

Case Studies Portfolio

Enhancing Care Through Technology



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Part 1: Heleos

Improving Outcomes & Reducing Costs

A Medway Council & Kyndi Success Story

Date: April 2025

Overview:

Ian, a dementia patient living at home with his wife and primary caregiver, experiences heightened behavioural issues, particularly aggression during the evening hours. This has strained his wife's ability to provide care and negatively impacted their daily lives. Moving Ian into a residential care home was being considered.

Intervention:

Following a panel assessment, Circadacare was installed into Ian's home. This technology aimed to stabilize Ian's circadian rhythm, addressing his sundowning behaviours.

Results:

Within 4 weeks, a significant reduction in Ian's aggressive behaviours was observed, leading to a calmer environment for both him and his wife. This prevented a caregiver breakdown and has enabled Ian to remain in his own home, with his wife as the primary carer. This single intervention has saved Medway Council £35,000.



' Medway Council needs to achieve significant cost savings in year, and we are actively looking to deploy Technology Enabled Care solutions which enable people to live in their own homes for longer, whilst saving money. Using Circadacare is helping us to achieve these cost savings, which is improving the quality of care provision in the Medway area.'

Robert Kennedy, Head of Operations, Kyndi.

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."



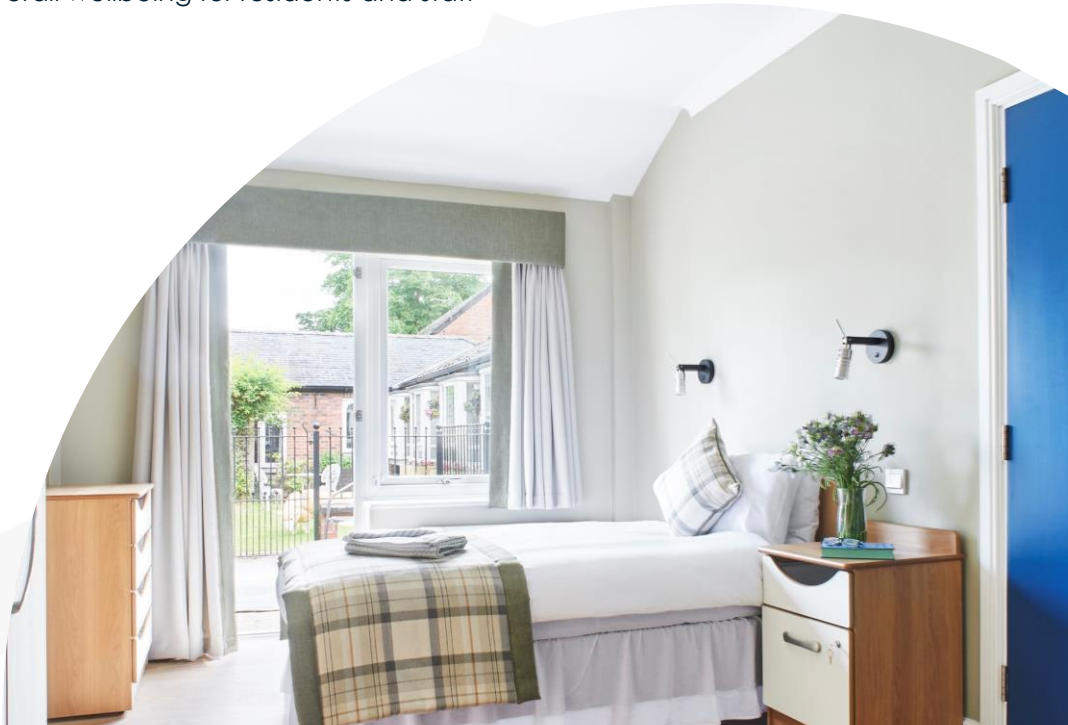
Wellburn Care Group: Supporting Natural Rhythms

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

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