

## **Living with Telecare**

Assistive technology is currently aiding older people in Blaenau Gwent to continue living independently with confidence.

Following a stroke, 78-year-old Mr Jones\* spent three months in hospital, after which he was unable to return home because he could no longer move freely, wash himself or prepare meals.

After his discharge from hospital, he was transferred into an intermediate care flat at the Assist Project in Tredegar, where he could be monitored using the Assistive Technology (MIDAS2) system and regular visits by the Reablement Team and domiciliary care workers.

Through rehabilitation and the introduction of assistive technology into his home, Mr Jones was able to move back to his own house.

Over the next five weeks, Mr Jones continued to improve his strength and ability to move himself from his bed into a wheelchair. This was monitored through data recorded from the assistive technology in his home, which demonstrated his ability to move about the house.

Mr Jones's discharge package from care included traditional daily home care visits and a number of sensors for his home, which could be added to his existing community alarm system. This gentleman now lives independently again with confidence.

Assistive technology available includes fall detectors, which signal an alarm to the Council's contact centre. Nighttime toilet guides are also available. This includes a pressure sensor mattress, which detects if the bed is occupied. If the user has been settled in bed but decides to get up, the system will provide guidance by fading up the bedroom lamp. Once the user is back in bed the bedroom light fades back off.

\*Not his real name