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Case study

Empowering independence in Skurup municipality with the Alba mobile safety watch

A pioneering pilot shows how modern mobile safety technology can transform everyday independence for older adults.



There have been very positive reactions. A more modern model of security alarm has been in demand, especially one that works outside the home. It comes with greater freedom,

Hanna Bergkvist, Welfare Technology Coordinator
Skurup Municipality

Executive summary

Skurup Municipality in Sweden partnered with Careium to pilot the Alba, a next-generation mobile safety alarm designed to give older adults greater freedom, confidence and security beyond the home. Over a three-month period, ten active users tested the device and consistently reported increased independence, reassurance and satisfaction with its ease of use and reliability.

Background

Before the pilot, Skurup relied on traditional home-based alarms that functioned within or just outside the user's residence. For older adults who enjoyed walking, shopping or visiting local amenities, this created a sense of limitation and, at times, vulnerability. Many felt less confident leaving home, knowing they could not call for help if something happened while they were out. The municipality recognised a growing need for a modern, mobile solution that could support a more active lifestyle and strengthen preventive, person-centred care. As Health and Care Manager Damir Babic explained, the right technology "comes with many advantages and allows us to work even more preventively."

The solution: Alba mobile safety alarm

To address these challenges, Careium introduced the Alba watch, a discreet and intuitive mobile safety alarm that looks and feels like a contemporary watch.

Despite its familiar appearance, Alba offers specialist safety features designed specifically for care environments. Users can contact the monitoring centre with a single press of a button, enabling immediate two-way communication wherever they are. Built-in GPS ensures rapid and accurate location information during emergencies, while fall detection automatically triggers a follow-up call if the wearer takes a hard fall. Its water-resistant design allows it to be worn continuously, including in the shower, and simple bedside charging makes it easy to integrate into daily routines.

As one tester observed, "The security alarm looks like a regular watch, but with the difference that it has direct contact with the home services monitoring centre via the push of a button."



User story: Bo, Skivarp

Among the first to trial Alba was Bo, an active resident of Skivarp who enjoys walking around his local area. Previously, the limited range of his home-based alarm meant he often felt restricted when leaving the house. With Alba, that changed immediately. He described how reassuring it felt to know he could raise an alarm even while out on a walk, adding, “With Alba I can raise the alarm even if I’ve gone out for a walk. It feels great, and safe.”

Bo also praised the clarity of the display, the strong reception and the comfort of wearing the device day and night. By the end of the pilot, he expressed a strong desire to keep the alarm permanently.

Pilot outcomes

Feedback from both participants and staff was overwhelmingly positive. Users consistently reported feeling freer and more confident when leaving home, and the device performed reliably during test alarms. The audio and display were described as clear and easy to use, and the watch integrated seamlessly into daily life. The strong satisfaction across all participants reinforced the municipality’s belief in the value of mobile safety technology. Following the evaluation phase, Skurup aims to move toward broader implementation in late 2026.

Impact on care teams and families

The introduction of Alba brought clear benefits not only for users but also for care teams and families. For professionals, the GPS functionality enabled faster and more accurate responses, particularly when supporting individuals who spend time outdoors. Fall detection feature strengthened preventive care, giving teams greater confidence when supporting at-risk individuals. Families also experienced increased peace of mind, knowing their loved ones could be located quickly if needed. For people living with dementia, the device offered an additional layer of safety, especially when combined with optional geofencing alerts. As Damir Babic explained, “With consent, we can make settings that cause the alarm to go off if the person moves too far away… which provides security for the elderly person themselves, but also for relatives.”

Why it matters

Skurup’s experience reflects a wider shift across Europe: older adults increasingly want independence rather than restrictions, organisations are seeking more preventive and efficient care solutions, and families are looking for reassurance that their loved ones are safe. Alba meets all three needs. By enabling users to remain active, reducing isolation, supporting dementia care and strengthening preventive strategies, Alba helps build trust between people and care providers while promoting safer, more confident everyday living.



Conclusion

Alba is more than a piece of technology, it is a meaningful step toward greater freedom, dignity and security for older adults.

The Skurup pilot demonstrates the transformative impact of modern mobile safety solutions and highlights the potential for wider adoption across Europe as communities seek smarter, more person-centred approaches to care.

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