Case studies

User outcomes and value return with technology enabled care assessments

howz

1

Reading
Borough Council
Working better with you

howz

Case study 3

Use case

Prescription of Howz for reassessment of social care need.

User living at home for two months at home rehabilitation following hospital discharge.

User status

Elderly adult discharged from hospital after a stroke.

Living with round-the-clock care at home.

Council needed to assess how the user had settled at home in the period after discharge, and how their care needs may have changed.

Assessment requirements

Assess at-home routine after two months at home after stay in hospital.

Understand readiness to step down round-the-clock care.

Howz prescription

Howz service prescribed for an initial period of four weeks which was extended due to Christmas absence from the home.

Extensive sensor pack placed across the home to establish independent movement, particularly during nighttime.

Howz findings

Difference in Sensor Activity Level
23-11-2024 to 05-12-2024 vs 08-01-2025 to 20-01-2025
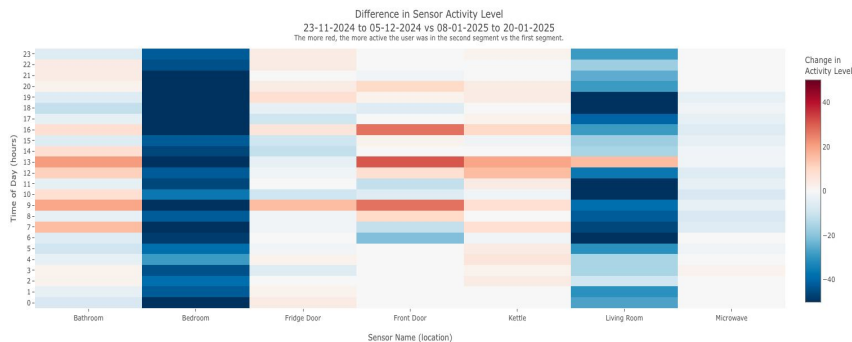The more red, the more active the user was in the second segment vs the first segment.

Fig. 3 Howz showing increased movement around the property over time.

With evidence from the sensor prescription, it was possible to identify that:

1. The user was moving around the home more than previously
2. Less time during the day was being spent in bedroom and more time in kitchen and common areas

Follow up action

With evidence gathered over the 8-week placement, the social care team were able confirm:

1. The users' stable routine, and regular good rest period
2. Opportunity to promote independence and step down care support

The care team were able to decide to adjust 24 hour care, to 2 hrs 15 minutes of care per day.

Service outcomes

- Increased independence and mobility at home
- Avoidance of round-the-clock care cost

Spend reduction: £80,000 per year

From reduction in weekly care costs of £1,500.

Case study 4

Use case

Prescription of Howz to avoid care home admission at discharge from hospital.

User referred from health services into independent living at home.

User status

User admitted to hospital after UTI and fall.

Initial package of care provided of 1 hr 30 mins per day.

Council wanted objective view of long term care requirements.

Assessment requirements

Close monitoring of key wellbeing concerns after hospital discharge.

Assessment of behaviour between care visits.

Concerns about wandering and further UTI / falls.

Howz prescription

Door sensors were placed on front door and fridge, plugs on kettle and microwave and motion sensors in bedroom, bathroom, kitchen and landing.

Low activity and late wake up alerts were activated.

Technology enabled assessment carried out over 4-week period.
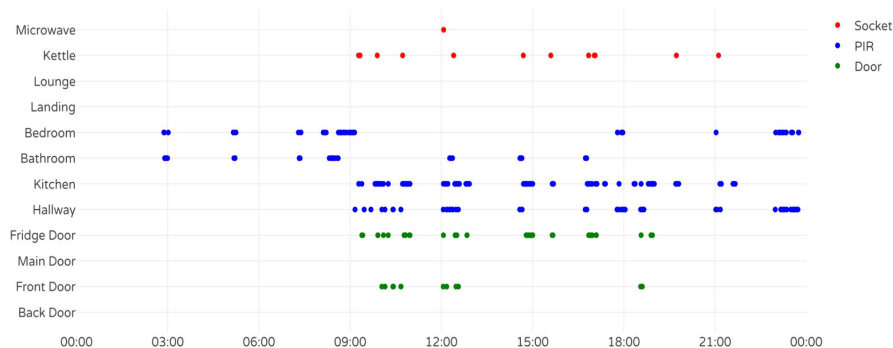
Howz findings

Fig. 4 Howz showing good pattern of life after hospital discharge

With evidence from the sensor prescription, it was possible to identify that:

1. The user was getting themselves to the bathroom at night, and up in the morning
2. Good signs of independence between care visits and use of kettle

Follow up action

With evidence gathered over a 4-week placement, the local authority social care team were able to confirm:
1. Discharge to home was appropriate
2. 1 hr 30 mins care visits per day could be reduced to 40 min care visit per day

With this information, the care team were able to decide to reduce care visits.

Service outcomes

- Extended user independence
- Removal of 50 minutes social care per day

Spend reduction: £8,200 per year

From removal of one £20 care visit per day.

3

Salford
Integrated Care Partnership

Case study 5

Use case

Prescription of TEC at discharge from hospital to assess wellbeing within the home.

User referred from health services into independent living with support of family using the Howz app.

User status

86 year old discharged from ICU after admission for a fall.

User returned home with starting care package of four visits per day.

Son visiting daily and checking status on the app.

Assessment requirements

Care organisation wished to assess independence on return to home.

Close monitoring of key wellbeing concerns after hospital discharge.

Assessment of behaviour between care visits.

Howz prescription

Assessment of lifestyle around the home including kettle, doors and motion sensors.

Family app provided real-time view and low activity alerts.

Technology enabled assessment carried out over 2-month period.
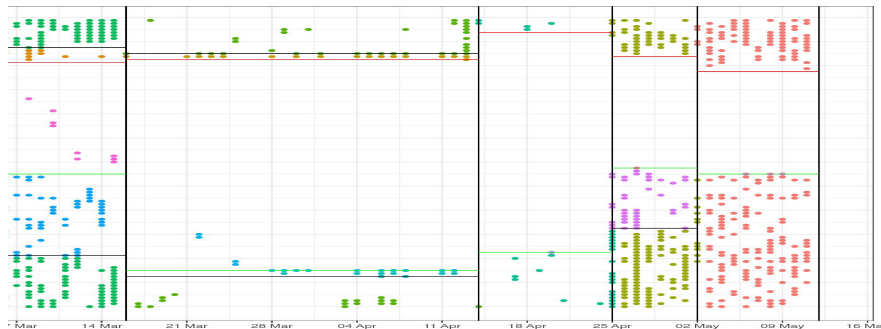
Howz findings

Fig. 5 Howz showing sudden decrease in movement after emergence of health issue

There were two stages to Howz findings for this user:

1. After two weeks, Howz identified behavioural change due to a gastric issue with a low activity alert prompting medical intervention
2. After recovery from the health issue, pattern of life settled and four visits pd were reduced to one

Follow up action

1. Identification of health issue and intervention to avoid escalation
2. Subsequent assessment of stability on return to home
3. Confidence for reduction from four visits per day to one

Service outcomes

- Identification of emerging health issue and alert to avoid escalation
- Removal of 3 care visits per day

Spend reduction: £22,000 per year
From removal of three care visits per day.

Potential cost avoidance: £2,500
From avoidance of ambulance callout and emergency admission.

Case study 8

Use case

Prescription of Howz to avoid care home admission at discharge from hospital.

User referred from health services to home ahead of end of life.

User status

User at end of life, returning to live at home for as long as possible.

Howz prescribed to prolong time at home and identify when necessary to move to care home.

Assessment requirements

Close monitoring of key wellbeing concerns after hospital discharge.

Assessment of behaviour between care visits.

Track reduction of movement ahead of end of life care.

Howz prescription

Door sensors were placed on front door and fridge, plugs on kettle and microwave and motion sensors in bedroom, bathroom, toilet, kitchen and hallway.

Low activity and late wake up alerts were activated.

Technology enabled assessment carried out over 3-month period.
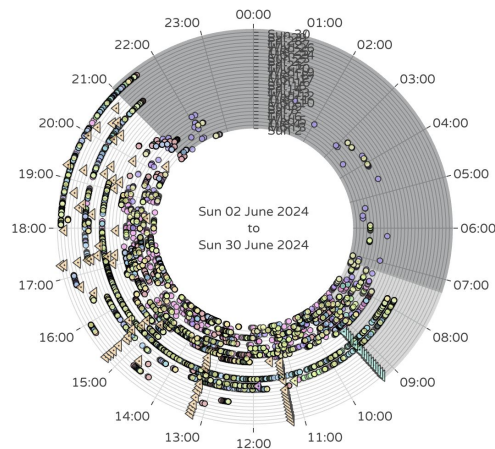
Howz findings

Fig. 8 Howz showing movement around the property after discharge, reducing over 2.5 months,

With evidence from the sensor prescription, it was possible to identify that:

1. The user was initially able to cope independently
2. Over time, mobility deteriorated leading to care home admission

Follow up action

With Howz, the council were able to offer the user an initial route home ahead of nursing home.

The user was supported at home for 2.5 months longer than would otherwise have been possible.

Service outcomes

- Extra 2.5 months at home for user at end of life
- Avoidance of 2.5 months cost of care home for council

Cost avoidance: £17,500

From removal 2.5 months cost from residential care.