

“Telecare can make the difference between staying at home or needing residential care.”

**Mary Stobie,**  
Occupational  
Therapist



## Telemonitoring NI - Mary's story

### Background

**Telecare, also referred to as enabling or assistive technology, provides a means of managing risks in the home, thereby helping to provide an alternative to institutional care.**

Unobtrusive sensors are placed around the house, which automatically raise an alert if they detect a possible problem such as smoke, gas, flood, fire, a fall or exit from a property at night.

If a sensor is triggered, an alert is sent via a Lifeline home unit to a 24 hour monitoring centre, where trained operators can alert a carer, keyholder or the emergency services as appropriate. The sensors are wireless and can therefore be easily installed and packages altered to provide truly tailored care.

### How has telecare helped?

Mary Stobie is an Occupational Therapist working for the Northern Trust, where telecare is an integral part of the assessment checklist in dementia care. Where service users already have a telecare system in place this is reviewed and adjusted if necessary. Users without existing telecare packages will be

assessed and a package recommended to them if appropriate. The systems are monitored by Fold Telecare and over 500 people are currently benefitting from the telecare service.

Mary says, “As an occupational therapist my job is to maintain people’s independence and to enable them to continue to live within their own familiar environment. Telecare is a fantastic tool that helps me to achieve this by managing all sort of different risks. Particularly for people with dementia, the sensors help them to remain at home. The technology is also a great support to carers, alleviating stress and worry.”

### Would you recommend telecare?

“Absolutely. It’s worth every penny in my view. It so often makes the difference between someone being able to remain at home and independent, or having to go into residential care. Residential or nursing care should always be the last resort as most people prefer to continue to live in their own homes.”

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# Case study

## Supporting people with dementia



Telecare has made a real difference to Alicia, who some years ago was involved in an accident which has resulted in her having poor short term memory, this has been exacerbated by a diagnosis of Alzheimer's Disease. She has capacity to make decisions and requires some assistance, in particular because of deterioration in her mobility which leaves her with a greater risk of falling.

She has recently moved from a two-storey house to a bungalow adapted with ramped access and aids to daily living. She has four visits from carers each day to help with personal care. A telecare system has been installed, and she has a fall detector as well as a pendant.

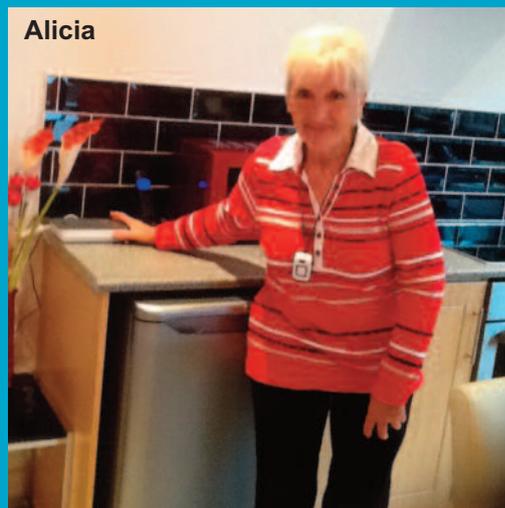
If the monitoring centre receives an alert they will notify a family member living nearby.

Unfortunately, she has recently experienced a fall at home, and the fall detector automatically alerted the monitoring centre and a family member was quick to respond. On this occasion no hospital care was required.

Telecare greatly enhances her ability to remain at home where she wants to be. She would otherwise be at risk, particularly with regard to falls, having to wait until the next visitor or care visit, unable to call for help. Having a monitored smoke detector also means that in the event of a fire someone will be there to help, which for people with cognitive impairment can be a life saver. They are at higher risk of a fire beginning in the home and don't always know how to react to a smoke detector going off.

It also gives her family great peace of mind, knowing they can go about their daily lives but will be contacted if they are needed. ”

Alicia



### Equipment installed



Lifeline home unit



MyAmie pendant



iVi Fall detector



Smoke detector

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