

Would you like to take part in the RESILIENT Research Study?

This study is investigating whether in-home health monitoring devices can be used to support the management of long-term health conditions. You may be eligible to take part in the RESILIENT study if you are **aged 65 or over** and have **two or more long-term health conditions**.

If you are interested in taking part or would like more information, please contact the research team by email research@sabp.nhs.uk or by phone 01372 216 584.

This two-year study involves:

- Using three health monitoring devices: a smart watch, scales and under-mattress sleep mat.



- These devices are provided by the research team free of charge for the duration of the study and a member of the team will help you set up and learn how to use the devices.
- Every three months, you will be asked to complete some questionnaires assessing your memory, health and wellbeing.
- The data collected during the study will be sent to both you and your Hub care team in the form of a health report.
- Your care team at the Hub will get in touch with you if they see anything in your health report that they would like to follow up.