

# Eskaton Partners with Stack Care

## 45 Day Pilot Study Evaluation with SMUD/STACK and Eskaton

**PURPOSE:** Create adaptive living environments throughout Eskaton by replacing current lighting with a smart sensing, responsive lighting platform in 10 apartments at Eskaton Monroe Lodge.

### OBJECTIVES:

- ✓ Improve overall resident well being: sleep quality, safety & mood
- ✓ Improve apartment adaptability to promote independence
- ✓ Evaluate the effectiveness of the smart lighting with intention to scale to all lodges and villages



## Pilot Setting and Funding:

### 2016/2017 Pilot Test at Monroe Lodge:



Number of residents and apartments that are participating in December 2016 pilot launch



Funding provided by SMUD. 3<sup>rd</sup> party primarily interested in the cost-savings of LED lighting



Location of pilot in Eskaton's largest free standing independent living community.

**Study Findings:** Findings based on 11 participants that completed both pre/post data after 45 days with new lighting system installed in apartment. Previous smart sensor system continued to monitor daily trends, which was used to interpret findings

- ✓ 22% Reduction in time needed to fall asleep
- ✓ 27% Reduction in daytime drowsiness
- ✓ 45% Improvement in energy levels
- ✓ 72% Improvement in daytime activity levels
- ✓ 91% reported significant improvements in lighting
- ✓ 100% reported high satisfaction with lighting
- ✓ 100% reported feeling safe in their home
- ✓ 18% reported increased feelings of independence

### Lessons Learned:

- Gain better understand of infrastructure of older constructions
- Expand length of pilot to account for any delays
- **NEXT STEPS:** Expand pilot to additional apartments with infrastructure changes