

## See Nottingham Telecare in action

New equipment that Betty needed include a:



- **Calendar Clock** The clock displays not only the time, but also whether it is

day or night. It clearly shows the day of the week and the date. Betty may use this to check whether it is day or night before she gets up in the morning. It was agreed to put Betty's diary next to the clock so that she can keep track of what is happening and when.



- **Medication Dispenser** Betty will be reminded when to take her tablets by using this equipment, it beeps and flashes at the programmed time, and only stops when the tablets are tipped out!



- **Night light**

This light will automatically turn on when Betty walks past in the dark, reducing the risk of her falling at night and guiding her towards the bathroom and back.

Kathryn visited a second time to set the equipment up and show Betty and Jane how to use it. Contact with Betty and Jane will continue until Kathryn is confident that the equipment meets Betty's needs.

Jane's concerns over her mother falling were discussed, Kathryn advised that other sensors could be provided to alert the monitoring centre that Betty had fallen. These devices do not rely on Betty pressing her pendant but still detect that she has fallen. It was decided at this point the risks did not require further equipment being installed. Now Jane knows what is available she can contact Kathryn if she requires a re-assessment of her mother's needs.



The Telecare service has its own demonstration flat. Equipment has been arranged here as it would be set up in the home environment, so you can get a real sense of what it is like to live with Telecare in your home. You can call us or email us to arrange an appointment to visit the flat.

Nottingham Telecare is easily accessible by public transport and is served by major bus routes.

If you need our help to access or understand this information, please call us on **0115 876 3222** or email [adultsocialcare@nottinghamcity.gov.uk](mailto:adultsocialcare@nottinghamcity.gov.uk)

For more information please visit [www.nottinghamcity.gov.uk/telecare](http://www.nottinghamcity.gov.uk/telecare)

## Contact

To find out more about Nottingham Telecare or to apply, please contact:

**Telecare Office & Demonstration Flat, Flat 1, Kersall Court  
Kersall Drive, Highbury Vale  
Nottingham  
NG6 9DT**

**tel: 0115 876 3222, email: [adultsocialcare@nottinghamcity.gov.uk](mailto:adultsocialcare@nottinghamcity.gov.uk)**

Working in partnership with



**Nottingham City Homes**



**Nottingham City**

45504 DES

## Telecare for People Living with Dementia

Find out how we can support you to remain independent whilst living with dementia in your own home.



**Nottingham City Council**

# How can Telecare help someone living with dementia?

If you, or somebody you care for, have dementia or memory loss, daily activities may become more difficult. Nottingham City Telecare Service can make life a little easier, safer, and independent, by providing innovative technology that is easy to use or so discrete it does not interfere with your daily living. Whilst the technology we provide is free – the cost of monitoring is only £2.85 a week.



## Betty

Betty has had Telecare equipment for several years, it was installed to offer peace of mind for Betty and re-assurance for her daughter; Jane.

### This included:



- **Care alarm**

This is the device that links Betty to the monitoring and response

centre; enabling 2 way conversations. A variety of devices can be connected to the care alarm. When these are activated the monitoring centre will contact family, carers or emergency services. If Betty has no one who can act as a responder our Mobile Support Officers will visit to offer assistance. Nottingham on Call, our monitoring centre, does not have the facility to

intrude on Betty and can only communicate with her once a device such as a pendant or smoke detector has been activated.



- **Pendant**

Betty has been wearing one of these around her neck

at all times so that she can get urgent help at the push of a button. She finds this much easier than dialling a telephone number, and it means that she can get help if she has fallen and can not reach the phone.



- **Smoke detector**

Smoke detectors are connected wirelessly to the Care

Alarm; so that if there is a fire at home, Nottingham on Call can

contact the Fire and Rescue Service on Betty's behalf. If there is not a fire, Betty can tell Nottingham on Call and they will cancel the call. The Smoke Detector is very important for Betty as she may not know what to do if there was a fire.

Betty is becoming more forgetful, and Jane is quite worried that she would no longer be able to use the pendant if something were to happen. Jane thought about cancelling the Telecare Service as she believed that Betty may lose the ability to use it but, after a telephone conversation with the Telecare Service, she found out that there is alternative equipment that would benefit Betty. Jane agreed for her mother to have a visit from a Telecare Occupational Therapist who specialises in working with people with dementia and memory loss.



# How Telecare can benefit you

## The Telecare Assessment

Kathryn, the Occupational Therapist, was very thorough during the assessment.

She:

- Discussed with Betty her health conditions and lifestyle
- Considered Betty's strengths, needs, and risks
- Recommended the equipment that would work best for Betty.

Jane wanted to be present at the assessment so that she could discuss her own concerns about Betty's memory. She also mentioned that her mum seemed to be very tired all of the time. Together they worked out that Betty was having a problem with orientating herself to the time of day.

They also realised that she had not taken her medication that morning. Betty was not known to have fallen recently, and seemed to be steady on her feet but it was still important to reduce the risk that she might fall at night.



**"I feel safe knowing that I can use this in an emergency and my family no longer have to worry"**