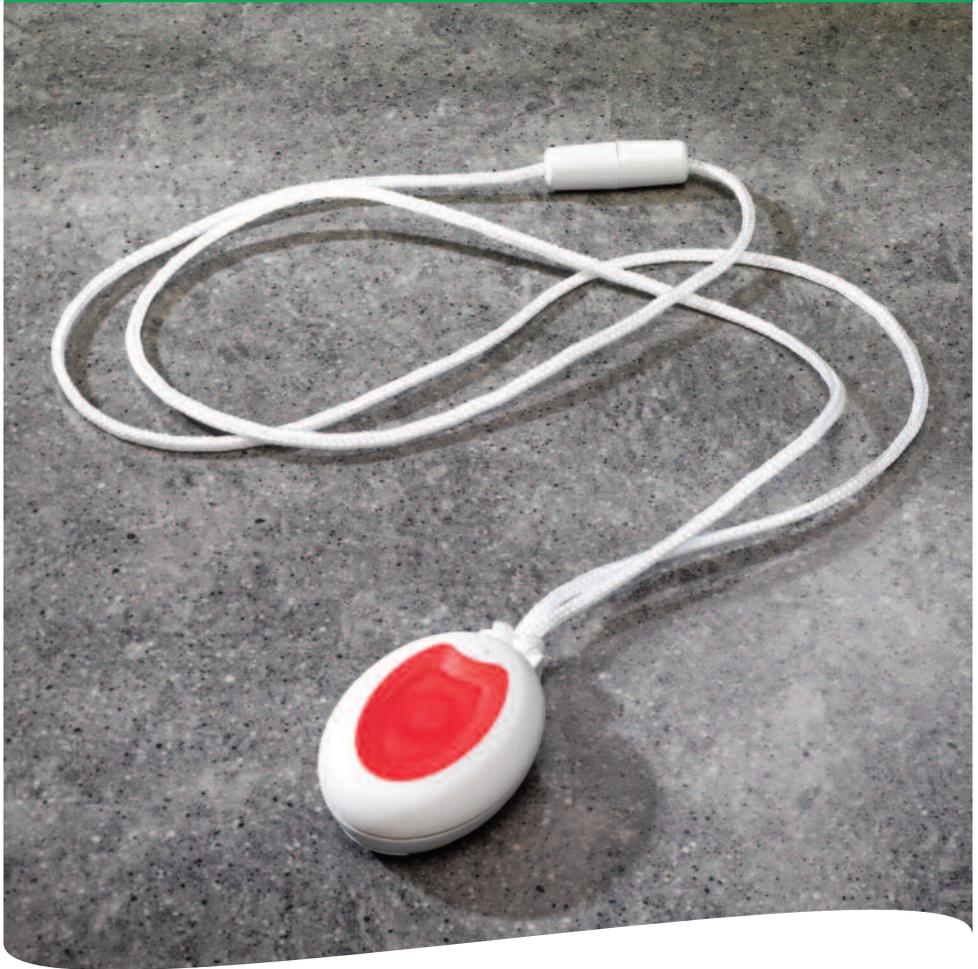


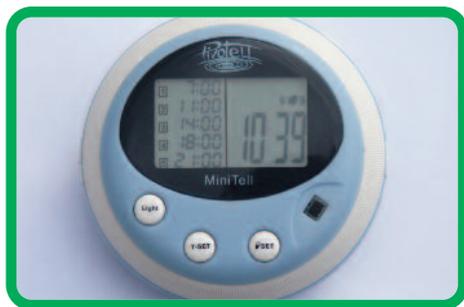
# A guide to assistive technology and telecare

Helping people live independently for longer



There are lots of gadgets and technologies available to help people live at home independently for longer. They can make a big difference to someone's quality of life and help carers feel more relaxed about leaving the people they care for on their own for a short time.

Telecare can be a vital safety blanket that allows people to remain as independent as possible, continue with their everyday lives and have the peace of mind that help is at hand in an emergency.



## Telecare

Telecare consists of a lifeline alarm that triggers an alert if activated by a type of sensor. So for example, if your relative fell and was unable to stand up, they could raise the alarm using a pendant, watch or whichever device is provided as part of their telecare package. The alarm then either alerts family members or a carer, or goes to a response service for action depending on what has been agreed in the telecare package.

Telecare is particularly good for people who:

- have learning disabilities
- are frail and have limited mobility
- are at risk of falling
- have sensory impairment
- who live at home
- who have disabilities



## Do I have to pay for this?

To help people live independently at home, the council wants to make telecare available to everyone who might benefit from the service. No charge will be made for the delivery, loan and installation of the telecare equipment. A small charge will be made for the monitoring service which receives the alarm calls, and for the technical assessment, advice and review service which oversees the delivery of your telecare.

Please contact:

**Herefordshire Council's telecare team**

to discuss assistive technology requirements

**01432 261650**

**Herefordshire Council's advice and referral team**

to make a telecare referral

**01432 260101**

## Practical support for independent living

There are lots of other gadgets and bits of equipment that can help you stay safe at home and in the community. Some devices can also help to monitor particular health conditions and reduce the need for hospital admission. Here are some examples:

### Medication dispensers

Depending on your needs, there are a range of gadgets available to help you manage your medication. For example, dementia sufferers who forget what medication to take and when, can benefit from a pill dispenser. Once set up, it beeps when it is time for your medication and dispenses the amount you need. There is also a medication dispenser tipper available to help people who might struggle with dexterity.



### Tracking devices

You can purchase tracking devices so that you know where your relative is at any time of the day or night. This is particularly good for people who suffer memory loss or who can become disorientated easily. These devices have different names but they all do a similar job. Examples are: iHelp, MindMe, Loc8tor and Carephone Minitracker



## Fire and flood prevention

Fire and flood are risks that most households have to deal with, and the risk of an incident becomes greater if a vulnerable adult is part of that household. There are lots of gadgets to help avoid risk including smoke detectors, temperature extremes sensors and gas detectors. There's a magiplug which can be used on conventional sinks and baths, and is activated when the sink/bath becomes too full so that the water drains away. It also changes colour if the water temperature rises above safe levels (between 32-41 degrees Celsius).



## Around the house

There are many other items of equipment available to help with tasks around the house, including dressing, bathing, cooking and eating. These include foam tubing to help people hold cutlery, slip free mats to prevent spillages and calendar clocks to help keep routines in check.



## Helpful websites

### Ask Sara

The Disabled Living Foundation has an excellent website that takes you through an assessment and makes recommendations about the type of equipment you could purchase to help.

[www.asksara.dlf.org.uk](http://www.asksara.dlf.org.uk)

There's also a good advice site called Mick's House which shows room by room how telecare can make your home a much safer environment [www.mickshouse.info](http://www.mickshouse.info)

**Other recommended web sites where you can find details of equipment include:**

Tunstall (linked Telecare equipment) [www.tunstall.com](http://www.tunstall.com)

Possum (linked Telecare equipment) [www.possum.co.uk](http://www.possum.co.uk)

Easylink (standalone/carer equipment) [www.easylinkuk.co.uk](http://www.easylinkuk.co.uk)

Lifemax (standalone/carer equipment) [www.lifemaxuk.co.uk](http://www.lifemaxuk.co.uk)

Canary (lifestyle monitoring) [www.canarycare.co.uk](http://www.canarycare.co.uk)

AT Dementia (dementia specialist advice) [www.atdementia.org.uk](http://www.atdementia.org.uk)

Living Made Easy (specialist advice) [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

My Ageing Parent (advice site) [www.myageingparent.com](http://www.myageingparent.com)

RNIB sight impairment incl AT [shop.rnib.org.uk](http://shop.rnib.org.uk)

RNID hearing impairment incl AT [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

## Contacts

For assessments, the advice and referral team (ART) 01432 260101

For advice on assistive technology, the telecare team 01432 261650

Email: [telecare@herefordshire.gov.uk](mailto:telecare@herefordshire.gov.uk)

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