

Using telecare to avoid residential care admission

The challenge

Mr P is 74 and has had a series of health problems. In 2012 he was found in the garden of his home having had a stroke. As well as affecting his mobility, the stroke caused dysexecutive syndrome, a term for the range of cognitive, emotional and behavioural difficulties which can occur following injury to the brain.

This meant a hospital stay of many months, and at one point it was felt he would need to be discharged to residential care as it wouldn't be safe for him to return home alone. Mr P and his family were all keen for him to have the opportunity to return to the home he had worked for for many years, and a social worker from Coventry City Council suggested telecare may help to achieve this.

What we did

A telecare system was fitted to Mr P's home, including a bed sensor which raised an alert at the monitoring centre if he left his bed and failed to return after 30 minutes between the hours of 10pm and 7am. The centre was also alerted if the property exit sensor sensed Mr P leaving home, as he sometimes became confused and was unable to return. The centre would contact Mr P's sister who lived close by.

Unfortunately, in 2014 Mr P had a heart attack and a further stroke. He was discharged from hospital to Eric Williams House for rehabilitation. Once again, it seemed likely that Mr P would need to live in residential care, but an occupational therapist who was working with Mr P to help him regain the skills needed for daily living felt an increased care package and family support could enable Mr P to return home.

Mr P moved to a property next door to his sister, and a telecare system was installed which includes a Lifeline Vi home unit, and sensors which will raise an alert if they detect events such as a flood or a fire. Mr P also has a bed occupancy sensor and property exit sensor as before, and an iVi intelligent pendant, which will automatically raise a call for help if it detects Mr P has fallen.

The system is linked to a CareAssist pager, which will notify Mr P's sister if there is a problem. Mr P's sister also fills a medication dispenser for him, which helps him to take the right medication at the right time each day.



It's given him his life back. He so wanted to live in his own home. When he came back I asked him if he was happy and he said 'I love being at home'. If we didn't have the telecare equipment in the house we just wouldn't be able to manage. **Mr P's sister**



Photo posed by model

Results

Mr P has been able to return back to his own house where he feels safe and happy, and close to his family and the community he has lived in all his life. His sister has the reassurance that she will be notified if her brother needs help, but they can both continue to live independent lives.



I really like the equipment, it lets people know if I have fallen over. There are other bits of equipment too, but you don't know they are there. **Mr P**

For more information about the Coventry TeleCareline service, please call **024 7683 3003** or email **telecare@coventry.gov.uk**



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