



# Keeping you safe at home

## Enabling you to return home from hospital earlier

Peace of mind and reassurance for you and your family

### What is Telecare?

- Telecare is an adaptable range of technology used in the home to help you to live independently, safely and with confidence
- For ANYONE of ANY age following an individual assessment
- Can link with smartphones
- Can be available as soon as you come home from hospital
- Reassures you and your family that help can be called at anytime
- Monitoring of equipment can be by a family member or a 24 hour monitoring centre

### Bon Accord Telecare Team

- Dedicated team of professionals with expert knowledge of Telecare
- We work with you to ensure you receive the appropriate equipment and response
- We install and maintain equipment
- We can devise individual solutions tailored to meet your needs
- There is a nominal charge for this service

# Telecare in Aberdeen



3,000 people in Aberdeen are supported to live in their own home with Telecare

#### Dementia

"It gives us great peace of mind knowing we will be alerted if mum leaves the house during the night"

Community alarm



#### Falls

"I dread to think how long I would have been on the floor had I not been wearing a fall detector"

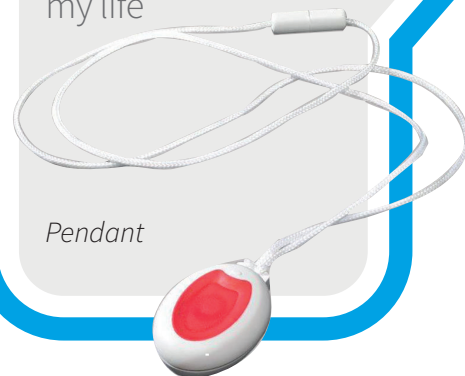
Fall detector



#### Elderly and Frail

"Telecare saved my life"

Pendant



#### Children and young people

"I felt great when mum and dad had a night out - safe in the knowledge I could get help through Telecare"

Epilepsy sensor



#### Vulnerable and learning disability

"Without Telecare I would still be living in hospital - I now have my own home and independence"



Automatic pill dispenser

### How to access TELECARE

Your doctor, care manager, occupational therapist, nurse or other health professional can refer you for an assessment for Telecare.

Alternatively **YOU** can contact the service direct to discuss your requirements.

Contact details:  
Bon Accord Care Telecare Service  
Community Equipment Store  
Units 3-4 Whitemyres Avenue  
Aberdeen  
AB16 6HQ  
Tel: 01224 788616

#### Equipment:

Alarm pendant (fall detector)/  
Epilepsy /Smoke detector/  
Door sensors/GPS device/  
Automatic monitoring