



## Diabetes Monitoring

### Seniors and Diabetes

According to the American Diabetes Association, approximately 18.3% (8.6 million) of Americans aged 60 and older has diabetes. The prevalence of the disease increases with age; an estimated 50% of all diabetes happens in those 55 and older. The risk of developing diabetes also increases with age.

Seniors face unique diabetes management challenges. Older Americans are also more likely to have complicating conditions such as retinopathy, hypertension, and kidney problems.

### How Does QuietCare help?

QuietCare® recognizes and reports normal, healthy behaviors—and significant changes—during the times the senior is alone in their residence. When there are changes in behavior that indicate potential health problems or dangerous situations, QuietCare alerts caregivers so that they can provide appropriate medical attention. For those who are prone to complications of a disease process such as diabetes, QuietCare provides caregivers with a unique insight into the person's lifestyle pattern and associated risk factors. Controlling their diet, exercise and medications is key to reducing the risk of diabetes complications. QuietCare is a major step forward in proactive care, helping people with diabetes to enjoy a higher quality of life and avoid serious health complications, while maintaining their dignity and privacy.

- **Night-Time Activity:** Knowing that an individual is “active” at night is important, as steps can be taken to adjust medications according to lifestyle. In many cases, insufficient sleep may affect the person's blood sugar level.
- **Bathroom Visits:** People with diabetes have a higher risk of a urinary tract infection (UTI) because of changes in or suppression of the immune system. Frequent urination is often a symptom of uncontrolled blood sugar levels. QuietCare tracks and “baselines” the frequency of bathroom visits, and the caregiver is notified of significant changes. Proper medical treatment and medication management or changes can then be initiated before the illness becomes a crisis.
- **Meal Preparation:** QuietCare monitors refrigerator usage as an indicator of meal preparation patterns. For instance, excessive thirst is one of the signs of uncontrolled diabetes. QuietCare also enables the caregiver to monitor the senior's compliance of diabetic-required snacks. In addition, insulin is usually kept in the refrigerator, so QuietCare provides another way to observe whether the senior has taken this necessary medication on time.
- **Medication:** Forgetting to take medication is a common problem and potential risk factor. QuietCare monitors the person's medication area so that caregivers can check that medications are being taken at the appropriate times.
- **Overall Activity Levels:** In the diabetic, activity plays a very important role in the amount of diabetic medication required for controlling blood sugar levels. QuietCare enables the physician to see the amount of activity within in their apartment at all times of the day, without relying on the senior's memory. An added benefit is that QuietCare information over time can be printed for the physician's review.

In addition to the above, QuietCare's reports also help physicians to evaluate the effectiveness of medications, and to adjust them as needed.