

## What is BREATHE?

- BREATHE is an innovative remote home monitoring system.
- It is aimed at people who are informal carers, for someone who wants to remain in their home, living as independently as possible, for as long as possible.
- The main aim of the system is to support and relieve the burden experienced by informal carers and improve the quality of life of both the carer and the person being cared for.
- It uses a mixture of sensors and cameras installed to monitor daily living activities.
- It provides the carer with live summary data of the person's activity patterns and a live camera feed when necessary.
- Carers can access the system remotely regardless of where they are.
- The system can be customised to fit the individual's normal daily living activities.
- While we aim to support as many people as possible, this is a trial project and we are limited in the number of carers that we can support.
- This is not an emergency service and we do not provide an emergency response.

## Your Loved One's Home



BREATHE monitors everyday activities like putting the kettle on or the front door opening.



System can be switched off at any time to protect privacy, e.g. if there is a visitor.

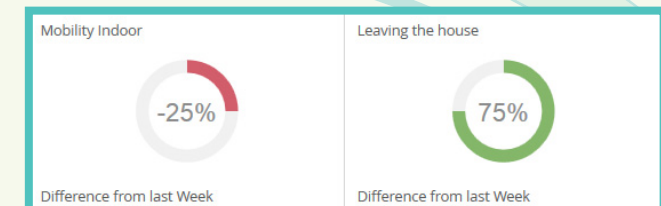
## For Carers



Live data and images from the sensors and cameras viewed on a phone/tablet/computer.



Living room camera.



BREATHE sends information about activity patterns and alerts, e.g. if the kettle has not been switched on all morning.

## About the Cybermoor Pilot Project

- The person you are caring for must be happy to use the system and give their consent to have it installed in their home for the period of the trial.
- All equipment for the system will be supplied and installed free of charge by qualified local engineers.
- It does not matter if a carer lives in Cumbria or another part of the UK, or it could be that you live in the same street as the person who is being cared for. However, we will prioritise those closest to Alston so we can support them best.
- The system will operate in a fully secure environment and any data collected will be stored anonymously.
- Full training and ongoing local support on the system will be provided.
- You must be happy to give feedback on the system, which will be collated and reported anonymously. Two other identical trials are being run in Dublin, Ireland and Valencia, Spain.

We are looking for 15 informal carers, who would be interested in trialling the system for 10 weeks.

**If you are interested in finding out more about the BREATHE system, you should contact:**

**Sue Gilbertson**

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**Email:** sue.gilbertson@cybermoor.org.uk

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BREATHE is co-funded by the European AAL Joint Programme and Public Authorities in Spain, UK, Ireland and Italy. This programme aims to create better living conditions for older adults and to develop commercial opportunities in Europe for new Information and Communications Technology (ICT) services.

Because you have the right  
to feel good and ...



**Do you care for a relative or friend  
with a long-term condition who  
lives at home?**

**Would you like greater peace  
of mind by using a home-based  
remote monitoring system?**

**If the answer to these two  
questions is YES!**

**Would you be interested in taking  
part in a FREE pilot project?**

***“ There are only four kinds of people  
in the world, those who have been  
caregivers, those who currently are  
caregivers, those who will be caregivers  
and those who need caregivers.”***

**– Rosalynn Carter (USA First Lady 1977 – 1981)**