

Case Studies Portfolio

Enhancing Care Through Technology



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Part 1: Heleos

Reducing Falls Risk

A Medway Council Success Story

When Medway Council installed Heleos by Circadacare at Victory Care Home they were facing a challenging situation. One of their residents was experiencing frequent falls during the evening hours, particularly during the "sundowning" period between 5-9pm. With ten falls in just ten weeks, a solution was urgently needed.

Within 7 weeks of installing Heleos, results were remarkable – falls dropped by 90%. Even more significantly, the evening hours - previously the highest risk period - saw zero incidents. The single fall that did occur happened outside the typical sundowning timeframe, during a nighttime bathroom visit.

"We've seen a gradual but clear improvement in evening settling patterns," notes a Victory Care Home staff member. "The resident is noticeably calmer between 5-7pm, exactly when we used to see the most problems."

Heleos achieves this through high-quality automated circadian lighting technology. This works with residents' natural circadian rhythms. For this particular resident, who spent most of their time in their personal living space, the environmental support made a crucial difference.

Because Heleos has built-in monitoring capabilities, Medway council was able to see how the improvement was consistent and progressive. Heleos not only reduced falls but helped establish better evening routines without requiring any medication changes or restrictions on the resident's independence.

These compelling results have led Medway Council to plan a broader implementation of Circadacare's Heleos solution. For care homes struggling with similar challenges, this case demonstrates how the right technology can transform care – creating a safer environment while supporting resident wellbeing and dignity.

Cost Savings

Prevention of a single fall incident that would have resulted in emergency call-out & 1 night of unplanned hospital stay generates savings of £750 - £1000



- 86% reduction in falls incidents
- Zero falls during previous high-risk period (5-9pm)
- Marked improvement in evening settling behaviour

Part 2: Our Origins

Future Care Group: Transforming Dementia Care

Early implementations at Oaklands House and Chestnut View provided crucial evidence of circadian lighting's impact in specialized dementia care settings:

Key Outcomes:

- Improved environment for residents with dementia
- Enhanced resident wellbeing
- Better support for natural circadian rhythms
- Positive staff response to the technology



Testimonials

Arnon Rubinstein, Managing Director of Future Care Group, says:

"Oaklands House residents are now benefitting from the new installation of Circadian lighting, and it has been a really good experience to easily and cost-effectively use the principles of human-centric lighting in our homes."



Heanor Park Care Home: Demonstrating the Impact of Circadian Lighting

Ashmere Care Homes worked with Circadacare to implement circadian lighting at their Heanor Park facility. The installation demonstrated several key benefits that would go on to inform the development of today's Heleos system:

Key Outcomes:

- Reduction in falls (only 2 falls in first 3 months)
- Improved resident engagement during daytime activities
- Better sleep patterns among residents
- Reduced sundowning behaviors in residents with dementia

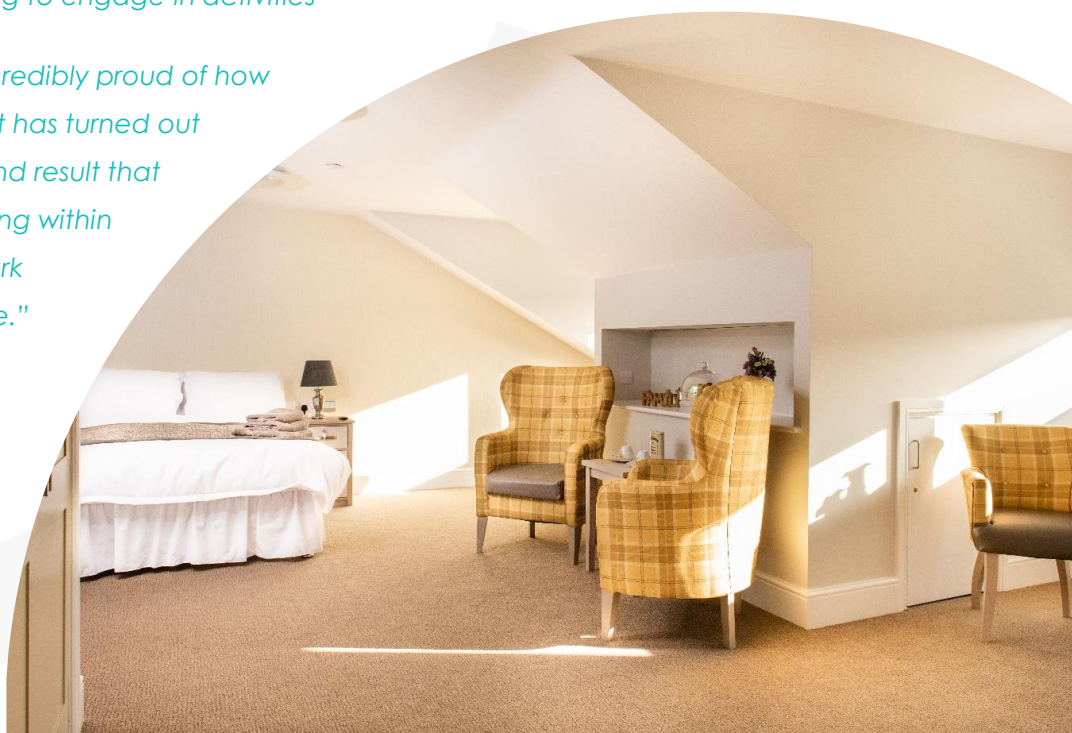


Testimonials

Owner, David Poxton says:

"We're seeing a greater level of engagement from the residents during the day because the lighting is helping their body clock become alert and ready for the day...we're not seeing people falling asleep in their chair or not wanting to engage in activities"

"We're incredibly proud of how this project has turned out and the end result that we're seeing within Heanor Park care home."



Wellburn Care Group: Supporting Natural Rhythms

At St Catherine's Care Home, an early partnership demonstrated how circadian lighting could be integrated into a care environment. Under the leadership of Rachel Beckett, Chair of Wellburn Care Homes, the organization identified the potential of circadian-supportive environments to enhance resident care. This installation provided valuable insights into the practical benefits of circadian lighting in care settings.

The implementation focused on creating an optimal environment for older residents and those living with dementia. By incorporating light that changes throughout the day to match natural patterns, the system supported residents' biological rhythms while remaining simple to use for both residents and staff. The solution was integrated with existing care systems like nurse-call functionality, demonstrating how circadian technology could complement and enhance standard care procedures.

Key Outcomes:

- Improved sleep patterns for residents
- Enhanced morning alertness
- Better adaptation to day/night cycles
- Improved overall wellbeing for residents and staff



Find Out More

Circadacare provides innovative lighting solutions that support better care outcomes. Our systems combine proven circadian lighting technology with intelligent monitoring to enhance wellbeing and support care delivery.

Circadacare

hello@circadacare.com 

[circadacare.com](https://www.circadacare.com) 

[linkedin.com/company/circadacare/](https://www.linkedin.com/company/circadacare/) 

Circadian Lighting Ltd

3 Science Square, Newcastle Helix, Newcastle, NE4 5TG