

# Promoting Effective Self-Care Routines

## Why?

More older adults are living independently and the burden of performing self-care routines often falls on older adults and their caregivers. Technology could play an important role in assisting older adults with these activities.

## MobilePT

We partnered with a smart-phone application manufacturer to test the feasibility and effectiveness of an application designed to improve adherence to home-based physical therapy (PT) exercise with older adults who were at high risk for falls.

## Feasibility of PHRs for Home Health

I have completed two separate projects to assess the feasibility of using personal health records (PHRs) for home health care. The first study evaluated whether available PHRs could accept, manage, and share information generated in home health encounters. The second study studies the feasibility of using PHRs in "real" home health encounters with older adults.

## Related Publications and Presentations:

- **Kneale L**, Chauduri S, Rosenberg D, Zampino L, Weiler A, Demiris G, Phelan E. Smart-Phone Application Evaluation for Older Adults Prescribed Physical Therapy for Fall Prevention. Poster session presented at: 21st IAGG World Congress of Gerontology and Geriatrics. 24 July 2017; San Francisco, CA.
- **Kneale L**, Choi Y, Mikles S, Thompson H, Demiris G. Evaluating Publicly Available Personal Health Records for Home Health. Paper presented at the National Library of Medicine Training Conference, 27-28 June 2016; Columbus, OH.
- **Kneale L**, Choi Y, Demiris G. Assessing commercially available personal health records for home health: recommendations for design. *Applied Clinical Informatics*. 2016 May 18; 7(2):355-367. doi: 10.4338/ACI-2015-11-RA-0156.

## Tablet for Collecting Home Health Patient Reported Outcomes

We are partnering with a company that manufactures a tablet for older adults to use during home health encounters. This program assists older adults with capturing important health information including medication adherence and diet recommendations.