

Independent, Safe, & Cost Savings

Case Study

TECHNOLOGY  CENTER

Winona-based **Home and Community Options** worked with four men with developmental disabilities in their homes to develop a technology-based solution to provide them with more independence and privacy, particularly during nighttime hours. The home uses a combination of sensors, cameras, call buttons, voice and video intercoms to provide supervision by remote staff.

HOME  COMMUNITY
OPTIONS

The Beginning

The men at this home sought greater independence, so staff started a conversation with them, their families and DHS to develop a plan and system everyone was comfortable with. HCO worked through “What If” questions to help ensure all issues and concerns were addressed.

The Solution

HCO worked with its technology team to collect and analyze data on the men’s living habits, potential risks and their ability to respond to emergency situations. Staff and the men received training to use the various systems and on executing response protocols. When no staff is present, the men have constant ability to contact staff through voice and video communications. Should an issue occur, an escalating phone tree is activated in accordance with the developed technology plan.

The Challenges

As a newer concept, there was a learning curve for staff in learning the new technology. Providing that training and the extensive testing took time but was well worth it. The men also had to get used to a new style of independent living, such as remembering that after a certain time a pizza delivery would set off the sensors. This was a happy challenge to work through.

The Results

In short, amazing. The success of the program has led to almost no night staff needed at the home – **93 percent of nights are remote monitoring only.** The men LOVE the independence and have pride in their home. **For HCO, the annual savings of not needing night staff in this home is more than \$10,500, in addition to helping alleviate the pressure of workforce shortages.**



About the ARRM Technology Center

In 2017, ARRM will launch a comprehensive initiative to educate, promote and advocate on the use of technology solutions. Technology has already proven to be dramatically impactful for providers and people with disabilities alike. From simple tools like smart phone apps to full-home remote monitoring, technology allows providers and their staff to provide services more efficiently, while ensuring people receiving services are safe and healthy, and finding new opportunities to live more independently. The Technology Center will feature case studies like this one, and a host of resources for providers to learn more about technology and how to implement it. Watch for communications from ARRM about this initiative later this year.