

CASE STUDY



Deb lives with her partner and 3 young children. She has recently moved to a flat on 1st floor allocated by the local housing association. Deb is 31 years old and has had severe epileptic seizures for several years.

Deb feels that her confidence is now very seriously affected when going out and she is always very concerned about her children and the effect the seizures might have on them. Deb now feels that she does not want to go out at all. Deb's partner Bill, is very supportive and the main carer for the family, helping Deb in most daily activities. Bill now tries to stay with Deb for most of the time, and when he has to go out he arranges for a friend or family member to stay with her.

Deb usually has marks on her due to falling and this has caused several severe injuries, as she is not aware of when the seizures are about to happen. Deb also wanders in the night around the flat and is often found on the floor, possibly having been there all night. A comprehensive package of telecare equipment was recommended:

The epilepsy sensor goes under the mattress on the bed, and will transmit a signal to Bill if Deb is having a seizure/fit, it is detected by vigorous moving and shaking on the bed. The pillow alert goes under Bill's pillow and will vibrate to wake up if the epilepsy sensor triggers an alarm, as it will any other sensors that are programmed to it. The telephone transmitter is needed to transmit the signal to personal alarm unit and pillow shaker. The DDA pager is also useful if other additions are added, as in this case the falls detector, if Bill is in another room it can be programmed to the pager which will alert if a fall has happened. The falls detector will automatically detect a fall on impact, this will either alert the contact centre or in this case Bill first. The keysafe is for emergency entry if Deb is unable to open the door.

The benefits of having this telecare package are for Bill as well as Deb. Although not able to stop a fall or seizure in this case, the sensors are able to alert the carer immediately if a fall or seizure takes place, therefore giving reassurance to them both. This will also benefit if Bob has to go out as the call will then automatically go to the contact centre.

Telecare package installed:

- Personal alarm unit
- Epilepsy sensor
- Pillow alert
- Telephone transmitter
- DDA pager
- Falls detector
- Keysafe
- Smoke alarm

CASE STUDY



Jim lives on his own in his bungalow. He uses a walking aid to mobilise but recently has become more unsteady on his feet and had several minor falls.

One afternoon around 5pm his neighbour noticed that his lights were not on and popped around to check if he was OK. She found him unconscious on the floor, called an ambulance and he was admitted to hospital overnight for observation. Fortunately his only injury was severe bruising.

The hospital social worker visited him on the ward the next day and he agreed to have a personal alarm and a keysafe fitted. It was arranged for these to be installed before he went home, however, a follow-up appointment was also made to ensure all his needs were being made.

At the follow-up appointment two weeks later, Jim explained that he was often out of the room when his telephone rang and that he tries to rush back in to answer it. He said these are the times when falls tend to happen.

Careium arranged to re-configure his pendant, so that now when his telephone rings, he can press his pendant alarm (wherever he is in his house) and it will answer his phone. The call will then be amplified through the alarm unit, allowing him to hear and speak hands-free. When the call is finished, Jim simply presses his pendant alarm to end the call.

Since the re-configuration of the pendant alarm, Jim says not only has he stopped falling but he is now able to hear his telephone calls much more clearly.

Telecare package installed:

- **Personal alarm and unit**
- **Reconfigured to accept telephone calls**
- **Keysafe**

CASE STUDY



Fred lives with his wife. He is chronically disabled with emphysema and has reduced mobility due to arthritis. Recently his knees have started to give way, causing him to sink to the ground; this resulted in a recent stay in hospital. He now requires a frame to steady himself, which he uses both upstairs and downstairs.

At night-time, Fred was using a torch to light his way to the bathroom (rather than switch on the main light, which would wake his wife). As he required his walking frame to mobilise, this was causing him to be unsteady since he found it hard to hold the torch and manoeuvre his frame as well. At his assessment, Fred spoke of how he has always enjoyed spending time in his garden and his shed and of his hopes that he will be able to resume doing this in the near future.

Installing the personal alarm made sure that Fred was able to raise an alert for help if his knees gave way and he was unable to get up again by himself.

The bed occupancy sensors meant that Fred was able to visit the bathroom at night safely, using two hands to guide his frame; in addition an alert would be raised to Careium if he did not return to bed within a given time (indicating he may have suffered a fall).

Fred says that the installation of telecare has been very beneficial. It has given him the confidence to be on his own in the house occasionally, also to mobilise in his house, garden and shed, safe in the knowledge that he can call for assistance via his pendant if he needs it.

He comments that having the bedside light automatically switched on and off by the bed occupancy sensor when he gets out of bed has made visits to the bathroom much easier for him. His wife added that she can now sleep more soundly too, as she knows he can safely manage independently.

If the telecare equipment had not been installed, Fred feels that he would have been at much greater risk of falls, which could have resulted in hospital admissions. He also commented that he would have had to rely on family assistance to a much greater degree, which would have taken away much of his independence.

The telecare package installed:

- Pendant alarm and unit
- Bed occupancy sensor linked to a bedside light by X10 master & slave controllers



CASE STUDY



Saadiq is an 88 year old man with a history of falls who was seen by the Falls Clinic at Worthing Day Hospital. His falls were occurring mainly beside his bed. He was found to have poor insight into them and was very dependent on his wife who was his main carer.

An assessment found his prayer corner beside his bed where he knelt down on a regular basis, on standing up he would often lose his balance and fall over but did not alert his wife or family to the fact his was on the floor. He also got up during the night to use the toilet in the hallway. His wife reported he fell a number of times at the bedroom doorway before she had woken up to supervise him.

The telecare package: sensor mat is used to alert contact centre when patient gets out of bed or for alerting family to the fact he has been kneeling for longer period of time that expected e.g. when praying. It can help prevent long lie if patient falls beside the bed when using his prayer corner or getting up in the night. It can alert his wife to fact he was up during the night so that she can supervise him or prompt him to put the light on and use his walking aid for getting to the toilet.

OUTCOMES

• Reduce risk of falls which could cause injury or admission to hospital. Help patient to carry out practicing his religion with improved safety. Help carer to respond to night time toileting needs and falls prevention. Reduce anxieties for patient and improve well being for his carer. Encourage independence.

Saadiq's wife said she felt more confident since telecare was set up in the possible event of another fall. Hospital records also showed that the patient had not been seen in the A & E department or admitted to hospital since he was seen in the Falls Clinic.

The telecare package installed:

- Lifeline unit and pendant
- Sensor mat to be used on the floor beside the bed/prayer corner
- Linked with vibrating pillow alert for wife to be woken gently during the night if he set it off