

CareLink Plus

Support to help you if you fall or worry about falling in your home

Are you prone to falls in your home during the day or night? Are you worried about falling and how you would summon help if you needed it? CareLink Plus has a range of equipment available that can detect if you fall over or fall out of a bed or chair.



Telecare is the name given to assistive technology which can help you to live safely and independently in the community. Telecare devices are installed in addition to the CareLink Plus alarm unit and pendant alarm button. All telecare equipment is supported by the CareLink Plus monitoring centre, 24 hours a day, seven days a week.



The **pendant alarm button** is a small light weight button worn on a cord around your neck, or can be worn on a wrist strap. If you need help because you have fallen or are unwell, anywhere in your home, you press the button and an alarm call will be made to the 24 hour monitoring centre. In addition to being worn on

your person, the alarm button can be fitted in fixed positions in your home, in areas where there is a high risk of falls. Typically they are fitted to skirting boards and door frames. They may also be fixed in the bathroom, in the shower or beside the bath.



Brighton & Hove
City Council

Telecare devices



The **pullcord** is fitted to the ceiling and has a long cord that hangs down to the floor. The cord is pulled to make an alarm call. These are useful for a location where there is a risk of falls and you may not have taken your pendant with you, such as in the toilet.

The **chair sensor** works in a similar way to the bed sensor. It is a square pad fitted underneath a seat cushion. If you leave your chair and do not return within a pre set time, an alarm call to the monitoring centre will be made. It can also be set to make an alarm call immediately to detect you falling from your chair.



The **intelligent falls pendant** is a light weight pendant worn on a cord around your neck, that allows you to press a button to make an alarm call if you need help from anywhere in your home. It provides an added layer of protection by automatically generating an alarm call if it detects you have fallen, in response to movement and changes in air pressure.



The **pressure mat** is a large vinyl mat that can be positioned beside a bed or chair and it will make an alarm call to the monitoring centre when it detects any pressure upon it. Typically this would be by stepping on it or if you fell out of the bed or chair. The pressure mat can be switched on and off so it is only active when you need it to be.



The **bed sensor** will automatically make an alarm call if you are out of bed for longer than a pre-set time. If you get up to go to the toilet or get a drink, and fall while out of bed, your failure to return to bed would send an alarm call to the monitoring centre. The bed sensor can be set to make an alarm call immediately should you fall out of bed. This sensor is a long thin rectangular pad, which is placed in a position where it can sense your presence when in bed. The positioning of the sensor should not disturb your comfort or sleep.



Do you find it difficult to find your way to the light switch when you get up during the night? Does this increase your risk or fear of falling?

The **lamp controller** can turn on your lamp as soon as you get out of bed when fitted in conjunction with a bed sensor. As soon as the bed sensor registers that you have left the bed it will switch the lamp on. It will then switch the lamp off once you are safely back in bed. The lamp controller can also be used to turn on a lamp in your carer's room when you get up, allowing them to safely see their way and provide any assistance you may need.



Telecare devices are provided to meet your individual needs to help support your independence and safety at home.

CareLink Plus officers will visit you to carry out a thorough assessment of your needs to establish the best support for you. Equipment provided will be tested to ensure it will function correctly as required.

How does the system work? When triggered, the devices will activate the CareLink Plus unit. This will use your telephone line to open up a call where you can speak to our highly trained staff who will talk to you through the unit and arrange the help you need.

If you have a carer supporting you at home telecare sensors can activate a pager system carried by your carer to alert them first to any problems. A device called a pillow shaker can also be used to wake your carer at night in response to any alarm calls generated.

Benefits to users You will have the reassurance of knowing that should you fall, help is easily accessed via the

CareLink Plus 24 hour monitoring centre, ensuring you receive the assistance you need. The bed sensor can alleviate the need for carers to check on you during the night.

Benefits to carers If you have a carer supporting you at home they can have the peace of mind of knowing that you have a support system in place, day and night. During the night your carer need only be woken should assistance be required, allowing them reassurance and a peaceful night's sleep. Carers can take a break from their caring responsibilities in the knowledge that help is still at hand should you need it.



Contact CareLink Plus for further information or to arrange for a home assessment

Tel 0300 123 3301

email Carelinkplus@brighton-hove.gov.uk

or via our website

www.brighton-hove.gov.uk/carelinkplus

If you experience hearing or speech difficulties you can contact us by text on 07908 823134.



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Translation? Tick this box and take to any council office

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali

需要翻译? 请在这方格内加别, 并送回任何市议会的办事处。Cantonese

ترجمه؟ لطفا این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi

Traduction? Veuillez cocher la case et apporter au conseil. French

需要翻译? 请在这方格内划勾, 并送回任何市议会的办事处。Mandarin

Tłumaczenie? Zaznacz to okienko i zwróć do któregokolwiek biura samorządu lokalnego (council office). Polish

Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese

Tercümesi için kareyi işaretleyiniz ve bir semt belediye burosuna veriniz Turkish

other (please state)

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