



ABILIA



Support for time, planning, focus, and sleep
for people with adhd and add



ABILIA

About Abilia

Abilia works for a socially sustainable and inclusive society, in which people with special needs feel secure, independent and involved. We are passionate about creating conditions for everyone to live a more fulfilling life. We work towards the UN's Sustainable Development Goals, as our assistive technology is adapted to the individual, creates a change in behaviour, has a lasting effect on individuals, customers and society.

With more than 40 years of experience, supported by research evidence, we know that our assistive technology makes a difference. Early intervention is an important key for improving levels of education, inclusion in work life, and life-long health.

Health, equality and inclusion

More and more people are being diagnosed with adhd and add, probably due to increased awareness and the broadening of diagnostic criteria.

Society needs to become more inclusive, in order for these people to have better conditions and quality of life.

Early intervention can prevent serious consequences in relationships, studies, and work.

Knowing which disabilities can occur in people with adhd and add can aid treatment, adaptations in everyday life, and which knowing cognitive support can help.



Adhd and add

Neurodevelopmental disorders depend on how the brain operates and works. The most common diagnoses are adhd and add, autism spectrum disorders, Tourette's syndrome, and language disorder.

Adhd is an initial abbreviation used in everyday language. The letters stand for attention deficit hyperactivity disorder, which means attention disorder and hyperactivity disorder.

Add is a form of adhd in which there is no obvious hyperactivity.

Adhd and add is common in combination with learning difficulties and dyslexia. Autism spectrum disorders, tics, and language disorders may occur.

Common challenges for people with adhd and add

Basic problems for people with adhd are challenges with

- Attention
- Impulsiveness
- Over-activity

There is no clear over-activity in add.

In everyday life, the above can mean difficulties in

- staying focused when something isn't fun and motivating
- planning and organising
- having a sense of time
- taking the initiative to perform activities that are perceived as boring or demanding
- waiting for ones turn
- feeling very restless and overactive
- controlling ones impulses
- relaxing and falling asleep, and maintaining good sleep throughout the night

Relationships, studies and work can be adversely affected.

Additional challenges arise when diagnosed in combination with, for example, learning difficulties, dyslexia, autism spectrum disorders, and anxiety.

Support for time, planning, focus, and sleep makes everyday life easier

Challenges may be due to the fact that the following cognitive functions are affected



Time and planning

Time scheduling

– organising events in a chronological order, allocating the time required to events and activities

Time orientation

– awareness of time of day, day of week, date, month, and year

Experience of time

– subjective experiences that are connected to the length and passing of time

ICF-codes*: B 1642, B 1140, B 1802



Attention and focus

Maintaining attention

– keeping ones concentration for the period of time required

ICF-code*: B 1400



Energy and sleep

Energy level – mental function that provides power and endurance

Motivation – readiness for action, conscious or unconscious drive to act

Time to fall asleep

– psychological functions that control the transition from wakefulness to sleep

Sleep maintenance

– psychological functions that maintain the sleep state

ICF-codes*: B 1300, B 1301, B 1341, B 1342

*International Classification of Functioning, Disability and Health, ICF, WHO

There are many things that can help individuals with adhd and add

- knowledge of their disabilities
- the right treatment and support from their surroundings
- time and planning strategies
- reminder support to help to stick to their planning
- strategies for staying focused even when tasks are tough
- strategies for avoiding over-activity that causes stress in everyday life
- routines and support for sleeping



Assistive devices can contribute to participation and independence

Compensating assistive technology can enable an individual to better manage personal care, housing, education, work, and leisure time.

Early intervention is extremely important, as it can prevent serious consequences such as mental illness and difficulties in everyday life, school, and working life.

- sensory-stimulating weighted products aim to facilitate falling asleep and maintaining sleep during the night, and creating a sense of calm and focus during the day
- cognitive support aims to provide a greater sense of time, planning support, the facilitation of routines and being reminded of activities, support in taking initiative and staying focused during demanding activities. They strive to provide the user with a balance in everyday life.



Individualised aids can make everyday life easier for the whole family

Assistive devices should be selected and adapted to the individual, but can also become a shared tool for everyone making every day life work better

- improved interaction and communication
- better sleep for everyone in the family
- less need to remind the individual about activities
- better relationships and fewer conflicts



Regular education and special education

Even though the student brings personal assistive devices with them, it is of value to equip the classrooms with products that can support concentration, motivation, and sticking to schedules.

- weighted collars and weighted blankets can help to facilitate concentration on schoolwork
- timers that visualise the passage of time can motivate students to stick to school assignments and prepare to exit an activity
- stationary and mobile planning tools that clarify the time and schedule, and provide reminders that make it easier to manage the school day



Workplaces

Different professions and tasks have different demands. Together with their employer, the individual can do a lot to make things easier.

- tasks can be adapted and performed one at a time, support can be given in structuring and prioritising tasks
- the working environment can be adapted so that the individual can move to a quieter and calmer location, noise dampening room dividers and noise-cancelling headphones can help
- working hours can be flexible to suit the individual's needs, opportunities for individual breaks and rest rooms
- work aids, e.g. weighted collars, weighted vests, visual timers, digital time and planning tools can help



The Quarter Hour Principle visualises time as a quantity

The Quarter Hour Principle is the basis of Abilia's time aids. Time is abstract and often difficult to manage. Time perception is based on the individual having a sense of the passage of time, being able to orientate themselves in time, and plan their time.

- the Quarter Hour Principle shows the time as a quantity
- everyone can follow what is more and less, and that when a dot "disappears" is it less
- the term "dot" can be used in daily speech
- you don't need to know time concepts such as hours and minutes
- comprehensible terms allow many people to increase their perception of time

The time pillar counts down to an event with fixed, countable steps.

Dots go out from top to bottom:

1 dot = 15 minutes = "1 quarter"

More than 8 dots = "a long time"



A lot or a little lemonade



A lot or a little time

Proven and evidence-based medical devices

The following products are Abilia's solutions for supporting individuals with adhd and add.

MEMO Timer

MEMO Timer is a robust timer that visualises time as a quantity.

The product supports the user:

- for an increased sense of time
- to wait for something and to "hurry up"
- to focus on mentally demanding activities
- to complete an activity
- to increased self-esteem and control of impulses
- to reduce stress, conflicts, and aggressive behaviour



MEMO Timer is available in four different variants with 8, 20, 60 or 80 minutes.

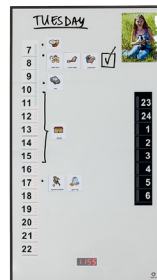


MEMO Dashboard

MEMO Dashboard is a planning board for those who need a visual overview of the day in relation to the course of time.

The product supports the user in:

- getting a better understanding and feeling for time
- creating routines in everyday life
- starting activities on time
- performing activities more independently
- reducing their dependence on reminders from, for example, parents
- feeling calm, in control, and reducing aggressive behaviour



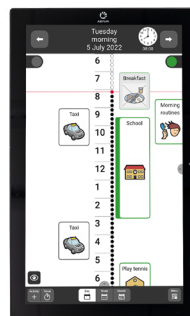
MEMO Dashboard

MEMOplanner

MEMOplanner is a digital time and planning support tool that can also be administered remotely. The product comes with an app for portable support on their smart device.

The product supports the user in:

- gaining a better understanding and sense of time
- creating routines in everyday life
- being involved in activities
- starting activities on time
- performing activities more independently
- reducing their dependence on reminders from, for example, parents
- feeling calm, in control, and reducing aggressive behaviour
- balancing energy-intensive activities and rest



MEMOplanner

HandiCalendar

HandiCalendar is an app that the user has on their smart device. Support persons can administer the app via a web portal remote calendar.

The product supports the user in:

- getting a better sense of time
- creating routines and structure in everyday life
- participating in activities
- balancing energy-intensive activities and rest
- managing personal care and accommodation, arriving on time for activities outside the home
- reducing stress and conflicts with others



HandiCalendar

Somna Blanket

The Somna Blanket is intended for sleep problems caused by stress and anxiety.

- the product provides a calming effect
- it can be easier to settle down before going to bed
- the blanket can improve the quality of sleep during the night
- the chains in the blanket provide sensory stimulation and the blanket also provides an enveloping feeling.
- with better sleep, an individual may have more capacity for daytime activities



Somna Blanket

Somna Comforter

Somna Comforter is a sensory-stimulating weight product that can be used during the day.

- the comforter can be used to relieve anxiety so that the user achieves a greater sense of calm
- the comforter can improve body image and provide better levels of attention and concentration
- the flexibility of the steel chains helps to shape the chain comforter tightly around the body's contours, which provides a calming weight and even pressure on the body



Somna Comforter

Somna Vest Balance

A weighted vest is a daytime product, and is used before, during, or after a demanding activity.

Somna Chain Vest Balance can be used in combination with a weighted collar.

The weighted vest can:

- reduce anxiety and unrest
- allows the user to achieve a greater level of calm
- improve body image
- improve attention and concentration

Somna Collar

The Somna weighted collar is a day product, and can be used alone or together with the Somna Chain Vest Balance.

- the collar helps the user to relieve tension in the body and shoulders
- the collar can be used while both sedentary and in motion
- examples of applications are in the home as recovery after a demanding day, for increased concentration, and for sedentary static work
- used together with Somna Chain Vest Balance, the collar contributes to an increased body image and level of concentration



Somna Vest Balance



Somna Collar

User-friendly and safe products

Abilia's products are developed for a specific target group and for a specific purpose.

The products:

- are based on research and clinical evidence
- safely compensate for disabilities
- take into account risks that may arise during use
- feedback on use and continuous improvements provide increased security for the user

Abilia's products are medical devices, class I, and are CE marked in accordance with the European Regulation 2017 / 745 – MDR.

Abilia is certified according to ISO 13485 – safety for customers and users

As a medical technology company, Abilia is certified in accordance with the international standard ISO 13485. This means that Abilia has a quality management system in accordance with applicable regulatory requirements.



Access to the right assistive tool at the right time can make all the difference

Ver. 2023.05.15

Abilia AB | www.abilia.com | info@abilia.se | +46 (0)8-594 694 00



ABILIA