LOTHIAN FALLS CONFERENCE

September 17, 2025

Garrett Sprague

Smplicare

Enjoy later life

Todays Discussion

15:30 - 15:40	The Smplicare Story
15:40 - 15:55	The Smplicare Platform
13:55 - 16:00	What’s Next

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The Smplicare Story

“We both just knew this was the beginning of the end”

Frailty should be viewed as a long-term condition

Self-management is an effective approach to managing long-term conditions

Low-cost digital technologies enable intervention at scale

Prevention starts with (supported) self-management

AI unlocks data-driven prediction & personalisation

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Falls can be predicted & prevented

Frailty can be prevented, reversed & slowed

Everyone, everywhere should Enjoy Later Life

Groundbreaking Research: 2022 - 2024

300 Older adults

20+ Partners

210 Falls reported from 105 fallers

1000 Participant engagements

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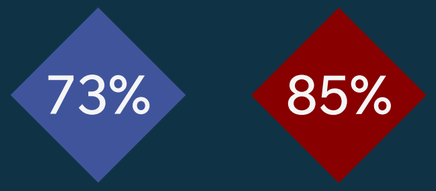
Smplicare Fall-Risk Algorithm: TRL 6

1

Analyse daily insights from real-world wearable data

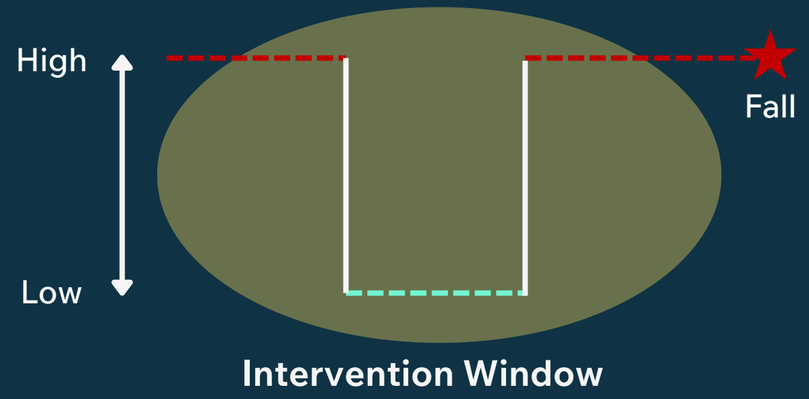
2

Continuously evaluate patterns over 7 & 15 day windows



3

SFRa indicates risk-level as High or Low



SFRa: Smplicare Fall Risk Algorithm

Proactive Fall Risk Identification

Pattern recognition system that identifies when a persons habits and physiological signals mirror the patterns in our dataset when falls occurred

What is the target population?

- Living in the community
- People experiencing frailty - between CFS 4-6, maybe 3-7

What does “accuracy” mean?

The % of times where when deployed against the testing data the SFRa successfully indicated that a fall would occur

- 15-day: 85/100 falls
- 7-day: 73/100 falls

It is not:

- 100% accurate - falls are random. It will produce false positives / negatives
- Diagnostic
- A prediction of the future
- Capable of telling us that someone will fall on a specific day or time
- Trained on data from individuals in the care home or hospital

5GIR Pilot: Oct 2024 - Mar 2025

35 Older adults
Avg. Age: 73

CFS

Frailty Scale
Pre - Moderate (4-6): 70%

Fear of Falls: 71%
FaME: 78%
Difficulty Walking: 83%

£98k

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5GIR Pilot: 3-month Outcomes

50%

Exercised more each week

27%

Reported a reduced fear of falling

77%

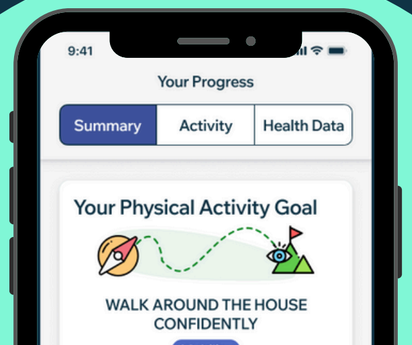
Felt more motivated to stay active

95%

Better understood exercise role in maintaining independence

60%

Felt physically stronger



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“The exercises are already helping me **get my confidence back**.”

“This weekend, I went to the football without my stick for the first time in a long while.”

- John

S5GConnect
Greater Glasgow

Smplicare

“We offer one class a week, which if I’m honest, isn’t enough”

“**Smplicare can provide the evidence** demonstrating our impact allowing us to continue investing in our programmes.”

- Ryan Gilmour, Senior Health Development Officer

S5GConnect
Greater Glasgow

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The Smplicare Platform

Accessible, Built with Older Adults

User Centred

Co-designed with older adults; Continuous user feedback with terative improvements.

Accessibile

WCAG 2.2 AA compliant; Large text, high contrast, simplified flows for older adults; tested across devices & operating systems.

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Safe, Secure & Compliant

Data in UK/EU only

UK/EU (AWS eu-west-1, Live Data Protection Impact Assessment (v1.3)

Certified

Cyber Essentials certified; DSPT certification pending; aligned with UK GDPR and NHS Digital standards

Tested

A+ penetration test result; Load/performance testing demonstrates capacity for thousands of concurrent users

Controlled

Two-Factor Authentication, role-based access, encryption at rest & in transit; Access logging & audit trails

Clinically Safe & Preventative

Reviewed

Independent CSO-approved safety case report; compliant with DCB0129/0160

Non-MDR

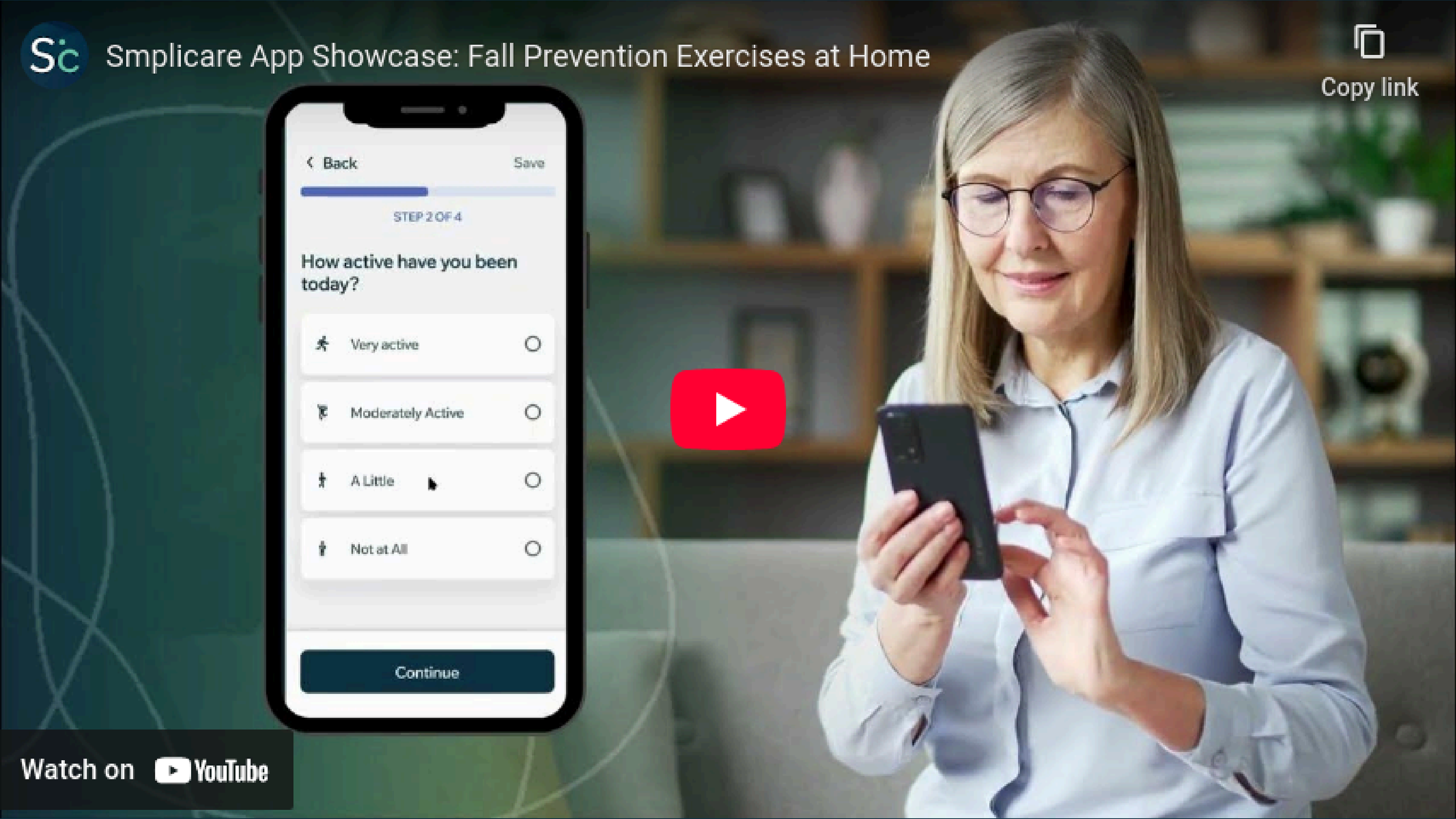
Not a regulated medical device (no diagnosis, no treatment, no triage); Preventative, wellbeing-focused use only.

Built-in Safety

Clinical hazards identified and mitigated; all residual risks at acceptable levels.

Standardised

Aligns with NICE Falls Guidelines; Embedded safety reviews at all stages of product lifecycle.


Smplicare App Showcase: Fall Prevention Exercises at Home
Copy link
Back
Save
STEP 2 OF 4
How active have you been today?
Very active
Moderately Active
A Little
Not at All
Continue
Watch on YouTube

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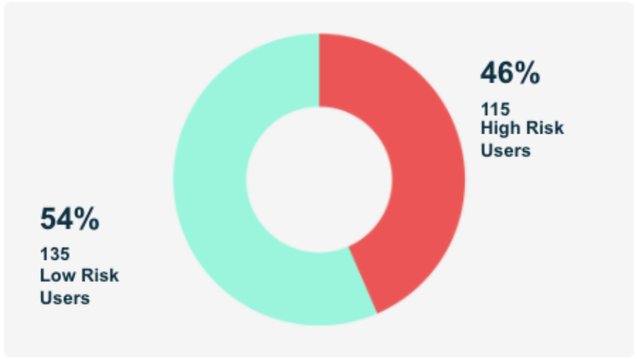
Dashboard | User Management

Sarah Wilson

Fall Risk Overview

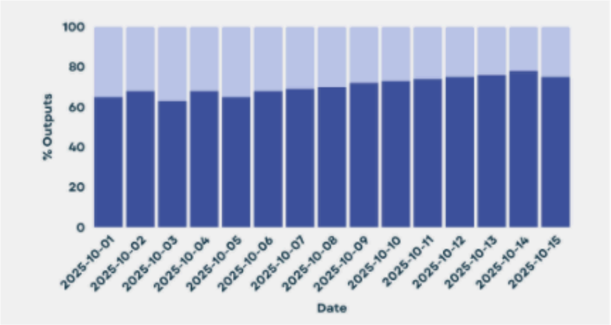
All Groups

Risk Distribution



Falls Risk Score (15 Days)

75% of cohort producing scores



Risk Level Changes (Last 15 Days)

+7 Users
Low to High Risk

+23 Users
High to Low Risk

All High Risk Users

Sort By: Statuses

User ID	Time Since Change	Days at High Risk	Group/Subgroup	Fall In Past Year	Clinical Frailty Scale	Actions
FBT-2458	Oct 15, 2025	32 days	The Landings	Yes	6 - Moderate Frailty	View User
FBT-1872	Oct 15, 2025	1 day	The Chimes	No	4 - Pre-Frail	View User
FBT-3291	Oct 15, 2025	4 days	The Chimes	Yes	7 - Severe Frailty	View User
FBT-1045	Oct 15, 2025	7 days	The Chimes	No	5 - Moderate Frailty	View User

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Dashboard | User Management | Sarah Wilson

Patient Profile

Back to Dashboard

Name: Eleanor Thompson **Email:** ethompson@gmail.com **ID:** PT-78542 **Age:** 76 **Group:** NL Falls **Sub-Group:** FNC Falls Pathway

Current Fall Risk

HIGH RISK

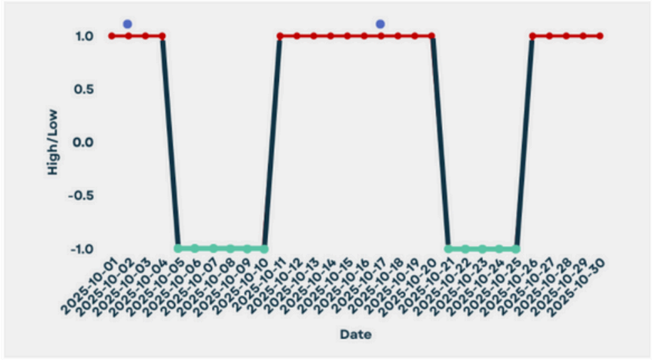
High Risk Since:	Oct 1, 2025
Last Intervention:	Oct 17, 2025
Days at High Risk (30 days):	19 days
Days at Low Risk (30 days):	11 days

The Fall Risk indicator is not a clinical decision support system and is not classified as a Medical Device under current UK MDR regulations. It must not be used to:

- *Diagnose, triage, or determine treatment for any health condition;*
- *Substitute or override professional clinical judgement at the point of care;*
- *Serve as an emergency response or real-time alerting system.*

Fall Risk Over Time (Last 30 Days)

High Risk
Low Risk
Intervention



Intervention History

Log Intervention

Date	Author	Type	Notes
Oct 12, 2023	Dr. Sarah Mitchell	Medication Review	Adjusted blood pressure medication dosage to reduce dizziness. Follow-up in 2 weeks.
Sep 28, 2023	Nurse James Wilson	Home Assessment	Recommended removal of throw rugs and installation of bathroom grab bars.
Sep 15, 2023	PT Lisa Rodriguez	Balance Training	Started twice-weekly balance exercises. Patient shows good compliance but needs supervision.
Aug 30, 2023	Dr. Robert Chen	Initial Assessment	Comprehensive fall risk assessment completed. Referred to PT for balance training.

Document Intervention

Back to User

Eleanor Thompson
ID: PT-78945 | DOB: 15/03/1942 (81 yrs) | High Fall Risk

Intervention Date
DD/MM/YYYY

Intervention Time
HH:MM

Intervention Type
Select intervention type

Intervention Notes
Subjective / Reason for Visit / Problem:
Objective Stats / Results:
Assessment:
Plan:

Follow-up Required
Yes No

Priority Flag
Low Medium High

Cancel | Save Intervention

Recent Interventions

Date	Type	Staff	Follow-up	Priority	Actions
12/06/2025 09:15	Phone Call	Nurse Emma Clark	19/06/2023	Medium	View
28/05/2025 14:30	Home Visit	Sarah Wilson	12/06/2023	Low	View
15/05/2025 11:00	Email	Social Worker James Brown	28/05/2023	High	View

Recent Falls

Most Recent Fall: October 5, 2025

Location: **Bathroom**

Time of Day: **Morning**

Reason: **Loss of Balance**

Injury: **Minor Bruising**

Description:

Patient reported feeling dizzy when getting up to use the bathroom. Lost balance while attempting to sit on toilet. No loss of consciousness reported.

Total Falls (Last 12 months): **3**

Falls Resulting in A&E: **1**

Assessments

Level 2 Fall Risk Assessment
Assessment Date: September 30, 2025
View Full Assessment

Comprehensive Geriatric Assessment
Assessment Date: September 20, 2025
View Full Assessment

Life Satisfaction
Assessment Date: September 10, 2025
View Full Assessment

Level 2 Fall Risk Assessment

Assessment Date: September 20, 2025

Response Review:

- Fall in Past 12 Months: Yes
- Fear of Falling: Yes
- Four or more medications: yes
- Vision Impairment: yes
- Cognitive Function: Mild Cognitive Impairment

Clinical Frailty Scale

5

Level 5

Mild Frailty

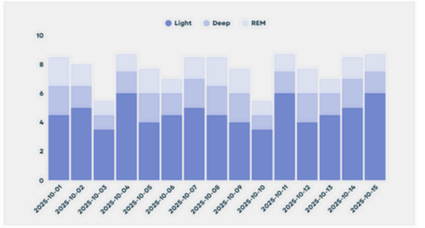
Patient shows slowing and needs help with high-order IADLs (finances, transportation, heavy housework).

Functional Fitness Test Scores

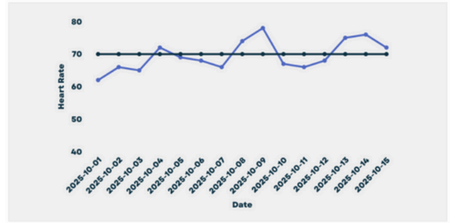
Balance	Strength	Endurance	Mobility	Flexibility
Poor	Moderate	Moderate	Poor	
Recent: 12s Oct 10, 2025	Recent: 8 reps Oct 10, 2025	Recent: 62 steps Oct 10, 2025	Recent: 14s Oct 10, 2025	
Best: 15s Aug 10, 2025	Best: 10 reps Aug 10, 2025	Best: 95 steps Aug 10, 2025	Best: 12s Aug 10, 2025	

Fitbit Data (Last 30 Days)

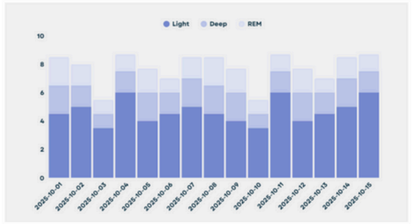
Activity Zones Average: 30 minutes moderate activity



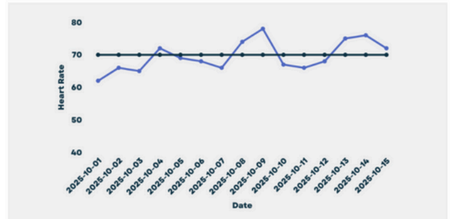
Step Count Average: 4,478 steps



Sleep Duration Average: 6.2 hrs



Resting Heart Rate Average: 78 bpm



THANK YOU

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