a significant intervention and has shown substantial benefits for R & for Mum & Dad. Indeed Mum and Dad have recently been successful in being able to adopt and we are hopeful that R will be the best big brother.





## For more information

For more information on the Circadacare Smart Lightbulb and how it can benefit you or your loved ones, please contact Kyndi at [01634 567999] or [Rob.Kennedy@kyndi.co.uk](mailto:Rob.Kennedy@kyndi.co.uk).