



## Case studies

A family in Lossiemouth are delighted that their 93-year-old mother (Mrs B) is being supported using telecare equipment.

"It's just brilliant," said the lady's daughter, who also lives in the town.

The Moray Lifeline team installed a community alarm, a fall detector, movement sensors and a bed occupancy sensor to support Mrs B's wish to remain independent in her own home.

The equipment will alert the alarm monitoring call centre if Mrs B has a fall, if she is not in bed by her normal time or if she hasn't moved around the house over a set period of time – situations which may also indicate she has fallen or is in need of assistance.

The equipment provides re-assurance not only to Mrs B but also to her family that in the event of an emergency help can immediately be summoned.

Mrs B's daughter added: "I really like it - it gives me peace of mind. The equipment has alerted us twice during the night and we were able to get help quickly to mum when she really needed it. It is wonderful."

One Moray couple uses telecare equipment to alert the husband if his wife is getting up during the night.

A sensor outside the bedroom door picks up on movement if she leaves the bedroom at night and sends an alert to the husband's pager so he can ensure she hasn't fallen and guide her back to bed. He feels the equipment gives him peace of mind.

Another family use a bed occupancy sensor linked to a pager. The bed sensor goes under the mattress and can trigger an alert if the husband gets out of bed and has not returned within 20 minutes.

His daughter explained: "It is a good piece of equipment and we use it every night when dad goes to bed. It is easy to operate - the pager wakes you up easily so we can check if he needs assistance."