



ADVANCING CAREGIVER HEALTH
THROUGH INNOVATIONS

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College Students Hack to Develop Tech Solutions to Improve Caregiver Health

-Teams from Virginia Tech and George Mason University Win Challenge -

Richmond, VA -- A diverse group of multidisciplinary college students from across the Commonwealth gathered this past weekend to address the often overlooked issue of caregiver health and wellness at the inaugural 2015 "Caring for the Caregiver Intercollegiate Hack" hosted by SeniorNavigator's Lindsay Institute for Innovations in Caregiving.

According to a National Alliance for Caregiving Study, there are over 65 million family caregivers in the U.S. providing an average of 20-41 hours per week of care to their loved one – and this number will only continue to grow as the aging population grows. "Family caregiving is truly the backbone of long-term care, making up 80% of care provided," said Dr. Richard W. Lindsay, co-founder and namesake of the Lindsay Institute. "The supply of family caregivers is unlikely to keep pace with future demand, making creation of tech solutions even more important to allow fewer caregivers to do more and to help care from a distance."

These family caregivers are "often thrown into the situation without warning," said Adrienne M. Johnson, executive director of SeniorNavigator. "While caring for a loved one can be gratifying, they are likely to be juggling caregiving along with jobs, children, and a host of other responsibilities," Johnson said. The result of this juggling act is pervasive stress and a resulting downward spiral of health problems for many caregivers.

The Hack, which took place March 21 and 22 at Troutman Sanders LLP in downtown Richmond, challenged students to advance the health and improve the lives of these family caregivers by creating technological tools such as apps, devices for the home, wearables, or interactive web experiences through the spirit of friendly competition.

Students from across seven Virginia-based higher-education institutions formed multi-disciplinary teams of 5-6 participants per school that were under the leadership of a faculty coach. Additionally, each team was paired with a family caregiver – helping students better understand the challenges and struggles caregivers face. Teams from George Mason University, James Madison University, Lynchburg College, The College of William and Mary, University of Virginia, Virginia Commonwealth University, and Virginia Tech participated in the Hack. Teams worked over a 25 ½ -hour period to create realistic and usable apps or products designed to positively impact caregiver health.

The esteemed panel of judges selected the grand prize winner based on the technology's originality, usability, feasibility, and how developed it was at the time of the presentation.

- Gigi Amateau, Chief Impact Officer, United Way of Greater Richmond & Petersburg
- Tony Fung, Deputy Secretary of Technology, Commonwealth of Virginia
- David Geen, Vice President of Digital Technology, Capital One
- Mark Hanson, Co-Founder & Head of Technology and Product, BeClose
- Jerry Hill, Partner & Chief Technology Officer, AuthX Consulting
- Bill Kallio, State Director, AARP Virginia

The team representing Virginia Tech was awarded the \$5,000 Grand Prize, for *CareFood*, an online platform that connects caregivers to share a virtual dinner table and community – sharing recipes while offering customized shopping lists and meal plans based on nutritional needs and dietary restrictions of themselves and the care recipient.

The \$1,000 People's Choice Award, chosen by audience members, was awarded to the team from George Mason University for *Family Room*, an online portal that allows caregivers to combat isolation via connections with family near and far, while capturing the care recipient's shared life story.

With the teams retaining ownership of their ideas, Johnson says “we are providing teams with tools to enable them to pursue the development of the ideas that came out of the weekend.” SeniorNavigator and its Lindsay Institute will offer both winning teams access to assistance with the development of a business plan and funding opportunities through Victor MacLaughlin with CrowdV3 Holdings in Richmond, VA and through other connections made at the Hack event.

Key event sponsors included, at the Platinum level: AARP Thought Leadership, Capital One, Friendship Retirement Community, & Troutman Sanders, LLP. Gold Sponsors included AuthX Consulting, Asbury Group Integrated Technologies, Eli Lilly, and the Society for Certified Senior Care Advisors.

For more information on the Lindsay Institute for Innovations in Caregiving or this Hack event, please visit CaregivingInnovations.org.

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About The Lindsay Institute for Innovations in Caregiving

The Lindsay Institute for Innovations in Caregiving is an initiative of SeniorNavigator, a statewide public/private partnership non-profit that helps Virginia's seniors, caregivers and families find vital information and community programs so they can live with independence, dignity and hope. The goal of the Lindsay Institute is to improve the health of caregivers---with the number of Virginians over 65 doubling by the year 2030 to 1.8 million and there already being over 1 million caregivers across the state providing 88% of all eldercare---the Institute and it's esteemed Advisory Council are working together to keep caregivers from neglecting their own health while they care for a loved one. For more information, please visit CaregivingInnovations.org.