



"I am confident because I have TeleCare. If anything should happen to me, I can press my pendant and it's ok, help is there."

Ruby Forde-Alexander

THE PROBLEM

74-year-old Ruby, had a stroke at home in December 2008. A stroke happens when the blood supply to part of the brain is cut off. Without a blood supply, brain cells can be damaged or destroyed and won't be able to do their job. For example, if a stroke damages the part of the brain that controls how limbs move, limb movement will be affected.

THE NEED

Ruby's stroke affected the right side of her brain, which in turn affected her mobility, resulting in her needing additional carer support around the home. Ruby also suffers from Arthritis and a slow pulse rate.

Ruby has a strong support network of friends, but despite this added support, because Ruby lives alone her main concern is that an emergency situation arises where she needs urgent attention and nobody is around to help.

THE ANSWER

The hospital was willing to discharge Ruby into her own care six weeks after her stroke because she had been placed on the TeleCare trial. The technology in her home is aimed at raising a call for help in emergency situations.

THE METHOD

Ruby now has a variety of different alarms and sensors fitted in her home, such as: Sensors to remind her to turn off the water and the lights if they are left on, a flood detector in the kitchen and bathroom, heat detector in the kitchen, radio pull cord in the bathroom, a medication dispenser, a carbon monoxide detector and a pendant she wears around her wrist.

THE EQUIPMENT



Medication Dispenser

Automatically dispenses medications and provides audible and visual alerts to each time medications should be taken.



Heat Detector

Provides additional protection against the risk of fires in rooms where smoke detectors are unsuitable e.g. kitchen.



Flood Detector

Provides early warning of potential flood situations.



Carbon Monoxide Detector

Detector warns of dangerous CO levels. The unit provides an immediate alert when dangerous emissions are detected.

THE OUTCOME

"TeleCare has made such a difference to me. I used to leave the water and lights on and the windows open, sometimes I would even leave the cooker on. But now TeleCare reminds me to turn all of these things off," said Ruby.

"Once I forgot to take my medicine because my sister was visiting from America, and the medicine dispenser started beeping. I was thinking to myself 'What is going on?' and then I heard my phone ringing and I knew it was the TeleCare team. They asked me if I'd taken my tablets and advised me to take them right away."