

Living At Home

Just Checking Dementia Assessment Kit

Introduction

If you have dementia it can be difficult sometimes to explain to professionals and family members how well you are managing at home. 'Just Checking' can help by providing objective information about your daily living activities at home. The system can support you, family and professionals to better understand your needs, and ensure you get the right type of support to keep you safe in your own home for longer.

How does Just Checking work?

Just Checking uses sensors which are placed on the front and back doors, and in each room of your home. As you move around your home the sensors will send information to an activity chart which can be accessed on a website by your health or social care worker. Family members can also be given access to the charts. The charts show information such as what time you got up in the morning and went to bed, when you used the kitchen and bathroom, and if there were any times when you left home. The system does not use cameras, so no-one can see you.

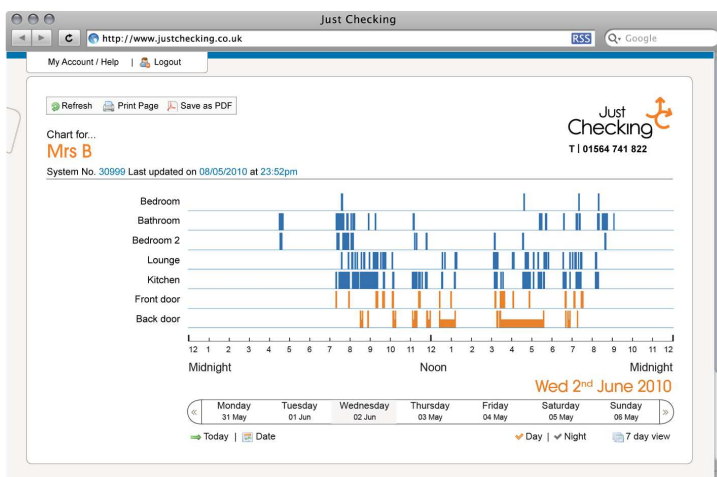
When will Just Checking be used?

Social care and mental health professionals may use Just Checking for a short assessment period to get a better idea of how well you are coping at home. The system will be used for a maximum of 4 weeks. Information from Just Checking sometimes shows that you may benefit from a change to your health or social care support. For example, your medication may be changed, or the time of your home care visit. Where a change has been made, Just Checking may be left in your home for a further short period to assess if the change to your health and social care has been helpful.



How successful is Just Checking?

The Just Checking system often shows that people with dementia are managing at home much better than family or professionals first thought, and that with appropriate health and social care support can remain independent at home. Studies in Nottinghamshire and Staffordshire have found that over half of the people who were previously assessed as requiring residential care, could be supported to remain in their own home after using Just Checking. In all cases Just Checking provides information which cannot be obtained from another source, and this helps to ensure that decisions about your future care are based on the best available evidence.



Who is eligible for the service?

If you have dementia, or a significant cognitive impairment which affects your memory, then use of Just Checking may be suggested by your social care worker to see if you need long term personal support to help with daily living tasks.

NHS community mental health teams in Nottinghamshire may also recommend the use of Just Checking as part of their assessment of how well you are managing at home.

The Just Checking system is only suitable for people who live alone.

How much does Just Checking cost?

Nottinghamshire County Council does not charge for the use of Just Checking during the short assessment period. No phone line or internet connection is needed, as this is built into the Just Checking system.

Can I buy or rent Just Checking after the assessment period?

If you and your family decide that it may be helpful to use Just Checking after the short assessment period, then you can rent a system. If you rent your own system, then this can also be used to send text or email alerts to a carer, such as an alert if you are not up and about by a certain time. For further details about renting and current charges please contact Just Checking directly on:

Phone: 01564 785 100

Website: www.justchecking.co.uk

There may be other systems available which can provide similar support to Just Checking. You can find details about other kit which may help if you have dementia, from the following website: www.atdementia.org.uk

Contact Information

To discuss your need for long term support, please contact the Nottinghamshire County Council Customer Service Centre:

Phone: 0300 500 80 80

Monday to Friday: 8am to 8pm

Saturday: 8am to 12 noon

Calls cost no more than calls to standard geographic numbers (01 or 02) and will also be included in inclusive minutes schemes.

If you are in hospital please ask to speak to the hospital social work team.

Email: enquiries@nottsc.gov.uk

Website: www.nottinghamshire.gov.uk

Minicom: 01623 434993

Phone 0300 500 80 80 if you need the information in a different language or format.

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<https://www.nottinghamshire.gov.uk/global-content/privacy>