

# Just Checking



## What is Just Checking?

Just Checking is a simple web-based activity monitoring system. Small, wireless sensors in the home generate a chart of activity which is accessed via a secure website. Health and social care professionals, and family members, can see when a person:

- Went to bed, got up and whether they had a disturbed night
- Visited the kitchen to prepare meals and drinks
- Received visitors or care services
- Left the house and for how long
- And generally, their daily patterns and how they are responding to care services

It provides a valuable assessment tool, helping to plan ongoing care and identifying where telecare, for example, could offer support and help to manage risk, based on objectively identified individual needs.

## How does it work?

Small wireless sensors in the main rooms of the house detect movement in order to generate a chart of activity as the person goes about their daily life.

The standard package includes 4 movement sensors, 2 door sensors and the controller. The sensors are attached to paintwork such as doorframes using Velcro pads, which are easily removed once the system is no longer required. The controller plugs into a standard electrical socket, and receives data from the sensors which it then transmits via the mobile phone network to the secure server.

Authorised users can then log onto the website from anywhere at any time to review simple to follow charts which detail activity by time and by room.

## How can it be used?

### Assessment for people with dementia

Just Checking enables care professionals to easily build a detailed picture of how a person with dementia is going about their daily life, during the day and night. It is particularly useful when a person is unable to provide or recall much information themselves. It provides information which is accurate and objective, and enables a tailored care plan to be created which best supports that individual's needs.

### Supporting hospital discharge / reablement

Just Checking can help to assess whether a person is able to manage at home alone following discharge from hospital, monitoring patterns of behaviour to establish whether a person is mobile, preparing meals and following regular sleeping patterns. It can also help to measure the actual effect of reablement support.

### Avoiding hospital admission

Just Checking can be used to spot trends in behaviour which may indicate health problems, and allow early intervention. For example, frequent visits to the bathroom may indicate a urinary tract infection. Just Checking can also be used to identify long periods of inactivity which, particularly in the day time, may indicate a problem with a person's well being such as a fall or illness that has restricted the service user to their bed.

### Postponing residential care

Just Checking can be used to support people with dementia in their own homes by unobtrusively monitoring their activities to ensure their safety and well being.

The system can record the user leaving their property for example, and can monitor how often the kitchen and bathroom are being used to indicate any deterioration in levels of self care.

### Supporting carers

Just Checking provides great reassurance to family members who can log on at any time to see how well their loved one is managing. They can review whether the user has had a peaceful night's sleep, monitor activity in the kitchen to indicate that the user is preparing meals and drinks, and even assure themselves that the person they care for has returned home after leaving their property.

### Supporting adults with learning disabilities

Just Checking gives a better understanding of when support is required, providing more options for delivering and care and managing the costs of supported living. It can be particularly useful for establishing what levels of support is required overnight, and can often establish that night staff could be replaced with a combination of telecare and remote waking night staff.

For more information on Just Checking please call 01977 660479.

Further Just Checking literature, including case studies, can be found on our website [tunstall.com](http://tunstall.com)

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