



## Personalised Technology

### What is Personalised Technology?

Personalised Technology/Telecare is support and assistance provided at a distance using information and communication technology. It is the continuous, automatic and remote monitoring of users by means of sensors to enable them to continue living in their own home, safely and more independently, minimising risks such as a falls, smoke, gas and flood detection and can be used for other real time emergencies and lifestyle changes over time such as a loss in short term memory, dementia, confusion and leaving the property at inappropriate times.

### Equipment Guide

**Community Alarms** are monitored by call centres which are capable of receiving alerts from the devices listed below.

**Pagers** for onsite carers are also capable of receiving alerts from the following devices:

**Wearable devices:** Neck or wrist worn personal pendants to detect falls

**Environment monitoring:** Equipment that detects smoke, CO<sub>2</sub>, extreme heat, low temperatures, gas, floods

**Movement monitoring:** Bed/chair leaving sensors, Passive Infrared Movement detectors (PIR's), door entry/leaving sensors

**Personal Wellbeing:** Epilepsy monitors, incontinence monitoring (sheets), bogus caller alerts (pendants), medication dispensers/reminders.

Telecare is customisable to most individual's situations.

### Apps and Downloads

Here are some examples of what is available, google and you'll find more:

<https://www.greenalp.com/RealTimeTracker/>

*Real-Time GPS Tracker* and *Real-Time GPS Tracker 2*. Greenalp belongs to the most popular real-time location tracking services available for Android. Individual users use this service to show their location to their family and friends in real-time.

<http://www.bookofyou.co.uk/>

Book of you is a fantastic interactive book that uses the benefits of reminiscence therapy to create a personal life story of someone living with dementia, by capturing the precious moments that make up their lives and who they are.

<https://apps.beta.nhs.uk/?category=Mental%20Health>

You can find digital tools to help you manage and improve your health for:

Cancer	COPD
Dementia	Dental
Diabetes	Healthy Living
Learning Disabilities	Mental Health

## Access & Support

Technology can be accessed in different ways.

- Through a Social Care assessment by a Social Worker, OT, Mental Health or Physiotherapist where an assessment is carried out to identify needs, and do they meet the National Eligibility Criteria. When receiving technology through Social Care a financial assessment is carried out to determine contributions towards the cost of the service
- By self-referral direct to WDH Care Link. The costs are determined on types of technology package that is installed in the home. There is no eligibility criteria and no financial assessment carried for the service.
- Thirdly there are many internet access sites that can provide equipment on a private purchase basis, this is a short example of what you can find when you google search:

Direct referral to Care Link

<https://www.carelink24.org/?gclid=Cla2tvDj79UCFSux7QodLLsMtg>

At dementia

<https://www.atdementia.org.uk/>

Age Action Alliance

<http://ageactionalliance.org/>

The Helpful Things Company

<https://www.helpfulthings.co.uk/>

Tel Me Now - Technology for independent living

<https://www.telmenow.com/>

Spring Chicken - Making life easier & brighter as you get older

<https://www.springchicken.co.uk/>

## Locations & Opening Hours

Contact: [telecare@wakefield.gov.uk](mailto:telecare@wakefield.gov.uk) or [ftompson@wakefield.gov.uk](mailto:ftompson@wakefield.gov.uk)

