

## EQUIPMENT TO SUPPORT FAMILIES AND CARERS

### FAMILY “JUST CHECKING” SYSTEM (DEC. 2013)

The Independent Living Centre in Moray Resource Centre, Elgin now has a demo model of the Just Checking equipment. To make an appointment to see it contact the occupational therapists on Tel. 01343 559461.

#### **What Is Just Checking?**



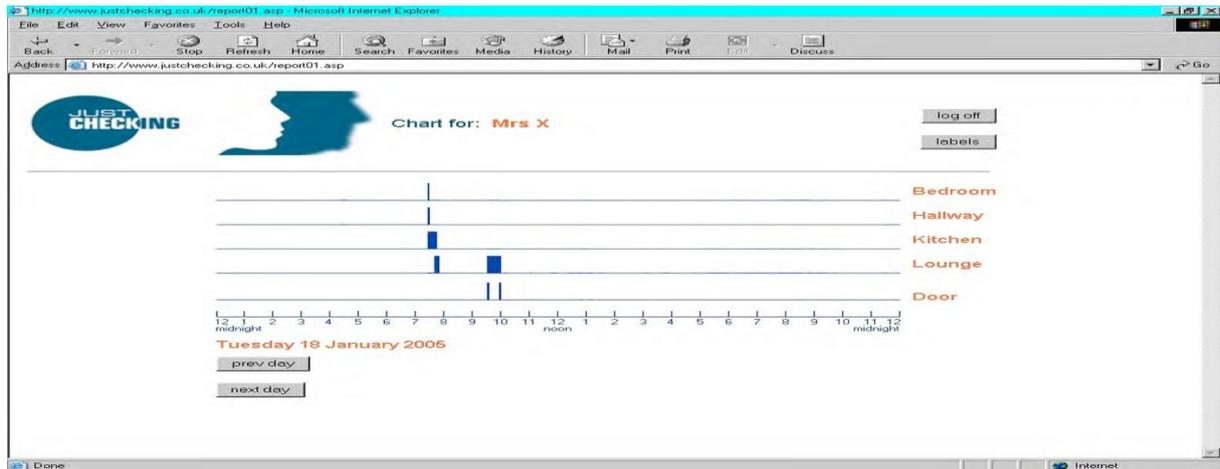
It is equipment to help the family check the user is managing at home on their own. The Family Just Checking Pack consists of:

- 5 movement sensors
- 2 door sensors
- Plug and play controller
- An easy-to-use online activity chart
- Easy to set-up text or email alerts
- Multiple family user logins to help share the care

#### **How Does Just Checking Work?**

Small, wireless motion sensors are placed in the main rooms and are triggered as the user moves around their home. Magnetic door contact strips also monitor for the door opening/closing.

Information from the sensors is gathered by a small control box, and sent to the Just Checking website. The data is continually updated and is shown as a mark on a chart (like a graph) showing when each sensor picks up movement



You can view a 24 hour summary of the user's movement in their own home at a glance.

The system needs no input from the person who is being monitored. There is nothing to wear and no buttons to push.

There are no cameras or microphones and no broadband or telephone connection is needed. It does not need to connect to a community alarm.

## **How Can Just Checking Help Families?**

It can provide family members at a distance with re-assurance, whilst their relative continues to live independently in their own home. The family can check the user is managing on their own.

Family members can log on to the password protected website, to view the chart which shows the movement of the user in "real time". For example, you can see when the user:

- got up and went to bed, and whether he/she had a disturbed night;
- visited the kitchen to prepare meals or drinks;
- left the house and for how long; and
- how they are responding to care that has been put in place

Bedroom:  
went to bed,  
got up and whether  
they had a  
disturbed night...

Kitchen:  
visited the Kitchen  
to prepare meals...



Hallway:  
received expected  
visitors or care calls...

Front Door:  
left the house  
and for how long...

For those on the move, the website can be accessed via a "smart" mobile phone. The system can provide you with text or email alerts if there is no movement at certain times or if the main door is left open.

As many family users as you wish can be set up.

It is easy to install as no professionals are needed and you do not need DIY skills (the sensors attach with Velcro strips).

## What does Just Checking cost?

As at December 2013 the monthly rental cost is £90 per month – please check the website or telephone Just Checking for the up to date position.

The company often advertises an offer to try it free for 30 days (may need to provide a refundable deposit).

There is a reduced cost if you are eligible for VAT relief.

### **Eligible for VAT relief?**

If the person you are caring for is chronically sick or disabled, they may be eligible for VAT relief. This means you could receive Just Checking for a reduced rate.

The official definition states goods can be VAT zero-rated for “disabled people”. This is described as:

- the person is ‘chronically sick or disabled’

- the goods and services are purchased or acquired for their personal or domestic use

A person is 'chronically sick or disabled' if he/she is a person –

- with a physical or mental impairment which has a long-term and substantial adverse effect upon his/her ability to carry out everyday activities;
- with a condition which the medical profession treats as a chronic sickness, such as diabetes. Alzheimer's or dementia is classed a chronic illness;
- or who is terminally ill.

It does not include a frail elderly person who is otherwise able-bodied or any person who is only temporarily disabled or incapacitated, such as with a broken limb.

If a parent, spouse or guardian acts on behalf of a 'chronically sick or disabled' person, your supply is treated as being made to that 'chronically sick or disabled' person.

A form must be submitted at the time of ordering – more details can be supplied by Just Checking.

### **For Further Information**

Contact Just Checking direct. Their contact details are The Mill, Brome Hall Lane, Lapworth, Warwickshire B94 5RB or telephone 01564 785100.

Their website is [www.justchecking.co.uk](http://www.justchecking.co.uk)