

## Receiving the right care services to reflect changes in routines and capabilities.

**Age of person being monitored:** 90

**Vulnerability:** Elderly, living alone, frail, forgetful, unsteady on feet

**Property/dwelling type:** two-bedroom bungalow

**Monitoring technology used:** Main Sensor, 4 additional Room Sensors, 2 Door Sensors, Pendant Sensor

### Overview

Mr J is 90-years old and lives alone in a two-bedroom bungalow. He is a proud man but is becoming increasingly frail and is occasionally unsteady on his feet. Mr J's family were worried that his cognitive ability may be failing and noticed that sometimes he forgets to eat. Although Mr J has a son and daughter-in-law who live seven miles away, they have busy, professional lives which means that they can only visit at weekends. Mr J also has another son and daughter-in-law who live 180 miles away.

Concerned for their father's safety and wellbeing when they could not be around, Mr J's family installed a TextCare system into his home. The Main Sensor is positioned in the lounge, additional Room Sensors in the hallway, bedroom, bathroom



and kitchen, together with Door Sensors on the front door and fridge door.

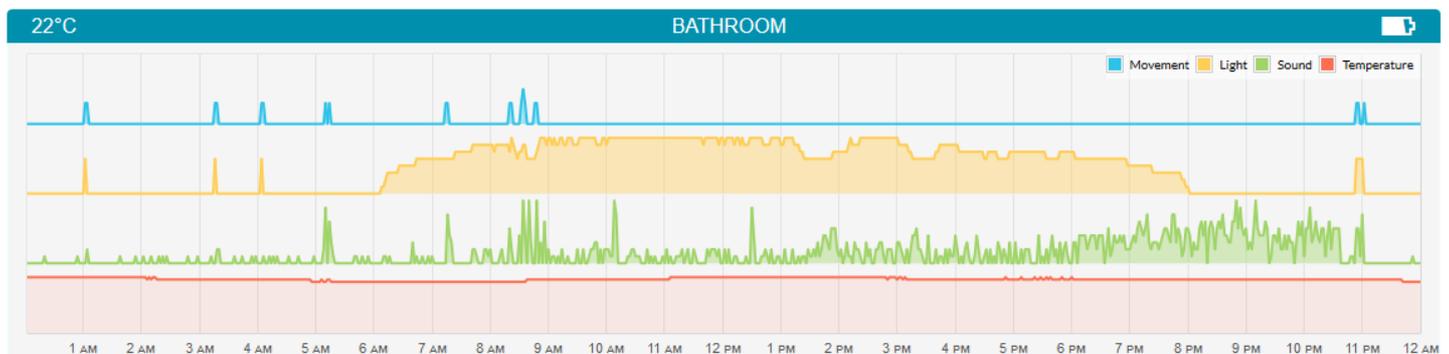
## Results

The Door Sensor on the fridge lets Mr J's family know that he has been using the fridge at typical times, i.e. breakfast, mid-morning, lunch-time, mid-afternoon and late afternoon/evening. If no alarms are triggered during these times, Mr J's family are able to call to check that he is OK with a phone call.

Mr J's family can also see that their father is following his routinely trips out of the house, using the Door Sensor on the front door. If ever he does not venture out to collect his paper in the morning, or return

home in the usual amount of time, Mr J's family will be alerted. They will also be alerted if he does not leave the house for his weekly game of bowls or to visit his wife who is in a care home. This helps to ensure that Mr J is continuing to socially interact with others and does not become isolated.

TextCare highlighted that Mr J was frequently up during the night to visit the bathroom. This raised concern for Mr J's family, who promptly arranged for a visit to the doctor. Mr J was diagnosed with a urine problem and was treated accordingly.



## Impact

TextCare has demonstrated that Mr J is currently managing well at home on his own. With the ability to monitor Mr J's capabilities and routines, Mr J's family are able to make informed decisions about his care needs. They have determined that a meals on wheels service will help their father to remain living safely and independently for longer.

"Dad may one day have to have some sort of care put in place for him but I would say that at the moment we can see he is managing OK without us having to keep phoning him (which he would find both presumptive and irritating). Every day we can see that he is up and about in the morning and that he has gone to bed and is settled at night. We can even see that he falls asleep in front of the TV occasionally. So when we ring, we can have a chat about things other than his health and capabilities, which is lovely for both of us."  
Mr J, son of Mr J.