



CENTER FOR INNOVATION
AND WELLBEING

**It's Never 2 Late Makes Impact at Sunny View
CIW Introduces Interactive computer programs that
engage residents with dementia**

When she was younger, Audrey loved to bake and pies were her specialty. But that was before she began to experience memory loss and everyday tasks she enjoyed became difficult.

But this summer, Audrey, a resident at Sunny View Care Center, was able to rekindle some of the fond memories of baking her favorite apple pie thanks to a new hands-on technology called It's Never 2 Late.

“We knew Audrey was a homemaker and loved to bake so one of the features of Its Never 2 Late is a ‘pastimes’ program,” said Sarah Adams, a life enrichment specialist at the Sunny View Care Center. “So we pulled up this nostalgic video



that showed someone baking. Audrey’s son was visiting that day and we were both amazed by her reaction. She usually does not speak and has little engagement, but when she saw the baking video she was in a happy mood and a single tear streamed down her face. We could tell that it was a happy tear. It was so special for her son to see his mom connect like that.”

It's Never 2 Late, or IN2L for short, debuted in June, 2015 at Sunny View Care Center and at Summer House, the community’s memory care neighborhood. IN2L offers residents a variety of content that includes sensory, reminiscence, brain fitness, physical fitness, and music specifically designed to engage seniors with very little prior experience with technology.

The system integrates hardware, software, media, ergonomic and adaptive components to allow anyone, regardless of previous computer experience or cognitive ability, to engage in learning or just have fun. The system resides in a portable computer cart and is built on a picture-based, touch screen interface. An alternate version, also used at Sunny View, uses a 70-inch touch screen that can be mounted to a wall.

Users simply “touch” their way to engaging, entertaining, educational, spiritual, and personalized content that is appropriate to their level of cognitive and physical ability. Accessing e-mail and web cams to connect with family and friends, enjoying mind-stimulating activities, and improving hand-eye coordination, older adults – even those who have never used a computer before – are engaging in activities adapted especially for them. Conducting a virtual orchestra, reading scripture, finger “painting,” puzzles, video chat, exploring the Internet and even an image and sound of a laughing baby is enough to raise giggles among residents.

“When I was first introduced to IN2L I was really excited,” said Sunny View Executive Director Sally Plank. “When something connects it becomes contagious. Now after seeing this in use and the effect that it’s had, I see this technology as a game changer. We were looking for something that we could use to connect, and to develop relationships with our residents and build some substance into our programing. This does that but so much more. It’s not just for residents in memory care but for all of our residents and even their families who have found so many different ways to connect with their loved ones through IN2L.”

“Training is important,” said Joann Gilbert, director of health services at Sunny View. “It’s key to making IN2L invaluable to the staff, to me and to the residents. They have to feel that they can just walk over and use it at any point in time. The residents in our Summer House memory care are totally engaged with IN2L. It’s very exciting to see them communicate better. They just love going over to IN2L and interacting.”

Sunny View originally launched IN2L as part of a research study initiated by the [Front Porch Center for Innovation and Wellbeing](#). In just a few short months the Center saw the following among residents and staff:

- Overall increase in energy level among residents by 30.2%
- Overall mood improvement among residents by 24%
- More group interactions among residents by 21.9% Improved motor skills by 15.6-37.5%
- Staff-resident relationship improvement by 25-27.1%
- Staff-resident family relationship improvement by 43%
- Improved most recent family visit by 56.7%

“We’ve seen a phenomenal change in residents,” Joann said. “They are calmer, more engaged. We don’t find them in their rooms much. They come out to see what’s happening.”

Engagement, interaction, recognition, positive feedback. The same elements that drive social media platforms Facebook, Twitter and Instagram are ramping up the quality of life for many of today's elders through technologies like IN2L.

"While some senior care communities expand person-to-person care, others are plugging into the latest computer technology," Sally said. "Sunny View and Front Porch are doing both with great success."

About the Front Porch Center for Innovation and Wellbeing

The Front Porch Center for Innovation and Wellbeing is part of [Front Porch](#), one of Southern California's largest not-for-profit providers of retirement living communities and affordable housing. The Front Porch Center for Innovation and Wellbeing strives to harness technology solutions that support and enhance wellbeing in older adults. The Front Porch Center's core initiatives focus on how technology can: assist in maintaining brain health; enhance social connectedness; promote engagement and growth; empower control over health and wellness; prevent emergencies or serious events; and increase resources and support for formal and informal caregivers. The Front Porch Center for Innovation and Wellbeing is a signature program of Front Porch's Humanly Possiblesm commitment to doing everything humanly possible to creatively meet the needs of those we serve today and in the future. More information can be found at www.fpciw.org.