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Front Porch Center for Technology Innovation and Wellbeing Teams with CareSpeak Communications on “Minding Our Meds”

*Project Will Address Medication Adherence Among Active,
Independent Older Adults Using a Mobile Solution*

Burbank, Calif. Oct. 11, 2011 – The [Front Porch Center for Technology Innovation and Wellbeing](#) (Front Porch Center), a 501(C)(3) founded on the belief that technology innovation plays a vital role in enhancing wellbeing, is partnering with [CareSpeak](#) Communications, a two-way SMS-based medication reminder service available on virtually any cell phone or smartphone device with a texting plan, on the “Minding Our Meds: Demonstrating Senior Medication Adherence with Cell Phone Texting Reminders” project.

Supported by a grant from the Center for Technology and Aging, the Front Porch Center for Technology Innovation and Wellbeing’s “Minding Our Meds” project will address medication adherence among active, independent older adults using a cell phone texting service. The project will focus on 150 adults age 50+ living across Front Porch communities and neighboring senior centers.

The Front Porch Center will deploy CareSpeak’s mHealth platform for the project. CareSpeak’s Mobile Medication Manager sends text messages to a mobile phone to help a user take his/her medication on time and in the right amount. CareSpeak offers participants the opportunity to alert caregivers via text if there is no intake confirmation response from the patient/user.

“CareSpeak has an exciting vision for how two-way text messaging technology can play a critical role in medication and care compliance,” said Kari Olson, president of the Front Porch Center for Technology Innovation and Wellbeing. “We are very excited to show through this pilot how this easy-to-use and affordable mHealth solution can meet the medication management needs of an active senior population. This is a great example of how everyday technologies that are already widely adopted can be tapped to meet the needs of older adults.”

CareSpeak’s service allows users to:

- Receive timely reminders to ensure medication is taken as prescribed.
- Log medication intakes by response text and view adherence calendar online.
- Get timely refill reminder alerts to ensure uninterrupted therapy.
- Involve caregiver(s) by having them receive escalation alerts so they can call a user in case user/patient misses an alert.

"With the aging population trend in the USA, it is important to create simple, affordable, yet effective tools to help seniors and their circle-of-care manage the seniors' health and wellness better," said Srdjan (Serge) Loncar, CareSpeak's founding president and CEO. "Medication therapy compliance, monitoring of biometrics, and patient education play a significant part in improving health and quality of life for seniors, and CareSpeak's mobile health platform helps seniors achieve that. CareSpeak's platform, using a ubiquitous, inexpensive technology, helps keep people out of the hospital and living independently."

The average older adult takes 4.5 prescription medications and two over-the-counter drugs.¹ Meanwhile, 91% of those aged 57-85 take at least one medication and at least 30 percent require five taken daily or weekly.² Many of these medications are administered to address a number of the effects of aging, and are directed at a number of conditions that may include hypertension, diabetes, congestive heart failure, depression and arthritis. Yet the practice of taking medications as prescribed by one's doctor – known as medication adherence – is complicated by myriad reasons that lead to unnecessary illnesses, disabilities, premature deaths and estimated healthcare costs of \$290 billion per year, according to a 2009 study.³

"Minding Our Meds" is supported by a grant from the Center for Technology and Aging, based in Oakland, Calif. The Center for Technology and Aging (techandaging.org) is the national resource for expertise in the use of patient-centered technologies for older adults. CTA supports the adoption and diffusion of technology-enabled care that is patient-centered, coordinated, efficient and effective. CTA is focused on four areas of opportunity that can transform lives: medication optimization, remote patient monitoring, care transitions and mobile health. Established with funding from The SCAN Foundation (thescanfoundation.org), CTA is affiliated with the Public Health Institute (phi.org).

About the Front Porch Center for Technology Innovation and Wellbeing

The Front Porch Center for Technology 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 Technology 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. More information is available at www.fpctiw.org.

About Front Porch

Front Porch is a not-for-profit support system for a family of companies that serve individuals and families through full-service retirement, active adult communities, affordable housing communities through CARING Housing Ministries and related management and development services. Front Porch active adult and full-service retirement communities offer a full range of options from independent living to continuing care, including memory support. Specialized programs like the Front Porch Center for Technology Innovation and Wellbeing, Front Porch Gallery and affiliated Centers for Spirituality and Aging support the Front Porch belief in understanding and meeting needs so that residents can live life their way. With innovative communities and programs that meet the changing needs of people as they

¹ GAO, 1996

² "Use of Prescription and Over-the-counter Medications and Dietary Supplements Among Older Adults in the United States". JAMA. 2008;300(24):2867-2878).

³ 2009, National Network for Health Innovation.

age, Front Porch represents a leading-edge approach to wellness in aging. Front Porch is comprised of 10 full-service retirement communities in California and three adult living communities: one in Louisiana, one in Florida and one in Nuevo Vallarta, Mexico. Front Porch also serves individuals and families through more than 20 affordable housing communities managed by Front Porch's affiliate, CARING Housing Ministries. Front Porch, based in Burbank, Calif. and founded in 1999, is a not-for-profit organization that gives back to its residents and the communities it serves. More information is available at www.frontporch.net.

About CareSpeak

CareSpeak Communications provides mobile communications technology solutions to health care professionals, patients, and caregivers for better medication and clinical compliance, resulting in improved outcomes. The company offers its services to clinical organizations, insurers, payers, benefit managers, and the pharmaceutical industry. CareSpeak Communications is a privately held company, headquartered in New Jersey. Visit www.carespeak.com for more information.