

Moray Community Health and Social Care Partnership

Just Checking

**Telecare equipment to ensure
that longer term solutions
are just right for you**



Most people want to stay in the familiar surroundings of their own home for as long as they can.

Here in Moray, a range of telecare sensors and equipment can be used to enable people to maintain their independence for as long as possible and potentially improve their quality of life when faced with any care or health issue.

The Just Checking system is a useful tool to help people (such as those with dementia or memory loss) continue to live as safely and independently as they can, for as long as they can.

This lifestyle monitoring system can help inform discussions about the most appropriate and beneficial long term solution to meet each individual's needs.

In Moray, the system is used on a short term basis to ensure that longer-term options are the most relevant and beneficial.

What is Just Checking?

Just Checking is a highly portable, easy-to-install temporary kit used in the home. It gives a better understanding of the user's routine to provide an informed basis for discussing future care options.

The system means that it is possible to build up a more accurate picture of how someone is spending their time on

a daily basis and what they are managing to do for themselves. This enables longer-term solutions to be tailored to individual needs and routines.

Who might benefit from the assessment?

Sometimes a person with dementia or memory problems or learning disabilities, may display high levels of confusion in hospital, but function better than expected in their own home, where their familiar surroundings are a comfort and act as a reminder of their usual routines.

Family members and professionals, may need reassurance that the person is coping when they are on their own. They may for example have concerns that the user is forgetting to eat or is up and about at night rather than in bed asleep.

The Just Checking system can record the user's activity in their home and provide detailed information about the person's patterns of activity, day and night.

Just Checking provides an understanding of a person's movements, so that they can be supported in a way which enables them to do as much as possible for themselves. Technology is not intended to replace personal care - Just Checking can help professionals and families provide tailored support and give additional reassurance.

How does it work?

Just Checking is a discreet, round-the-clock monitoring system which logs a person's daily activity levels to help build up a picture of their normal routines in their own home.

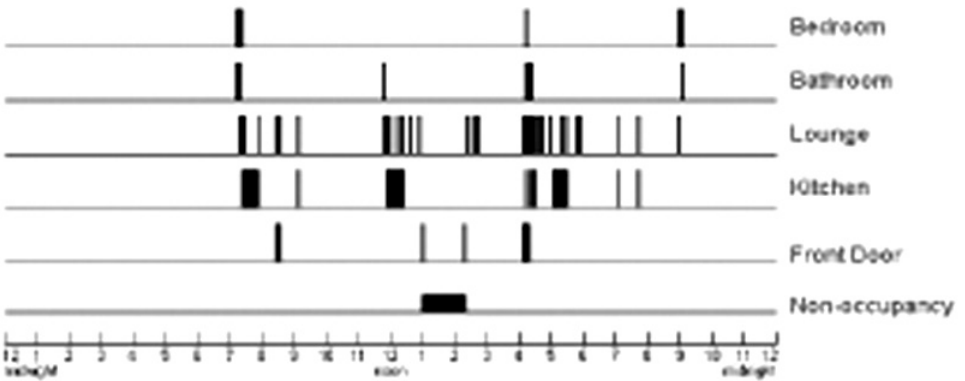
No cameras are involved. It is made up of:

- Door motion sensors to show when a door opens or closes
- Room motion sensors to show if anyone is moving about
- A control unit to log the information from the sensors

The sensors can be quickly and easily fitted around the home and as the system is radio based; there is no wiring and no cameras.

The unobtrusive equipment is completely independent of a person's telephone line and data from the base unit is uploaded every five minutes so the system virtually mirrors what is going on.

The activity is logged on a constantly updated chart and time line on a secure website where professionals and family members can use a password to log on and "see" when a person got up or went to bed and whether they had a disturbed night. They can check if the kitchen was visited to prepare meals, whether there were visitors such as carers and how long they stayed, and if the person left the house.



We will always seek the permission of the householder, or their legal representative, before installing the Just Checking equipment to ensure they are completely involved in the decision making process. Carers can help explain that the assessment could help their relative be supported to remain in their own home.

What happens next?

The information gathered by Just Checking on the user's patterns of behaviour and movements will be discussed with the user and their family. It may provide welcome reassurance that a loved one is coping, without intruding on them or undermining their independence. Or it may point to where and when extra support, may be needed.

Just Checking can help provide a clearer picture of how the person is getting on, so that risks can be managed and the most appropriate level of care support identified.

How to access Just Checking

Telecare aims to help people stay safe and independent in their own homes by using technology to provide support and reassurance at a distance. The Just Checking system is part of the Moray Community Health and Social Care Partnership's Telecare service, which professionals can access by contacting the Moray Lifeline team (telephone 01343 544166).

If you feel you or a member of your family could benefit from the Just Checking assessment, please get in touch to ask for an assessment. Contact your Social Worker, Community Care Officer or Community Occupational Therapist or contact the Community Care Access Team (Telephone 01343 563999 or email accesscareteam@moray.gov.uk).

You may also be interested in some other leaflets about the Telecare equipment we provide, which are available on the Moray Council website:

Moray Lifeline Community Alarm and Telecare Service
Safer At Home - Stand Alone Telecare Equipment

The difference Just Checking made to one Moray family

When 81-year-old Mrs M, who had been diagnosed with severe dementia, appeared to have lost track of time and become very active during the night, concerns were raised by her family and the Old Age Psychiatry team.

She already had home care visits four times a day and attended day care but there was a worry that she might be at risk at night when she was on her own.

Her family were keen for Mrs M to remain at home if possible, but admission to a care home was being considered when the Just Checking system was installed.

The data quickly showed she was active all day and all night, often not going to bed at all, but was more likely to rest at night when she had been to day care.

The findings were discussed by the care team and her family, leading to changes to Mrs M's daily routine and to her home environment. After day care was increased, black-out curtains were fitted which were closed in the evening and a timer switch installed to turn off her TV at bedtime, it was found Mrs M began to stay in bed during the night.

Mrs M was able to remain at home for a further nine months through the use of Just Checking.

For alternative formats, languages or further information, please ask an English speaking friend or relative to:

Phone: 01343 563319

Email: equalopportunities@moray.gov.uk

Write to: Project Officer (Equal Opportunities)

Chief Executive's Office, High Street, Elgin, IV30 1BX

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