



# Living At Home Kit: Assistive Technology

## What is Assistive Technology?

Assistive Technology is a range of equipment which can help to keep you independent in your own home and provide peace of mind to carers. We provide three assistive technology services:

- **Telecare** – Sensors in your home are linked through your phone line and a special telecare box to a 24 hour monitoring centre. If the sensors detect a danger, they will automatically call the monitoring centre. Staff will immediately call to check how you are, and if necessary can request further help from a friend, family or emergency services.
- **Standalone Assistive Technology** – provides a similar range of sensors to telecare, but instead of the alerts going to a 24 hour monitoring centre, the sensors alert a portable pager unit which can be carried by a carer living in the same home.
- **Just Checking** – a kit of special sensors which can help with assessments of how well a person with dementia is managing daily living activities at home. See the back of this fact sheet for further information.

## How can it help?

Telecare and Standalone Assistive Technology equipment can help to alert a carer, or the 24 hour monitoring centre to a number of risks:

**Falls** - a small device worn on your clothes or wrist can automatically detect a fall and alert either a carer in your home, or the 24 hour telecare monitoring centre. Bed leaving sensors can also tell if you get up in the night and need immediate help from a carer. This can help to prevent a fall occurring in the first

place. Bed leaving sensors can also be used to alert the telecare monitoring centre if you fail to return to bed after getting up during the night – perhaps indicating that you have had a fall on the way to the bathroom, and need help.

We target automatic falls detection equipment at people who go unconscious and fall, for example due to a history of stroke, epilepsy or poorly managed diabetes. This equipment is also sometimes suitable if you have memory problems, and forget to call for assistance after a fall using a manual call button.

**Wandering** – a door sensor can tell if you leave your home at an inappropriate time, such as in the middle of the night when you might put yourself at risk. An alert can be sent to a carer in your own home, or to the 24 hour telecare monitoring centre. The sensor can be linked to a timer, so that it only operates when you are most at risk, e.g overnight.

**Managing Your Medication** – if memory problems mean you forget to take your tablets, an automatic medication dispenser may help. The device can hold up to 28 doses and alerts when it is time to take your tablets. You will need someone to fill the dispenser for you, and a professional will need to confirm that your tablets are safe to keep inside the unit.

**Epilepsy** – a bed based sensor can alert a carer, or the 24 hour telecare monitoring centre if you have a seizure at night. The sensor can only detect tonic-clonic seizures, and is not suitable for other types of seizure.

**Smoke Detection** – if you have dementia or severe memory problems which mean that you would forget how to respond if there was a fire in your home, these sensors will automatically alert the 24 hour monitoring centre to request help.

**Extreme Temperatures** – a sensor can tell if the temperature in your home falls or rises to a level which could affect your health, and automatically alert the 24 hour telecare monitoring centre.

## How much does it cost?

**Telecare** – The equipment will be supplied and fitted free of charge. However, there is a fixed charge of £2 per week for the 24 hour telecare monitoring service. In addition you will have to pay your telephone service provider for the cost of any calls made by the telecare equipment. Calls are made to an 084415 number which usually costs the same as a local call. However, please check call charges with your service provider as they do vary.

Please note that if you already have a lifeline or warden call system in your home it is not usually possible for us to add the telecare sensors to this service. If you wish to receive the telecare service you would normally have to give notice to your current lifeline service provider and transfer to our telecare service and equipment.

**Standalone Assistive Technology** – the equipment is supplied and installed free of charge. As the alerts go to someone in your home, there are no ongoing charges.

## How do I know if I am eligible?

If you struggle with daily tasks and need long term support, your social care assessment worker will explain if telecare can help to keep you independent in your own home, and arrange for it to be installed. You can request an assessment for long term support by calling us on 0300 500 80 80. If you already receive our long term support services, you can request telecare or standalone assistive technology equipment directly by calling us on the number above.

## Just Checking – Dementia Assessment Kit

This system uses sensors placed in each of the rooms of your home and on the final exit doors to help show how well you are managing daily living activities. The system does not use cameras. Information from Just Checking is sent to an activity chart which can be accessed on a secure website by family and professionals. Without Just Checking it can sometimes be difficult if you have dementia to accurately remember or communicate what activities you are doing at home. Just Checking is only installed for a short period (typically 2-4 weeks) to help health and social care professionals to better understand what support you will need to remain safe and independent in your own home. There is no charge during the short assessment period.

Just Checking often shows that people with dementia are managing at home much better than originally thought by family and professionals. The system is only available if you are being assessed for long term support, or receiving our START reablement service.

## Contact Information

To discuss your need for long term support, please contact us:

Phone: 0300 500 80 80

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

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

Email: [enquiries@nottsc.gov.uk](mailto:enquiries@nottsc.gov.uk)

Website: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

Minicom: 01623 869598

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