

## Support in everyday activities with a home-based electronic memory aid for persons with cognitive impairments

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**Introduction:** Advances in new technology in recent years have opened new possibilities for persons with cognitive impairments. In previous studies we have found that a set of electronic memory aids in a training apartment in a hospital [1] and in two prototype apartments [2] could support persons with cognitive impairments after acquired brain injury to carry out everyday activities. **Objectives:** In this study we have examined the possibilities of a newly developed electronic memory aid with a wireless design and individually spoken reminders as support to carry out everyday activities. **Method:** This was a single-subject study with a multiple baseline AB design. Five persons with memory impairments received an electronic memory aid in their own home as support to remember to carry out self-selected activities. There were automatic computer registrations of completed activities during the intervention of 12 weeks. Assessments of functioning and quality of life were conducted before and after the intervention and at follow-up after 2 months. **Results:** Four participants improved in completing most of the activities. Performance and satisfaction with performance and quality of life improved, memory was not improved. The participants perceived that the electronic memory aid was useful and they wanted to keep the aid after the intervention. **Conclusion:** The results indicate that electronic memory aids may play an important role in facilitating everyday activities and improve quality of life and safety for persons with cognitive impairments. **Contribution to the practice:** An important role for occupational therapists are to make individual assessments, to select and recommend appropriate electronic memory aids to increase the possibilities for persons with cognitive impairments to perform and participate in everyday activities.

### References

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2. Boman I-L, Tham K, Granqvist A, Bartfai A, & Hemmingsson H. Using Electronic Aids to Daily Living after Acquired Brain Injury: A study of the learning process and the usability. Disability & Rehabilitation: Assistive Technology. 2007; 2:23-33.