



Useful technology to use within the home

Assistive technology is a broad term used to describe any item, object, device or system that enables a person to perform a task that they would otherwise be unable to do, or increase the ease and safety in which certain tasks can be performed. Technology is becoming increasingly popular in the care setting aiding individuals with being more independent and safer.

Why not consider introducing some of the below ideas?

- **Motion sensitive lights** triggered by a person moving around. They can help to prevent trips and falls in the dark.
- **Automated shut-off devices** that can stop the gas supply if the gas has been left on, or turn off a cooker if it has been left on.
- **Water isolation devices** that can turn off a tap if it is left running, to help prevent flooding.
- **Plugs that allow users to choose a certain water depth in a sink or bath.** If the water goes above that level the plug opens and the water drains. They can also include a heat sensor that changes the colour of the plug when it reaches a certain temperature.
- **Fall sensors** that can register if a person has fallen, and provide prompting for a person to respond.



The 'Light your Night' scheme attempts to tackle the falls issue head-on by illuminating light switches, footprints, walking frames, and toilets, to help residents navigate hallways, corridors, bathrooms and even their own bedrooms, during the night to prevent falls.

Useful technology to use within the care home

Telecare



This is the use of technology, including sensors and equipment, which monitor people and / or the environment, allowing a person to call for help, or trigger an alert that indicates the for for a check or relevant intervention. Telecare services range from a basic alarm and two-way call unit, to more tailored monitoring equipment.

Medication aids

Automatic pill dispensers are available. They are pre-filled then locked by the pharmacist. When medication needs to be taken the dispenser sets off an alarm and the correct compartment opens, allowing the person to take the medication. There are also dispensers that notify family or carers if medication has not been taken, and if the device is not working or needs new batteries.



Communication aids



The most common type of devices are adapted telephones. These can be pre-programmed with frequently used numbers. The person can then call a friend or relative by pressing a single large button or a button with their photo on it. Another option is video chat, allowing people to see each other as they chat via a computer, tablet or smartphone. These technologies, which include the well-known Skype service, are free to use once both parties are set up, although there will need to be internet access.

Useful contacts that can provide information and guidance when choosing assistive technology:

AT Dementia

0115 748 4220
info@trentdsdc.org.uk
www.atdementia.org.uk

Disabled Living Foundation

0845 130 9177 (helpline 10am-4pm weekdays)
info@dlf.org.uk
www.dlf.org.uk

Unforgettable.org

0203 322 9070
info@unforgettable.org
www.unforgettable.org

Amazon.co.uk

Very useful for products such as motion
detective lights, light up toilet seats.