GrandCare Was "My Second Brain"
A GrandCare Case Study

Sandy Halperin interviewed by Sanjay Gupta in a CNN series on his story of early Alzheimer's.

In 2013, Alexander Sandy Halperin reached out to GrandCare. He wondered how involved GrandCare was in creating enabling technologies for people with Alzheimer's. He had a good reason for being interested. He had been diagnosed with early-onset Alzheimer's at the young age of 60. He decided he wasn't going to stand idly by while the disease progressed. He was tired of people being embarrassed to admit having the disease. He was going to become a warrior in sharing his own journey and attempt to destigmatize having Alzheimer's.

As his disease progressed, Sandy was frustrated when he found himself standing in the middle of his house forgetting what he was supposed to do next. He needed a way to keep himself oriented and on task as he went through his day. He needed to remember his important appointments, and also the routine activities he needed to complete, such as taking a shower, brushing his teeth or eating his lunch. And he wanted a convenient place to jot down notes. He needed a place to record thoughts that could also be a tool to filter and search, to remind himself of conversations.

"As I have said before quoting from a proverb: 'Just when the caterpillar thought that his life was over, he became a butterfly.' So metaphorically, as I live this chapter of my life as a butterfly, I believe that the GrandCare System will help me to live it to the fullest."

– Sandy Halperin, 2013

GrandCare was excited to help Sandy on this journey, but were also happy to learn from his first-hand feedback how GrandCare could optimize their technology for other individuals suffering with cognition issues. A large, easy-to-read GrandCare touchscreen was installed in Sandy's residence, set up with timed alerts, medication reminders, a journaling feature, nostalgic family photos and other cognitive assists. Sandy also needed some support in managing chronic conditions, so GrandCare added in some of their Bluetooth telehealth devices, including a wireless weight scale, pulse oximeter and blood pressure device, to track, trend and alert his family of potential red flag symptoms. Simple wireless activity of daily living motion sensors were also placed to remind Sandy or his wife if he hadn't accessed his medications, if unusual motion was detected, or if a door was left open.

Once that was in place, GrandCare started to work together with Sandy to enhance the GrandCare features to grow as his disease progressed. We worked on building out the daily schedule, task checklists and prompts on daily routines.

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GrandCare Daily Schedule

GrandCare's Daily Schedule feature combines calendar appointments, special reminders and daily routines into a single checklist. Items are checked off as they're completed. Finished tasks are clearly distinguished from unfinished tasks.

The Prompts feature lets you add step-by-step directions to task list items, to help people perform the tasks. Prompts can include pictures and video. How do you make a sandwich, cook an egg or load the dishwasher? The prompts can help. The Journal feature allows people to jot notes, and easily access them again, to help remember conversations, details and names.

Medication Reminders

Medication Management provides pop-up reminders when medicine should be taken. Medication schedules can be complicated. That's why each medication has its own schedule. Pop-up reminders include a picture of the pill, and any special instructions. Press the Done Taking Meds button to indicate the meds were taken. If the button isn't pressed when meds are scheduled, customized rulesets allow the system to send an alert to designated caregivers, who can follow up.

Sandy refers to his GrandCare system as his "second brain." The staff of GrandCare were glad they were able to help. And thanks to Sandy's proactive request, all of GrandCare's clients now have the Memory Boost features he helped them create.

What is GrandCare?

GrandCare has many features to help its users. GrandCare's features fall into four major categories:

- Communication, Entertainment and Cognitive Assists
- Health
- Activity and Environmental Monitoring
- Enterprise/Community Features (for B2B Professional Organizations only)

Communications, Entertainment & Cognitive Assists - help people stay connected to their families, friends and caregivers.
- One-Touch Video Chat
- Photo Albums
- Messaging
- Music, Games, Trivia
- Daily Schedule
- Calendar
- Journal
- News

Health & Wellness - help people manage medical conditions, and keep their caregivers informed when something isn't right.
- Telehealth Monitoring
- Rules and Alerts
- Reports
- Medication Management
- Self-Assessments
- Telemedicine
- Interoperability

Activity and Environmental Monitoring - help keep people safe. These sensors can monitor motion, door and window activity, room temperature and more. Optional rules can be customized to send alerts to designated caregivers when something is amiss.
- Activity Sensors
- Door and Window Sensors
- Push Buttons
- Temperature

Community and Concierge Features - designed specifically for senior communities. Your community can use any or all of them.
- Community Messaging
- Community Calendar
- Community Photos
- Resident Directory
- Dining & Transportation Schedules
- Concierge Services
- Daily Check-In Button