

**Moray Community Health
and Social Care Partnership**

Telecare Equipment to Support People with Brain Injury

**Telecare sensors to provide
reassurance for you and your carers**



We all want to be able to live safely and securely in our own homes.

Telecare is technology that can help you to help yourself by enhancing your independence and safety in the home. The use of equipment and sensors trigger alerts to quickly summon assistance when certain changes are detected.

The Moray Lifeline service offers both Telecare equipment linked to an alarm monitoring centre and stand alone equipment which can be linked directly to a carer or someone else nearby.

Stand alone Telecare provides welcome solutions for carers. It can assist them to manage challenging situations and goes some way towards relieving stress, providing welcome peace of mind, as well as potentially allowing them greater flexibility to consider their own well-being.

The Telecare alarms and sensors can be located around the home to discreetly monitor your welfare and raise an alert direct to the carer if there is a difficulty. This extra reassurance can be a boost to your confidence and puts you in greater control of your own welfare.

Could it help me?

Telecare will alert your nominated person nearby or raise an alert to the alarm monitoring centre if you need assistance in an emergency or if any of the linked sensors are set off.

Telecare can minimise risks and improve personal safety. For those who don't like the feeling that someone has to keep "checking up" on them, it can allow greater privacy with checks only being triggered by an alarm.

Family carers have said that the use of Telecare has improved their own quality of life, leaving them feeling less stressed and more confident about the safety and well-being of the person they care for. They have more opportunity to take a break from their caring role, knowing that rather than keeping an almost constant watch, including through the night, they can be alerted immediately when an alarm is raised.

Who might benefit?

Telecare solutions can help people who:

- live alone or are regularly left alone
- live with a person who could not cope in an emergency on their own

- have specific long terms conditions such as dementia or memory loss
- are at risk of falling at home
- require rehabilitation to enable them to return home successfully
- have a sensory impairment
- have physical disabilities
- have learning disabilities or cognitive impairments
- are faced with moving into a residential care home

We are particularly keen to promote Telecare to the over 75 age group.

What are some of the Telecare solutions?

The range of Telecare equipment that we use is tried and trusted.

Those currently offered in Moray include:

- **Community Alarm**

You will need a home telephone line for the alarm to work. It is a way to summon help in an emergency. It consists of a base unit which plugs in to your home telephone and a small “trigger” or “button” which you can wear round your neck, on your wrist or clipped to your shirt. This will raise an alarm from anywhere in the house if you press the button on your trigger. It is waterproof and can be worn in the shower and worn in bed.

- **Bed-leaving and chair-leaving sensor with pager**

Helpful if you are at risk of falls when rising from your bed or chair. A pressure sensing mat, which is unobtrusive, is positioned under the mattress or cushion seat and detects if you have got up by reacting to the change in weight. An alert signal is sent to a pager so that a carer can ensure you have not fallen.

- **PIR movement sensor with vibrating pager**

The wireless passive infra red (PIR) sensor can be set to detect if you have risen from your bed. If you fail to return for an excessive period, perhaps because you have fallen or become unwell, the pager will raise an alarm with a carer or relative, vibrating to wake them at night.

- **PIR movement sensor linked to pager or lights**

A similar sensor can be set up in your home to react to your movements. It can raise an alert via a pager if it does not pick up on any movement, such as if you have fallen or have not got out of bed because you are unwell. It can be set to a certain height so that the movements of pets do not register.

The movement detector can also be linked to turn on a light to make it safer for you when you are up and about. It can also trigger a pager alert to a carer and at the same time acts as a security alarm if someone is moving about the house when they shouldn't be

- **Motion-activated Memo-Minder**

Like a mini tape recorder which can be fixed to a wall in your home. Short messages can be recorded, such as reminding you to take medication or to lock the door and take the key when leaving the house.

Once the movement sensor is switched on, whenever you walk past the memo-minder the message will be played back to you. A range of other items for prompting and reminder messages are also available.

- **Door/Window alarms**

Magnetic contact strips can detect if a person opens a door or window. For example, if a door is not closed within a short period of time, the sensor can alert family members or key holders that the person has gone out on their own.

- **Seizure monitor and portable alarm**

The epilepsy monitor incorporates a bed sensor for convulsive seizure detection and is equipped with a microphone to pick up on sounds made when the user is asleep.

The sensor is positioned under the mattress and detects movement. When the movement has continued beyond a set time, an alarm is generated. The built in microphone will pick up on sounds such as choking or grunting and also trigger the alarm.

A transmitter sends the alarm signals to a radio pager which can be with a family member in another part of the house.

- **Magiplug**

The safety plug can replace any normal sink or bath plug in your home. It is used when there is a risk of overflowing/ flooding or to prevent scalding if water gets too hot.

The Magiplug works using a pressure activated system. When an unattended bath reaches a certain depth, the pressure plate opens and releases the excess water safely down the plug hole before any overflow. The safe level will be maintained until the tap is turned off.

If the water is above a safe temperature, the pressure plate in the centre of the plug will change colour to serve as a warning.

How to access the Moray Lifeline Service

There are a number of levels to the service and it is important that you get the right solution for your particular needs.

You can ask for further advice or a visit to discuss your needs by contacting your Social Worker, Community Care Officer or Community Occupational Therapist. You can also contact the Access Team by telephoning 01343 563999 or email accesscareteam@moray.gov.uk

Further help and advice

The Moray Resource Centre in Maisondieu Road, Elgin, includes an Independent Living Centre. Specially designed rooms, a kitchen, bedroom and bathroom, have been kitted out to help demonstrate the practical every day use of equipment and aids, giving you a chance to try out products to see if they might provide the right solution for you. This includes telecare equipment.

This is open to professionals, service users, carers and to members of the public. Appointments can be made with the ILC Occupational Therapy staff by calling 01343 559461.

Professionals can also contact the Moray Lifeline Community Alarm and Telecare team in Elgin on 01343 544166 or email jes@moray.gov.uk

Self Directed Support

Self directed support puts you in control by giving you a lot more say about the type of support/service you get and how you spend your budget. SDS may be available for certain equipment. To find out more contact your case worker or Occupational Therapist.

Thank you to members of the Telehealthcare Involvement Group for participating in the photographs.

For alternative formats, languages or further information, please ask an English speaking friend or relative to:

Phone: 01343 563319

Email: equalopportunities@moray.gov.uk

Write to: Project Officer (Equal Opportunities)

Chief Executive's Office, High Street, Elgin, IV30 1BX

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