



How Forward Thinking Home Care Agencies are Turning Data into Care Knowledge with ALBERTai

By Dr. Thomas M. Gill, Yale School of Medicine & David S. DuPlay, Co-Founder & CEO Unity Global Care Inc.

What Every Family Needs to Know When Selecting a Home Care Agency for Their Loved One

There is a question that lives quietly in the back of every family caregiver's mind, whether you say it out loud or not:

"Is Mom really okay when no one is there?"

You hired a caregiver. You set up a schedule. You call when you can. But somewhere underneath the routine, the worry remains. Because you know that a caregiver who visits for a few hours a day cannot possibly see everything. And that the things they miss might be exactly the things that matter most.

You are not wrong to worry. And you are not alone.

There are approximately 53 million Americans in exactly your position right now, adult children, spouses, and siblings doing their best to support an aging loved one while managing careers, their own families, and the quiet, relentless stress of not knowing what you don't know. According to the AARP, the unpaid care these families provide is valued at more than \$470 billion every year. The emotional cost, of course, is impossible to calculate.

But here is what no one tells you when you start looking for a home care agency: not all home care agencies monitor your loved one the same way. Some agencies show up, complete their tasks, and document that the visit happened. Others, a growing but still small number use technology that actually *watches*, *learns*, and *alerts* in ways that can prevent the emergencies you fear most.

The difference between those two kinds of agencies is the difference between reactive care and proactive care. And it could be the most important distinction you consider when making this decision.

What "Checking In" Actually Looks Like And Why It's Not Enough

Picture a typical day in traditional home care. A caregiver arrives, helps your mother with bathing and breakfast, tidies the kitchen, and documents the visit on a tablet or paper form. The notes say she ate well, seemed comfortable, and was in good spirits. The caregiver moves on to their next client. Your mother is alone again.

What those notes cannot tell you is whether she has been sleeping less over the past two weeks. Whether her appetite has been gradually declining in a way that no single visit would reveal. Whether the slight unsteadiness you noticed at Sunday dinner is getting better or quietly getting worse. Whether her mood described as "good" in today's notes has actually been shifting in ways that could signal something more significant.

This is not a criticism of caregivers. Most home care workers are compassionate, dedicated people doing genuinely important work. The problem is the system they work within, a system that collects fragments of information from every visit but has no mechanism for connecting those fragments into a meaningful, complete picture of your loved one's health over time.

As David DuPlay, Co-Founder and CEO of Unity Global Care, has put it plainly: most home care agencies are data rich and insight poor. They have more information about their clients than ever before. But that information lives in disconnected places, and no one is connecting the dots until something goes wrong.

By the time a pattern of decline becomes obvious, by the time the fall happens, or the hospitalization, or the emergency call at 2 a.m. the window for early intervention has already closed. The warning signs were there. They just weren't visible to anyone in time to act on them.

The Numbers Behind the Fear You're Already Feeling

If you've ever lain awake worrying about a parent falling alone at home, that fear is grounded in real and sobering statistics.

The Centers for Disease Control and Prevention reports that falls are the leading cause of injury-related death among adults 65 and older. Every year in the United States, approximately 36 million falls occur among older adults, resulting in more than 32,000 deaths and 3 million emergency department visits. More than 800,000 people are hospitalized annually for fall-related injuries most commonly hip fractures, which carry a one-year mortality rate of between 18 and 33 percent.

And falls are only part of the picture. According to the New England Journal of Medicine, roughly one in five Medicare patients is readmitted to the hospital within 30 days of discharge. Many of those readmissions happen because early warning signs changes in

breathing, appetite, mobility, cognitive clarity went unnoticed in the days and weeks after a patient came home.

These are not rare, unlucky outcomes. They are the predictable result of a home care model that treats each visit as an isolated event rather than a chapter in an ongoing story about your loved one's health.

The good news is that this model is changing. And the technology driving that change is called ALBERTai.

What ALBERTai Does In Plain Language

ALBERTai is an artificial intelligence platform developed by Unity Global Care that powers a new category of home care, one built around continuous, intelligent monitoring rather than periodic check-ins.

Here is what that means in practical terms for your family.

Every observation a caregiver makes during a visit, what your loved one ate, how they moved, how they seemed emotionally, whether they mentioned pain or confusion, whether they engaged normally or seemed withdrawn flows into the ALBERTai system. So does data from any health monitoring devices or sensors being used. So do any observations or concerns you as a family member share.

ALBERTai doesn't just store that information. It learns from it. Over time, it builds a picture of what is normal for your specific loved one their typical sleep patterns, their usual appetite, their baseline mood and mobility. And then it watches for changes. Not dramatic, obvious changes that anyone would notice. The subtle, early shifts that typically go undetected the ones that show up days or weeks before a crisis but that, when identified early, can be addressed before they become emergencies.

When the platform detects a meaningful change in pattern, it doesn't wait. It surfaces that signal to the care team so that someone can reach out, assess the situation, and intervene early. Not after the fall. Not after the hospital readmission. Before. This is the difference between a home care agency that shows up and a home care agency that is genuinely watching over your loved one around the clock not just during scheduled visits.

You Stop Worrying in the Dark

One of the hardest parts of being a family caregiver is the isolation of the worry. You know what you observed last weekend. The caregiver knows what happened during Tuesday's visit. Your sibling who lives two states away has a completely different impression based on a phone call. And none of you are working from the same information.

The result is exactly what you'd expect: miscommunication, disagreement, delayed decisions, and a persistent sense that no one has the full picture because, in traditional home care, no one does.

ALBERTai changes this entirely.

The platform is designed to connect your whole family regardless of where anyone lives to a single, unified, continuously updated picture of your loved one's condition. Everyone is looking at the same information. Everyone knows what the trends look like. Everyone receives the same alerts when something needs attention.

This is not just a convenience. It is a fundamentally different experience of caring for someone you love. Instead of operating in uncertainty and filling the gaps with anxiety, you have real information. You know when things are going well. You know when something deserves a closer look. And you have the peace of mind that comes from knowing the agency caring for your loved one is not just completing visits it is actively, intelligently monitoring their wellbeing every single day.

The ALBERTai Aging-In-Place Score: A Number That Tells a Life Changing Story

One of the most meaningful tools ALBERTai provides families is something called the ALBERTai Aging-In-Place Score.

Think of it as a simple, clear indicator a single number that reflects how well your loved one is doing at home across all the dimensions that matter: their physical health and biomarkers, their cognitive function, their strength and mobility, and their overall stability. The score is generated by ALBERTai's proprietary algorithms, which analyze the ongoing stream of care data and synthesize it into something any family member can understand at a glance.

Is the score stable? That is meaningful reassurance. Is it trending upward? That is genuinely good news to celebrate. Is it declining? That is an early signal not a crisis, but a prompt to pay closer attention and act before a small concern becomes a serious problem.

Aging does not come with instructions. The ALBERTai Aging-In-Place Score is the closest thing families have ever had to a reliable, continuously updated guide an honest, objective answer to the question that sits at the heart of every caregiver's life: *"Is Mom really okay?"*

Why This Also Protects You The Family Caregiver

The burden of family caregiving is real, and it is taking a serious toll on real people. Research consistently shows that family caregivers experience higher rates of

depression, anxiety, and physical illness than their non-caregiving peers. They reduce their working hours. They delay their own medical care. They sacrifice sleep, personal time, and the sense of their own lives having space and momentum.

Much of that burden flows directly from uncertainty from not knowing, from worrying, from being the one responsible for noticing things that the professional care system might miss.

When you choose a home care agency powered by ALBERTai, you are not just choosing better care for your loved one. You are choosing a different experience for yourself. You are choosing to have a partner an intelligent, tireless, data-driven partner that is watching over your loved one when you cannot be there. You are choosing to replace the exhausting cycle of uncertainty with the steady, grounding clarity of real information.

That matters. Not just for your loved one's health. For yours.

The Question to Ask Every Home Care Agency You Interview

When you sit down with a home care agency to discuss care for your loved one, there is one question that will immediately tell you whether you are talking to an agency that has made a real commitment to the kind of care your family deserves:

"How will you know if my loved one's condition is changing before a crisis happens and how will you keep my whole family informed in real time?"

If the answer is: *"Our caregivers are trained to observe and report concerns during their visits"* that is a good answer about good caregivers. But it is not an answer about proactive intelligence. It is an answer about reactive documentation.

If the answer involves ALBERTai if the agency can explain how every caregiver observation, every health data point, and every pattern of daily life flows into an intelligent platform that learns your loved one's normal, detects early warning signals, and connects your entire family to a unified, real-time picture of their wellbeing then you are talking to an agency operating at a genuinely different standard of care.

That is the agency your loved one deserves. That is the agency your family deserves.

What to Look for in an Agency Powered by ALBERTai

When evaluating whether a home care agency is truly using ALBERTai to its full capability, here are the specific things you should expect them to be able to offer your family:

An ALBERTai Aging-In-Place Score that is regularly updated and accessible to your family, giving you a clear, honest picture of how your loved one is doing over time not just on the day of a visit.

Predictive monitoring that identifies early warning signs of cognitive or functional decline, fall risk, nutritional changes, and other health shifts before they escalate into emergencies.

Family connectivity that keeps every member of your family working from the same information, eliminating the fragmented, conflicting pictures that create stress and delay important decisions.

Proactive communication from the care team not just updates after something happens, but early outreach when the data suggests something deserves attention.

Verified, high-quality caregivers recruited and supported through the ALBERTai platform, which also helps agencies elevate the performance and consistency of the care being delivered in your loved one's home.

Full privacy and security compliance ALBERTai operates under the highest available data protection standards, including HIPAA and GDPR, so your loved one's information is handled with the security it deserves.

The Conversation Every Family Needs to Have

There is no perfect time to have this conversation. There is no moment when it feels easy to sit down and honestly assess whether someone you love is safe aging at home and whether the care you have arranged is truly adequate for what they need.

But the families who have this conversation early before the fall, before the hospitalization, before the crisis that arrives without warning are the families who have the opportunity to make a choice rather than react to an emergency.

You are reading this article, which means you are already having the conversation. You are already asking the right questions. And the most important thing you can do right now is make sure the home care agency you choose is powered by the kind of intelligence that matches the seriousness of what you are trying to protect.

Your loved one has spent a lifetime building the person they are. They deserve care that is as attentive, as informed, and as committed to their wellbeing as you are.

They deserve an agency powered by ALBERTai.

Take the First Step Today

If you are currently evaluating home care options, or if you have a loved one already receiving care and you want to understand what the ALBERTai standard of monitoring could mean for your family, Unity Global Care invites you to start with something simple and free.

Request your loved one's free ALBERTai Aging-In-Place Score. It takes only a few minutes and gives you something no family caregiver has ever had before: an honest, data-informed starting point for the conversation your family needs to have. Because the question isn't just whether Mom is okay today.

The question is whether you will know early enough to do something about it if she isn't.

About the Authors:

Dr. Thomas Gill, Yale Medical

Dr. Thomas Gill is a physician at Yale who specializes in caring for older adults and studying how to help people stay healthy and independent as they age. For more than 30 years, his research has focused on understanding why older individuals develop difficulties with everyday activities and, importantly, how to prevent or delay those changes.

He leads major research programs at Yale that follow people over time and test new approaches to maintain strength, mobility, and quality of life. His work has helped shape how doctors and scientists think about aging, disability, and independence.

Dr. Gill has published extensively and received many honors for his contributions. At Yale, he also directs key programs devoted to aging research and the health of older adults. Dr. Gill has led and contributed to groundbreaking epidemiologic research, clinical trials and other aging initiatives. His work has been widely recognized with prestigious awards and leadership roles across Yale and the broader aging research community.

David S. DuPlay, Co-Founder & CEO Unity Global Care:

Dave brings a uniquely informed perspective to the conversation around aging, technology, and compassionate care. A patient advocate, entrepreneur, and seasoned healthcare strategist with more than 30 years of experience working alongside medical professionals, research organizations, and patient communities across virtually every disease area, Dave has dedicated his career to aligning the goals of all healthcare stakeholders in service of better patient outcomes. As Chairman of Vital Options International, a global health foundation founded in 1983 and committed to health education, advocacy, and financial assistance for patients in minority and underserved communities worldwide, Dave understands firsthand the human stakes embedded in every healthcare decision.

A recognized author and speaker on the challenges facing vulnerable populations, Dave is a passionate believer that technology, when thoughtfully applied, has the power to close gaps in care, amplify the voices of those too often left behind, and preserve the dignity of aging individuals and the families who love them. It is through this lens that Dave Co-Founded Unity Global Care Inc., to bring the ALBERTai eco-system to families and providers, not merely as tools of convenience, but as meaningful instruments of empowerment for some of the most emotionally complex moments families will ever face.