

## Assistive Technology Service

### A carers story – “Go for it”.

This is the story of Pam and her father Jasper, and how equipment from the Assistive Technology Service is keeping Jasper safe and enabling Pam to be more active in her community and consider going back to work as well as providing reassurance.

Jasper is 90 and is in poor health. A few years ago he had a heart attack which requires him to have lots of medication. Jasper also has poor vision and hearing. 2 years ago Jasper was diagnosed with Alzheimers and started to forget things. At this time Jasper was living in his own property but had started to have regular falls. After one such fall Jasper ended up in hospital and it was felt he could no longer cope on his own so it was decided that he should move in with Pam.

Pam is one of Jaspers six children and his main carer with her sister Annette also providing some help. Pam was working as a community carer but gave up this role in order to look after Jasper full time. Pam was providing care full time which took all her time and energy.



She was not aware of assistive technology until it was suggested by an occupational therapist who called to carry out an assessment in July 2016. Following the assessment a range of equipment was provided:-

-> Bed occupancy sensor which is programmed to raise an alert if Jasper is not back in bed within an hour, also a chair sensor;

-> movement sensors which raise an alert if Jasper goes into the bathroom and doesn't return within an hour;

-> A wrist worn pendant alarm – although Jasper hasn't the capacity to use this he won't allow it to be taken away as provides him with reassurance;

All these are linked to a care alarm which dials Nottingham on Call, Nottingham City Homes, if any alerts are raised and Nottingham on Call contact Pam or Annette.

-> A movement sensor has also been linked to a pager Pam carries around when she is home so that she is alerted when Jasper has left his bed so she can keep an eye out for him;

-> Finally a keysafe has been installed outside the property which enables the care provider to enter the house when Pam is out.

With the equipment in place it enables Jasper to have some degree of independence in going to the toilet and moving around as he is able but provides Pam with the reassurance that if he should fall she will be alerted and it will prevent the need for ambulances to be called and Jasper going into hospital again. With the reassurance now about Jaspers safety and not needing to rush around after him Pam felt able to get back to work and be more active in her community. She started a company called Interactive Talk Motivation Service and Project Empathy – a social awareness / community helping project which involves people from all walks of life to step forwards and share how they feel about important social issues including dementia.

Pam feels there is not enough awareness about assistive technology out there, especially in the Black and Asian (BAME) communities, partly because of language and cultural issues. Pam therefore wants to work with the Assistive Technology Service in promoting the service and how it can benefit communities using her own story as an example, including promoting on Radio Dawn, a Nottingham community radio station.

The message about the equipment and service was emphasized by Jaspers formal carer – Anthony from Springs of Joy Care Solutions. He recalls one lady who lives alone and on 3 occasions has pressed her alarm as she had fallen on the floor and Nottingham on Call were able to alert the agency so go around and help her up.



Pam would thoroughly recommend the Assistive Technology Service and has this key message “Go for it – put your mind at ease with the security of knowing that your loved one will be safe”.