

Peace of Mind

Reassurance for families. Support for independent living.

Helping you stay connected to the everyday routines of someone you care about — without constant calls, guesswork or intrusive monitoring. Supporting independence. Reassuring the people who care.

Caring can come with constant worry

- “Are they okay today?”
- “Did they take their medication?”
- “Has something changed?”
- “Would I know if they needed help?”

Peace of Mind gives you a clearer picture of the day — in one calm, simple view.

- **Less uncertainty** — a clearer view of everyday routines
- **Earlier awareness** — notice meaningful changes sooner
- **More confidence** — feel connected between calls and visits

How Peace of Mind actually helps, day to day

- Support daily routines and reminders
- Keep important wellbeing information in one place
- Help family members stay informed and aligned
- Make it easier to notice when a routine may have changed
- Provide reassurance between visits or calls
- Reduce the need for repeated check-ins
- Offer a clearer picture for carers and family
- Adapt as needs and circumstances change

One clear view, when you need it

An easy-to-understand overview of how the day is going — brought together from the routines and events that matter most.

- **Today's reassurance** — an easy-to-understand overview of how the day is going
- **Routine updates** — see familiar activity and important daily moments
- **Medication support** — stay aware of medication routines and reminders
- **Meaningful changes** — notice when something looks different from the usual pattern

Example panel message

Peace of Mind Today — Reassuring

Routine is on track. No unusual home events.

A gentle picture of everyday wellbeing

Every person has their own routine. Peace of Mind learns what is usual and helps highlight meaningful changes — rather than overwhelming you with data. The overview compares the day with the person's usual pattern, helping you focus on changes that may matter. Designed around the individual — not a generic checklist.

- **Daily rhythm** — familiar activity through the day
- **Medication routine** — helpful reminders and status updates
- **Rest and sleep** — changes worth noticing over time
- **Home awareness** — important activity and home events
- **Family check-ins** — keeping the right people informed

Support when something needs attention

Everything looks reassuring	Familiar routine, medication on track, no unusual events. You can get on with your day feeling more at ease.
Worth checking	A small change from the usual pattern has been noticed. You have the information to call, check in or ask someone nearby.
Action recommended	An important routine or home event needs attention. The right person can be alerted quickly.

Peace of Mind supports everyday care. It does not replace professional medical advice, emergency services or personal contact. It is designed to complement the care, conversations and professional support already around your loved one — making everyday caring feel more informed, organised and manageable.

A little more reassurance, every day

Peace of Mind is designed to help families support independence with greater confidence. It brings everyday information together clearly, respectfully and simply — so you can focus less on worrying and more on being there.

See how Peace of Mind could support your family.

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Peace of Mind by iWatchOver — Supportive technology for everyday care.