



Summary Report

UK-India Workshop on Affordable Assisted Living Technologies for Older People

Venue: IISc Bangalore

Date: 19 November 2014

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Organised by:

[The UK Science and Innovation Network India](#)

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Supported by:

[Biogenesis](#), Bengaluru



The UK-India closed door workshop on assisted living technologies (ALT) for the elderly was a follow-up to the [ageing exploratory workshop](#) that was held in January 2014. Assisted living technologies for older people was the main discussion theme of the workshop where participants from India and the UK brainstormed on UK-India collaborative opportunities in this area and way forward.

The workshop was held in the margins of the [3rd World Congress on Gerontology](#) in Bengaluru, organised by Biogenesis .



WORKSHOP PROGRAMME

<p align="center">UK-India Workshop on Affordable Assisted Living Technologies for older people</p> <p align="center">J N Tata Auditorium, Indian Institute of Sciences, Bengaluru 19 November 2015</p>		
09.30-10.00	Registration and welcome	
10.00-10.10	<p>Opening Session</p> <ul style="list-style-type: none"> • Dr Tom Wells <i>Deputy Head-Science and Innovation Network</i> • Dr V P Rao <i>Scientific Advisor, Biogenesis Euro Indian Health Cluster</i> 	
10.15-11.05	<p>Session 1: Scene- Setting : ALTs in India and the UK Chair: Dr Gangadharan</p> <p><i>(Ten-min presentation by each, followed by five min Q&A)</i></p> <ul style="list-style-type: none"> • ALTs for older people in the UK: current role and directions for future innovation • Factors influencing the use of aids for disability in India and main disabilities amongst the elderly in India based on UNFPA Study • Challenges to use ALTs in the Rural Indian Scenario and government initiatives to encourage technological interventions for the elderly 	<p>Professor Mark Hawley, University of Sheffield</p> <p>Professor K S James, Institute of Social and Economic Change, Bangalore</p> <p>Dr Pretesh Kiran, St John's National Academy of Health Sciences Bangalore</p>
11.05-11.10	Coffee	
11.15-12.15	<p>Session 2: ALTs for older people : Research and NGOs perspectives Chair : Dr Amit Arora, British Geriatrics Society</p> <p><i>(Ten-min presentation by each, followed by five min Q&A)</i></p> <ul style="list-style-type: none"> • Sensor technologies at home: applications for the Indian set up • Ageing Research: Ongoing projects with India-benefits and challenges 	<p>Ms Patty Holley, University of Bristol</p> <p>Dr Sarah Hillcoat-Nallétamby, Swansea University</p>



	<ul style="list-style-type: none"> • ALTs in India -NGO perspective 	Dr Radha Murthy, Nightingale Trust Bangalore
12.15- 13.15	<i>Lunch</i>	
13.15- 14.30	Session 3: Tackling the issue using technological interventions – government , academia and industry perspectives	
	<p><i>(Ten-min presentation by each, followed by five min Q&A)</i></p> <ul style="list-style-type: none"> • Models for health and care at home – applying UK experience to India? • Health challenges faced by the elderly in India and medical services/systems in place to tackle the issue • Industry perspective on the future market potential in this area in India • UK policy in relation to ALTs for the elderly and available ALT equipment in the UK • C-CAMP’s role in translating and supporting innovative technologies by entrepreneurs/start-ups 	<p>Professor Mark Hawley, University of Sheffield</p> <p>Dr Vikas Bhatia, AIIMS New Delhi</p> <p>Dr Gangadharan, Heritage India , Hyderabad</p> <p>Dr Amit Arora, British Geriatrics Society</p> <p>Dr Taslimarif Syyed, C-CAMP Bangalore</p>
14.30- 15.30	<p>Panel Discussion: UK-India collaborative opportunities and way forward</p> <p><i>Chair: Dr Radha Murthy</i></p> <p><u>Panelists:</u> Mukul Kishore, Motivation India Mark Hawley, Sheffield University Sarah Hillcoat-Nallétamby, Swansea University Sailesh Misra, Silver Innings</p>	
16.00- 16.15	Wrap up of discussions	Professor K S James and Ms Patty Holley
16.15- 16.30	Closing Remarks	Mr Sunil Kumar British Deputy High Commission, Bangalore
End of programme		



Key points:

- India, as the rest of the world, is facing a change in population structure with increased longevity and therefore there are growing needs in healthcare especially in the ageing population. New technologies play a role in addressing some of the needs of these changes in society.
- Technology is available, rapidly evolving and gradually becoming less expensive and easily available. Indigenous methods/modifications could work for some population groups in India. One needs to identify which patient groups need it or potentially will benefit from it and will be happy to have it while developing a technology and ensure that commercial interests are not the main motive.
- Evidence and data gathering is important as will /could inform national policy. India can learn from the UK experience. India has a rich talent pool and a lot can be achieved through knowledge sharing.
- In the first instance, a framework for ALTs for the elderly in India will need to be created in order to make sure that the needs are met in different settings:
 - i) Institutional (care home, hospital or nursing home)
 - ii) Home (where ALT users will primarily be older people and their informal support networks of friends, neighbours, etc)
 - iii) Community (village hall, primary health care centres, etc. which act as “hubs”).

1. ALTs in different settings - assessing needs, preferences and capacities:

India has complex and diverse populations depending upon region/state and urban/rural distinctions – there will therefore be no “one size fits all” ALT solutions.

Implications for research:

- needs assessments for ALTs by region/state/urban-rural locations, settings (e.g. home, community, institution) and groups (e.g. age, socio-economic, linguistic)- would be vital to ensure cultural acceptability; meeting a wide spectrum of cognitive, physical and sensory needs (e.g. visual impairments); affordability, sustainability and attractiveness to business investors. The [UNFPA report](#) shows high prevalence of chronic illnesses and disabilities for example, hence needs for technology and equipment may be very basic (e.g. hearing aids, mobility aids, etc.).
- including a wide range of stakeholders: older citizens, their families and informal carers (as service consumers), businesses (as investors and entrepreneurs), industries (for technical innovations), support and professional staff (as service providers and specialist health educators). The [A4B Knowledge Exchange Project](#)- Care in Business, led by the Swansea University includes a network of business and research expertise in the area of ALTs in Swansea and could be looked as a model for developing ALTs including a range of various stakeholders.
- distinguishing settings in which ALT may be delivered, as this will determine issues of costs, accessibility, training requirements, sustainability, support systems (e.g. internet access, smart phones, etc.).



- developing needs assessment framework for each setting, to facilitate identification of ALTs, aids and equipment required per setting (e.g. personal alarms, telemedicine infrastructure, grab rails, sensor mats, camera surveillance) and what is already available in India and beyond to meet these needs. Could involve development of needs assessment surveys.

2. The impact of ALTs on quality of life and well-being – should we run before we can walk?

ALTs are not as yet available wide-scale in any region of the world so their effects on older people's well-being (and/or that of their carers) are poorly understood.

Implications for research:

- a "state of the art" review of the current international evidence base about the (dis)advantages of ALTs across a variety of settings, including evidence from a variety of stakeholders (see above).

3. Socio-economic change and support networks

Internal and international migration play a significant role in shaping the informal support networks available to older people in India as demonstrated by research undertaken by the [Centre for Innovative Ageing](#). Use of ALTs and ICTs could potentially play an increasingly important role.

Implications for research:

- examining the role of ICTs and ALTs for migrant families in caring for, and supporting older family members.
- Few areas of need where technology could help in the immediate future:
 - Better hearing and vision aids.
 - Better walking aid systems (improvements in walking sticks, simmer frames) and other devices to prevent falls.
 - Low cost monitoring devices (i.e. glucose measurement).
 - Mobil apps to aid self-care of chronic health conditions.
 - Everyday utensils that are easier to handle and use.
 - Better training material for healthcare professionals (i.e. using current online media systems).
- Key to the development of all these new technologies and devices is the participation of the user in the generation of ideas and the design of the devices. At the same time local and national governments should be involved in developing pathways so the users (patients, carers, health professionals) can access new technologies. In addition, seed funding should be made available for SMEs both in India and the UK.
- Most importantly, India has a high number of trained professionals that would benefit from interchanges with researchers in the UK. Co-funded PhD studentships will be



an excellent way to promote collaboration between these two nations.



List of delegates:

1)Professor Mark Hawley	University of Sheffield
2)Dr Sarah Hillcoat-Nallétamby	Swansea University
3)Ms Patricia Holley	University of Bristol
4) Dr V P Rao	Biogenesis, Bengaluru
5)Dr Amit Arora	British Geriatrics Society
6)Ms Priya Varadarajan	UK Trade and Investment, British Deputy High Commission Bengaluru
7)Dr K R Gangadharan	Heritage India, Hyderabad
8)Dr Vikas Bhatia	AIIMS, New Delhi
9)Professor K S James	Institute of Social and Economic Change, Bengaluru
10)Dr Indira Jai Prakash	Bangalore University
11)Dr Radha Murthy	Nightingale Trust Foundation, Bengaluru
12)Sailesh Mishra	Silver Innings, Mumbai
13)Dr Pretesh Kiran	St John's National Academy of Health Sciences, Bengaluru
14)Mr Govind B S	Independent Director M/s Kirloskar Ferrous Industries Ltd
15)M Mukunda Rao	Former faculty member -IIT Madras
16)Dr Mukul Kishore	Motivation Innovation, Bengaluru
17)Dr Taslimarif Syed	C-CAMP , NCBS Bengaluru
18)Professor Jaya Sreevalsan Nair	IITB, Bengaluru
19)Professor Subir K Roy	IITB, Bengaluru
20)Dr Tom Wells	UK Science and Innovation Network, British Deputy High Commission Bengaluru
21)Mr Sunil Kumar	UK Science and Innovation Network, British Deputy High Commission Bengaluru
22)Ms Sheryl Anchan	UK Science and Innovation Network, British Deputy High Commission Mumbai



Photos



