

# Technology Enabled Care



## Technology Enabled Care - Information Guidance

This Technology Enabled Care information guidance has been developed to support people who have a Direct Payment (DP) to enable you to meet your care and support needs and to think about how Technology Enabled Care (TEC) can be used to support these needs in a different way:

For example: -

- you have had to change things, like the support you get from providers or your Personal Assistant/s (PA)
- if you are not able to have care delivered in the same way or at the usual times
- You can use your DP flexibly to purchase TEC to meet your support needs as long as this is in the spirit of what is in your care and support plan

This guidance includes some ideas and links to where you can go to purchase Technology (TEC). In purchasing TEC, you need to consider how this fits with your Direct Payment budget and whether it can still be used after the current COVID-19 situation.

If you need any advice and you live in: -

- SOUTH / MID Essex contact: [sara.sparling@essex.gov.uk](mailto:sara.sparling@essex.gov.uk)
- NORTH / WEST Essex contact: [simon.williams@essex.gov.uk](mailto:simon.williams@essex.gov.uk)

Please put in the subject line of your email the following: COVID19 direct payment

\*all links to websites are in **BLUE**

## Technology can support in a number of different ways with

- **easy read documents**
- **social stories**
- **flash cards**
- **visuals**

### **Here are some examples**

- An easy read document can remind you how to cook your favourite meal
- A social story can help you to explain a situation and therefore help you to be calm/ understand the situation.
- If you have flash cards these can remind you of the order of how to do something
- Visuals on your cupboards can remind you what you need

### **The following items can help if you are struggling to manage and maintain nutrition**

- Anti-spill cups
- Heated plates and bowls
- Combination cutlery
- Adaptive crockery
- Adaptive cutlery and hand straps
- Easy grip cups / patterned / coloured
- Vacuum cups
- Drinking systems that attach to seats
- Talking photo albums to show how to make something and follow the order
- Sequencers - shows the order of a task
- MemRabel & MemRabel 2i- Day Clock with Reminders
- Talking microwave
- Talking scales / Scooper bowl
- Contrast colour boards and gripping boards
- Liquid level indicator
- Talking measuring jugs
- Funnel end chopping board
- Water boil alert
- A seeing AI app to help read labels
- Smart speakers with recipes
- Smart speakers to help with prompts
- Motion activated memo minders “dad make sure you drink”

- One cup kettle
- Watch reminders
- Pre chopped food

**If you are struggling with maintaining personal hygiene:**

- Nilaqua products
- Non slip mats
- Electric toothbrushes / shavers (local suppliers)
- Long handle brushes /Curved bath brushes
- Magi plugs which can help prevent flooding
- Soap dispensers
- Buttons on bottles to easily identify shampoo / conditioner etc
- Consistent lay out of personal care items
- Temperature gauges for baths
- Smart speakers – to prompt
- Talking photo album
- Sequencers
- MemRabel & MemRabel 2i- Day Clock with Reminders
- Reminders via phone
- My home helper
- Clip on bidet / hand help bidet
- Motion activated lights (falls prevention at night when getting up to use the bathroom)
- Voice activated lights (falls prevention / control at night)

**If you need support in being able to make use of the home safely and keeping in touch with family**

- Smart speakers for reminders / routines / doorbells / environmental controls
- A Smart speaker for timed lighting
- Magi plugs
- Telephones with big buttons etc

- Using Siri to make calls
- Motion activated memo minders “mum, use your frame”
- Call blocker (contact local company)
- Talking photo album
- Sequencers
- MemRabel & MemRabel 2i- Day Clock with Reminders
- Pager alerts
- Robotic/ Smart vacuum cleaners
- Seeing AI Apps to assist with reading instructions
- My Home Helper
- Smart Phone Calendar (adults own smart phone)
- Smart Phone Reminder Apps (adults own smart phone)
- Smart Phone Notes/Notepad (adults own smart phone)
- Ability to use social media (adults own)
- Social Media Groups / forums
- Volunteers – united in kind
- Communication / listening apps

**Sources: The below links provide direct access to where you can source the above listed products**

***Please “click and CTRL” to follow links below – or copy and paste into your internet browser***

- Alexa
- Google home
- NRS healthcare
- NRS healthcare - bathroom-aids
- Nilaqua
- RNIB kitchenware-products
- NRS healthcare Memo-minder
- Magi plug
- Talking-photo-album

- Sequencer
- Medpage - pagers
- Seeing-ai
- [NRS healthcare.co.uk/eating-drinking-aids](http://NRShealthcare.co.uk/eating-drinking-aids)
- RNIB braille-and-labelling
- Myhomehelper
- NRS healthcare - bidet
- NRS healthcare motion+activated+lights

### **Sensors: available from Medpage**

Using a motion activated memory minder to remind someone to use their frame, which could help with **falls prevention**.

1. Position the Memo minder device by the persons chair
2. Record a simple message "Mum, use your frame"
3. Then as "mum" stands the memo minder will detect motion, it will then repeat the message, reminding mum to use their frame.



## Using sequencers

To show the order of a task i.e. making tea, personal care routine, routine of carers attending.

1. Wash face (picture / and recorded message)
2. Brush teeth (picture / and recorded message)
3. Comb hair (picture / and recorded message)



## Smart speakers: Alexa / Google home

- **Controlling the lights:** a good way of helping with falls prevention, can allow the user to control the lights from the comfort of their bed /chair, if they are unable to mobilise. Or have the lights on timer  
Also have a doorbell attached to allow adult / family to see who is at the door.
- **Add routines to the smart speaker:** allowing the adult to be reminded of things.
- **One off prompt or many prompts:** medication reminders / remember to drink etc
- **Room to room calling:** for adults that find mobilising difficult (this will require two smart speakers)
- **Entertainment:** games / music / audio books / quizzes etc/ mindfulness music, relaxation techniques
- **Hand washing skills:** can be set up to sing for 20 seconds, so you know you have washed for the correct amount of time.

- **External telephone calling**

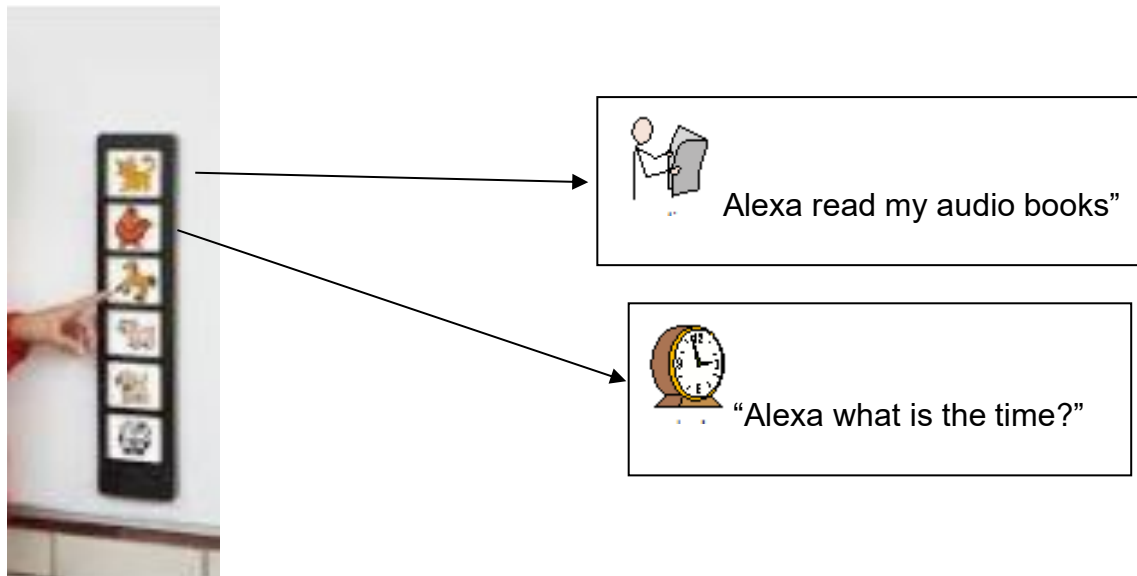
<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GEC6XC297YU93LDA>

- **Shopping:** you can add items to shopping lists,

There are many uses if someone is cared for from bed or has difficulty mobilising.

- Alexa can work with artificial voicers too. So, even if someone cannot communicate, a sequencer could be used to control Alexa.

Images can be added and a message to reflect the image added.

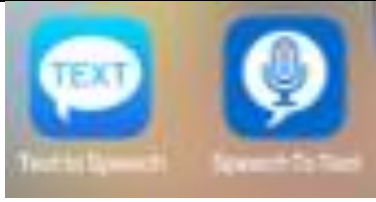


Guidance from : [RNIB and Alexa](#)

### **Communication:**

There are FREE apps to download on smart devices, allowing an adult to communicate.

There are also Free "hearing" apps, that allow someone who can't hear, but can read to read what someone is saying.



If you are looking for **APPS to support your health needs**, look on

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

### **Medication prompts:**

If you are struggling to remember to take your medication, use your smart phone to set reminders, use a *My homehelper.*, or a smart speaker.



#### Key features include:

- Calendar Clock
- Daily and Weekly Diary
- Timed and Random Reminders
- Auto Answer Video Calling
- Photos
- Instant Messaging (SMS and Web)
- News Headlines
- Talking Text
- Much, much more



A lockable medication dispenser which can be set to alarm when medication is due



### **Time management**

If you are struggling with daily planners and timing, look at the range from

<https://www.abilia.com/en>

They have **Handicalendar** that can be added to smart devices. As well as timers that can support with time management.

### **Passive infra-red (PIR) detectors**

#### **What are they?**

These devices are mounted to a wall in the home and monitor activity. They can tell you whether someone is up and active, what room they are in and if someone else has entered the property.

### **Fall detectors**

#### **What are they?**

A sensor that the person wears and notifies you with an alert if the person has taken a fall. You or a 24-hour monitoring and response centre could be notified if someone has fallen as soon as it happens.

### **Property exit sensors**

#### **What are they?**

Property exit sensors are mounted to doors and alert you if someone passes the sensor and has left the property.

<b>Carbon monoxide, natural gas, smoke and flood detectors</b>
<p><b>What are they?</b></p> <p>These devices can alert a carer/neighbour/response centre if there is a fire, gas leak or flood in the home of a vulnerable person.</p>
<b>Panic buttons/bogus caller alarm</b>
<p><b>What are they?</b></p> <p>Alarm buttons placed near the front door or beside the bed to be used in the event of a break-in or if someone threatening approaches the front door</p>
<b>Activity of daily (ADL) monitoring</b>
<p><b>What are they?</b></p> <p>These usually use passive infra-red detectors (PIRs), plus smart plugs that can monitor the use of household appliances. This will then send an alert for example: the kettle has not been used at the usual time.</p>
<b>Pressure, proximity and other sensors</b>
<p><b>What are they?</b></p> <p>Pressure and proximity sensors indicate occupancy (bed/chair), presence (floor/carpet sensors), incidence of incontinence (enuresis) or medical emergency (epilepsy)</p>
<b>Personal alarm, pendant or pull cord</b>
<p><b>What are they?</b></p> <p>Using a pendant button, broach, watch or mobile phone app the user can press for help if they need assistance. These can contact a response centre or a carer directly.</p>
<b>Door and window sensors:</b>
<p><b>What are they?</b></p> <p>Motion sensors fixed to doors and windows can send an alert if someone enters/exits doors and/or windows. They can be attached to cupboards, a fridge door or interior doors to monitor daily use and send an alert when motion is not detected during a certain time period or throughout the day</p>

**MAGIPLUG**



**NIGHT LIGHT**



## MEMRABEL 2 - VISUAL AND AUDIO REMINDERS



**Motion Activated Memo Player: A great way of providing support through the use of prompts**



## Pager Alert



## Talking photo album: A great for offering visual and audio reminders



**Allows for routine to be followed - Wash your face – brush your teeth...**



**Occupancy: Sensors and pagers**

