



# SilverFit Alois

The SilverFit Alois offers moments of joy and respite to people with (temporary) physical or cognitive impairments. Activities included in the system stimulate motor and cognitive skills, encourage social interaction, and leads to relaxation. Family and caregivers discover new and pleasant ways to interact with the older adults. The SilverFit Alois promotes client autonomy with a user-friendly touchscreen and activities. Engaging in activities on the SilverFit Alois increases self-efficacy. People realize that many things are still possible, which improves self-confidence and overall wellbeing.

# SilverFit Alois

For people with dementia

## What is the SilverFit Alois?

The SilverFit Alois is a system consisting of a 32" touchscreen, a 3D camera, a set of speakers and a computer. The system has originally been developed for older adults with advanced dementia but can also be enjoyed by people with temporary physical or cognitive impairments.

Activities are organised into specific categories, according to the desired outcome. Categories include: physical activity, cognitive stimulation, social interaction and decreasing anxiety by means of reminiscence and relaxation.

## Application

Nursing homes are becoming more aware of the needs of residents with dementia. However, lack of staff prevents personalised attention and support.

In addition, during hospitalization, vulnerable clients require extra care as any changes to their surroundings or daily routine confuses them. They become very attached to the people they see every day and the environment they live in.

In both environments, the SilverFit Alois offers the clients entertaining activities that are adapted to their needs, preferences, and capabilities.

## Wide variety of activities

Inactivity leads to a rapid decline in functionality in people with cognitive impairments. Movement is stimulated by the SilverFit Alois in the form of games. The 3D camera detects movement which translates into the outcome of a game. The games aim to train functional movements which slows the decline in functionality and prolongs independence. This includes, amongst others, sitting to standing, bending forwards and various other balance exercises.

It is also an option to combine the SilverFit Alois with an active-passive trainer. This gives clients

the opportunity to cycle virtually through beautiful nature routes.

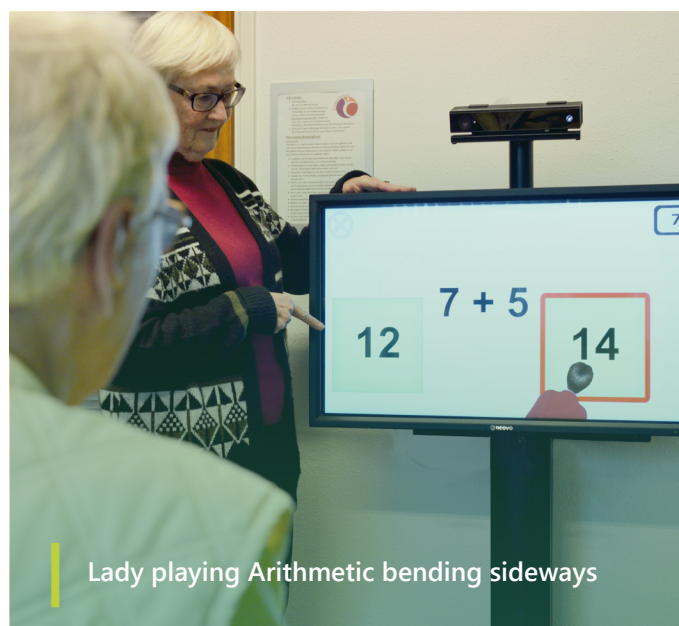
For cognitive training, the SilverFit Alois has a lot to offer. Games include solving puzzles, memory, simple arithmetic and even painting a blank canvas. It also allows clients to take a trip down memory lane by uploading personal photos to the system. This provides comfort and respite from restlessness.

Lastly, activities on the SilverFit Alois can be enjoyed in groups. Ideal as a group activity in nursing homes, even caregivers and family members can join in. This prevents social isolation often experienced by the residents.

## Mobile and intuitive

Due to the SilverFit Alois system being mounted on a mobile stand, it can easily be moved. Ideal for use in hospital wards, the activity room at a nursing home and even living rooms.

The system's user-friendly interface and intuitive settings encourage even the most frail to use it. It makes therapeutic exercises more accessible on a regular basis and adds an element of fun.



Lady playing Arithmetic bending sideways

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## Overview of the activities

### PHYSICAL ACTIVITIES



#### Tour movies

City walks or cycling routes amidst nature



#### Conducting to music

Imitate the conductor



#### Sit dancing

Seated movements to the rhythm of music



#### Music playbox

Interact intuitively to sounds and colours



#### The fox

Improve balance by moving the upper body



#### Sound recognition

Activities with various sounds



#### Arithmetic

Solve simple arithmetic by touching the screen



#### Funfair with cans

Throw the ball to break the pile of cans



#### Funfair with moving targets

Aim and throw at moving wooden animals at the fair



#### Bingo (with pictures or numbers)

Match the number on the card to the number selected by standing up or leaning forward



#### Volley ball

Keep the ball in the air by hitting it back to the opponent



#### Follow the leader

Daily movements to perform in a group



#### Ants Crossing

Keep the ball in the air by hitting it back to the opponent

### COGNITIVE ACTIVITIES



#### Picture or Photo matching

Form the pairs by touching the screen



#### Trail making

Connect the numbers from the smallest to the largest



#### Arithmetic

Solve simple arithmetic by touching the screen



#### Scratch game

Run your hand over the screen to discover the hidden image



#### Painting

The screen is a blank canvas, create your masterpiece



#### Puzzle

Piece the puzzle together. Option to use personal photos



#### Memory (with pictures or photos)

Find pairs from an array of tiles by touching the screen



#### Guess the picture

Guess the (personal) photo hiding behind the squares.

### SOCIAL INTERACTION / REMINISCENCE



#### Memory lanes

Photo slideshow of European cities from the last century



#### Photo browser

Choose to view historical or personal photos



#### User movies

Watch personal movies of your choice (the wedding of a relative for example)



#### Slideshow

View (personal) photo sets



#### Photo studio

Take photos with the SilverFit Alois and add remarks

### SOOTHING ACTIVITIES



#### Aquarium

The pleasure of enjoying a realistic aquarium



#### Fireplace

The comfort of a wood fire with its relaxing crackling sound



#### Animal videos

A wide selection of videos featuring animals



#### Tour movies

Panoramic views of real landscapes filmed around the world

