



SENTINA'S SERVICES

Enabling Meaningful Daily Care

Kari Mikkonen

CEO

kari.mikkonen@sentina.fi

+358 40 352 9898



ABOUT SENTINA

- Finnish SME specialized in elderly care SaaS service development
- Built on Expertise, Powered by Networks
- Long-term collaboration with professionals & researchers

OUR IMPACT

We create value for organizations, professionals and clients



For organizations

Streamlined operations aligned with service needs and available resources – enabled by our digital platform.



For staff

Easier, more rewarding daily work that brings joy and a sense of purpose.



For clients

A communal, meaningful and purposeful everyday life.

Daily dose of joy

with International Potential

- A proven Finnish model for meaningful daily care
- Model integrates physical, cognitive and social functionality
- Good care is about balance — activity, participation, being heard and self-determination
- Sentina turns this principle into everyday practice.

OUR DEVELOPMENT STORY



- Originally a powerful, engineer-driven technical platform
- Evolved into an easy-to-adopt, device-independent SaaS solution
- Designed to support diverse care practices and varying professional competence
- Real-time insights for management, plus expert webinars to build competence



WHAT WE OFFER TODAY



- **Sävelsirkku** – A tool loved by instructors, non-screen-based, made for face-to-face encounters
- **Näyttämö** – shared, screen-based, green care included all times, a low-threshold solution for everyone
- **Silverstund** – AI-based, international, developed in the **Silvermoments-project**
- Proven use in daily care



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From Content to Impact: Method Matters!

- Simple, effective digital tools for diverse professional starting points
- Structured methods turn content into impact
- A daily model that makes both individual and group activities easier and more meaningful
- Possibility to tailor to each older person's needs, strengths and interests.



Turning the Benefits of Music into Structur ed Care

- Music activates the brain and supports memory, cognition and identity
- Improves mood, reduces anxiety and behavioral symptoms
- Enhances social interaction, communication and physical activity
- A low-cost, non-pharmacological method easily integrated into daily care
- → Basis for Sentina's "musical will" and a structured method to record and apply it

Turning RAI Results into Daily Practice

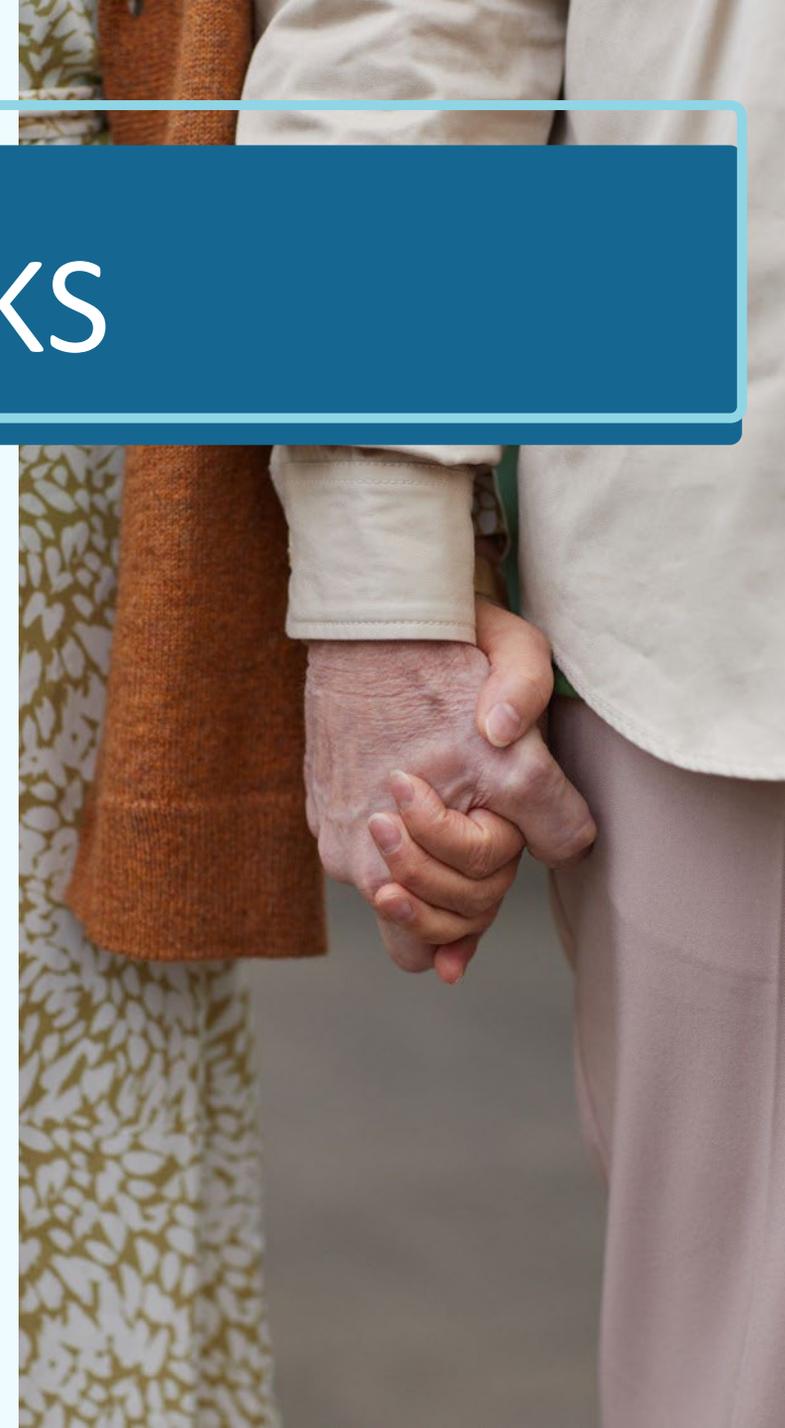
- RAI results translated into practical daily activities (ensuring meaningful, safe and appropriate care)
- Example: Group activity planning for four residents (R1–R4)
 - R1–R3: ADLH 0–5 → goal to improve functional ability → sufficiently intensive group exercises
 - R4: ADLH 5–6 → goal to maintain function → personalized, individual activity
- Structured methods guide the right activity for the right person

LINKS

www.sentina.it

www.silverstund.it

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Sentina
+3589 4257 8750
info@sentina.fi

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+358 40 352 9898
kari.mikkonen@sentina.fi

