

# ALL THINGS DIGITAL

## Smart Home Newsletter

### In this issue:

- Technology for reminders
- What can help individuals you support
- Support we have given to enable further independence at home.

## Technology for reminders:

We all at some point need to be reminded of an event, occurrence or a daily routine. A lot of the individuals I see in the Smart Home are looking for support with reminders. This can be anything from taking medication, to putting the bin out for collection.

Individuals and their carer's are looking for the best solutions possible to keep track of schedules and what's important to them, reminders to eat, to stay hydrated, take medication, do an exercise programme

## Are you supporting someone who is finding it difficult to remember important daily tasks?

- Do you know somebody that forgets things and would benefit from support to remember? We can adapt devices and recommend useful strategies to help the person manage daily tasks.
- These interventions can augment a support package.
- Reminders can be visual and or audio depending on persons requirements.
- You will get support to Identify the right device with appropriate adaptations to meet their needs.

## Examples of technology that can be used to give reminders:

### Audio Visual devices :

- Your Minder - Talking Alarm Clock with Reminders
- MemRabel 2 Dementia Clock
- Smart phones/ tablets/laptops with adaptations.
- Smart speakers such as Google Home and Amazon Alexa Show with a visual screen and loud audio available.
- My Home Helper - support system on a tablet. [www.myhomehelper.co.uk](http://www.myhomehelper.co.uk)
- GrandPad—a tablet for older people. [www.getgrandpad.co.uk](http://www.getgrandpad.co.uk)



# Smart Home: how we supported someone.

By Annie Seath: Senior Care & Support Worker for Digital Technologies

Margaret (84) has just been discharged after a long stay in hospital as a result of experiencing delirium and confusion, with memory impairment. As part of discharge planning we looked at where technology may support Margaret to go home and augment communication with family and the package of care. A discussion was had with practitioners and family and we decided to look at the benefits the Amazon Echo Show could offer. A home visit was arranged to go out and set up a device for the family to trial to see if this would be effective. This was set up for the family to use to drop in through video link, this is particularly helpful as the person receiving the call doesn't need to do anything other than be in front of the device. This means meaningful communications can be facilitated with friends and family, importantly this has restrictions on it meaning only those you give permission to have the ability to drop into the home through video link. As part of discharge planning it was thought that a 4x package of care would be needed although after full consideration of Margaret's needs we could reduce this to 3x and use technology to give a prompt to have lunch. The morning carers prepare lunch and leave it in the fridge for Margaret who once has been given the prompt can go and retrieve her lunch and make a drink at the same time. This is increasing independence and supporting the package of care at the same time. Comments from Margaret's family have been positive saying that "The Echo Show has been fabulous, I can see Mum sitting in her chair and this is peace of mind for me and the rest of the family" Margaret herself stated "I like the Alexa, my family just appear on the screen and I don't have to do anything, I can also ask Alexa things like the time and to play music".

After a trial period of the Echo Show the family have now purchased their own device.

The Smart home helped with the loan of the devices and the set up of their own purchased equipment.

## Our information:

<https://www.edinburghhsc.scot/the-edinburgh-smart-home-is-open-for-remote-information-and-advice/>

Please get in touch so we can discuss where our service may be able to help you with digital solutions,

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