

Independent Living



The challenge

In the last few years the Government has made a commitment to provide more personal care and support in the community with a number of key initiatives. In England these include the Putting People First concordat which aims to deliver personalised services that provide individuals with choice and control over the care and support they receive. Other initiatives include the Independent Living Strategy, the Dignity in Care campaign, the Carers Strategy and the new Dementia Strategy.

In Scotland it is estimated that 16.3% of the population are over 65 and 7.5% are over the age of 75. These figures are set to increase in the future placing a significant amount of pressure on health and social care service providers.

In Argyll and Bute the number of pensionable people is higher than the national average with 19.8% of the population over 65 and 8.9% over 75.¹

To address this issue Argyll and Bute Council and NHS Highland formed a partnership and developed its own Older Persons Charter to ensure the needs of its older people are effectively met. The charter includes a number of goals to support older people in the community, but the ultimate vision is to develop and improve the quality of life for its residents.

For many older people, admittance to residential care, a nursing home or even hospitalisation is often deemed necessary, despite the client's reluctance, as their ability to cope with activities of daily living becomes more of a challenge. However, one of the key values of the Older Persons Charter was to enable older people to remain supported in their own homes for as long as possible with a good quality of life and respect individual choices.

1. Argyll and Bute Older Person's Charter 2008-2010



All the reassurance you need

Tunstall

“ADLife has made a real difference to Mrs Cameron’s life. She is able to live at home on her own for the first time in many years, and at the same time she is benefitting from 24 hour support in a totally unobtrusive manner. If she didn’t have ADLife, she would have had to go into residential care.”

Councillor George Freeman, Argyll and Bute Council’s Housing Spokesperson

The project

Argyll and Bute Council produced a Telecare Strategy in partnership with a number of local agencies including Hanover Telecare, Health, Care and Repair, the Home Safety Service, Strathclyde Police and Tunstall to develop telecare services to support older people at home and promote independence. Telecare is mainly being used for people who have long-term health conditions, are frail and at risk of falls and have memory difficulties. Telecare solutions are created to match the specific needs of the individual to promote a safer home environment and provide reassurance and security for both residents and their carers.

Case study

Mrs Cameron has had a cognitive condition since 2002 as a result of encephalitis and initially she was hospitalised because of her inability to cope by herself. She was then transferred to a nursing home in 2003 during which time she recovered and became physically independent but she still needs some guidance and care because of her memory problems.

In 2006 she left the nursing home when her husband retired so that he could look after her full time at home as her main carer. Mrs Cameron benefitted from a less structured environment and from being in her own home, but she still required regular prompts from her husband to carry out basic activities, such as making a meal, as she does not have the impetus to do it by herself.

When Mr Cameron passed away Mrs Cameron went to live with her daughter who was able to provide support, but this was not a long-term solution and Mrs Cameron was keen to return home. A solution was needed that would allow Mrs Cameron to live on her own, but at the same time provide a level of support with regular reminders.

The solution

Mrs Cameron returned home with the support of an integrated care team, who worked on improving her skill set so that she could look after herself better. Mrs Cameron’s cognitive condition means that she can be taught and retain how to perform daily activities, such as preparing a meal or a hot drink, but she needs prompts. Her care package includes regular visits from support staff on a daily basis to check on her well-being and that she is secure within the property. As well as the need for regular prompts and reminders, Mrs Cameron’s daughter had a number of other concerns, such as falls during the night and going out inappropriately. Mrs Cameron is secure in her own home and happy with her new found independence.



ADLife

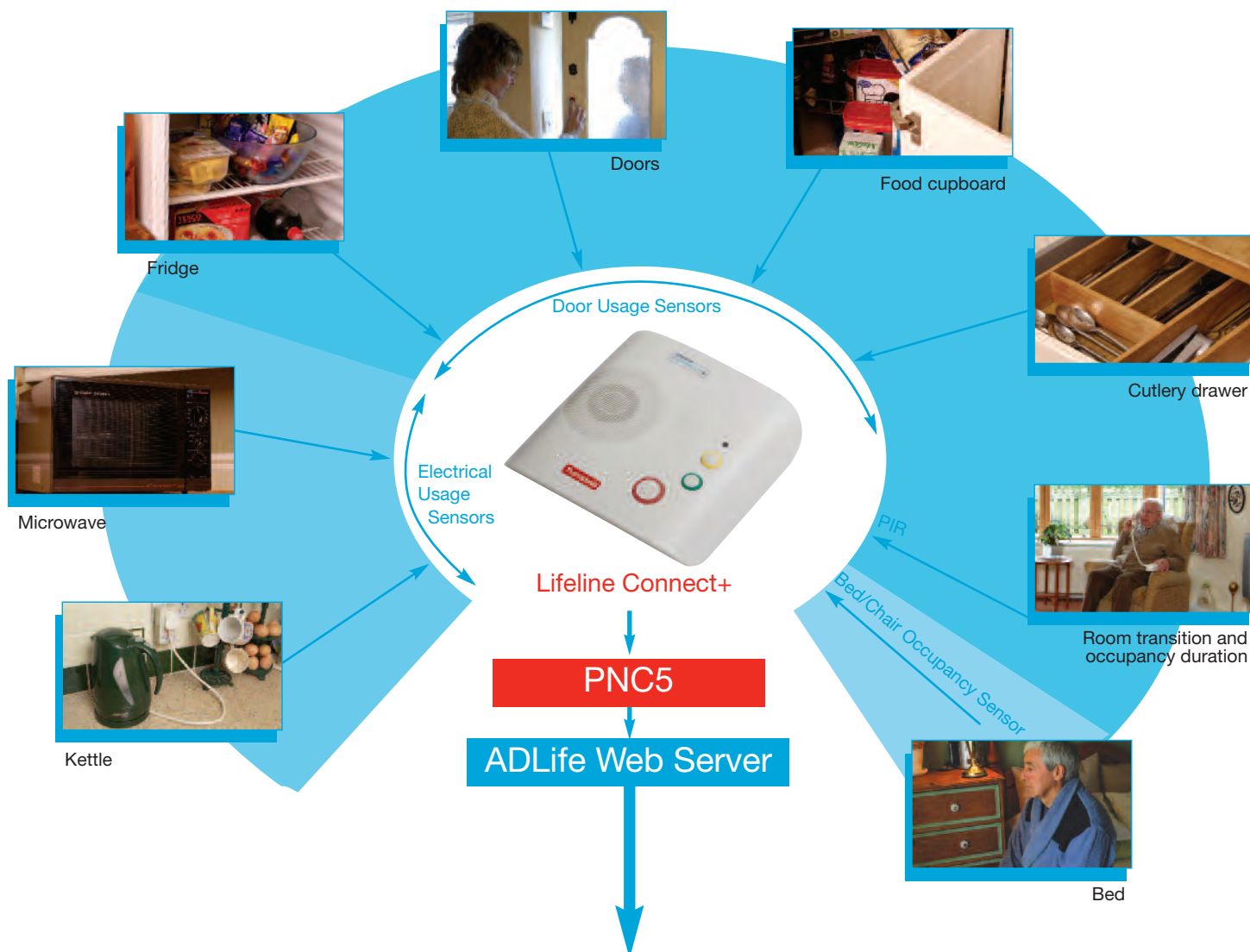
ADLife, or Activities of Daily Living is a proactive telecare solution from Tunstall which builds upon an existing telecare solution to create an early warning system. Data from telecare sensors in the home is used to build up a detailed picture of a person's activities so that the carer can investigate any emerging problems before they develop into a serious issue. For example electrical usage sensors placed on appliances such as kettles, ovens and TVs, combined with bed / chair occupancy sensors and movement sensors, can provide the carer with information about the amount of time spent in bed, or how often they are preparing meals or hot drinks. An increase in the amount of time spent in bed and the number of visits to the bathroom could indicate the onset of illness.

An ADLife solution was introduced into Mrs Cameron's home in addition to her existing telecare package which included a Lifeline Connect+ home unit, smoke detector, temperature extremes sensor, movement sensors and bed and chair occupancy sensors. Areas being monitored with ADLife include:

- bed usage and master bedroom visits
- bathroom usage
- front and back door usage and absence monitoring
- living room chair usage
- kettle usage
- refrigerator usage
- food cupboard and dishes cupboard usage

Every time a telecare sensor is activated the information about which sensor along with the time is stored. Every night the Lifeline Connect+ sends the data via the monitoring centre at Hanover and it can then be analysed by a social worker via a secure website and it can also be viewed securely by her family. This information can be displayed in a number of ways and once a pattern of behaviour has been established, parameters can be set.

If Mrs Cameron's pattern of behaviour deviates from this then an alert will be automatically generated to alert the social worker or monitoring centre.



The results

ADLife has proven very useful for identifying patterns in Mrs Cameron's behaviour and assessing her current health, whilst at the same time, being able to maintain her privacy. Being in her own home has built up her confidence and also that of her family who are reassured that she is supported 24 hours a day. Previously Mrs Cameron had to have someone with her at all times and whilst she still receives regular visits from the care team, her occupational therapist and her family, she is comfortable spending time by herself at home.

Councillor George Freeman, Argyll and Bute Council's Housing Spokesperson said *"ADLife has made a real difference to Mrs Cameron's life. She is able to live at home on her own for the first time in many years, and at the same time she is benefitting from 24 hour support in a totally unobtrusive manner. If she didn't have ADLife, she would have had to go into residential care."*

The future

The ADLife telecare solution has been a great success in supporting Mrs Cameron at home and it has allowed her care team to identify her daily routines. Any changes in her activities are picked up quickly, enabling early intervention before they become something more serious. Over the last few months ADLife has been used to create a reliable pattern of daily activities and following a recent assessment the decision has been made to withdraw ADLife as her condition has improved. Mrs Cameron will continue to be supported via her care team and her telecare package with 24 support from the monitoring centre at Hanover. She is now making her own meals and dealing with her own care requirements without being prompted and Argyll and Bute Council know she is safe to live by herself.

During 2008-2010 Argyll and Bute will increase the number of older people using telecare and there are plans to pilot telehealth monitoring in the community. A number of these people would also benefit from an ADLife telecare solution and the success of Mrs Cameron is a significant step in convincing people about its potential.

For further information please call 01977 660479

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