

Falls Management Case Studies

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Case Studies

With thanks for the various partnerships who have provided examples of case studies for wider circulation and awareness raising. Where names are used these have been changed to ensure anonymity.

The Challenge

Joan is an 89 year old widow who lost her husband 8 months ago. She has osteoarthritis which has affected her mobility and she is prone to falls. She is also deaf and has to lip read. Joan is now living on her own for the first time in her life and, although she has family living close by, is afraid of being unable to call for assistance if she falls. This is a particular concern to her when she has to get up during the night to go to the bathroom. She is very keen to remain living in her own home for as long as is possible but is concerned about her ability to call for assistance when she needs it.

The Solution

The Telecare package installed included Lifeline Connect with Gem body transmitter on a neck cord. Smoke detectors linked to vibrating pillow alert and flashing beacon to ensure that she wakes up in the event of fire. Bed occupancy sensor, linked to her bedroom and bathroom lights to illuminate the way to and from the bathroom to minimise the risk of falls. Wall mounted Gem transmitter above skirting in bathroom, to enable her to call for assistance if she does fall in the bathroom.



The Outcome

Joan has reported that her telecare package has given her the confidence to know that if she has a fall, during the night or day, she will be able to summon help using her pendant. She likes the fact that her bedroom and bathroom lights come on when she gets up during the night as she had use to use a torch before. She says she is now a lot happier about staying at home on her own. Joan's telecare package should enable her to remain living at home safely for as long as she feels she wants to. The risk of her falling during the night has been reduced through the use of the light dimmer sensors linked to her bed occupancy sensor and this, in turn, should reduce the risk of her having to be admitted to hospital as a result of a fall. The fact that Joan's confidence has increased and the risks to her safety are reduced should mean that she is likely to remain living at home for longer – thereby saving the cost of residential care.

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The Challenge

Janet is a 19 year old young lady with a mild learning disability, who lives with her parents, although she hopes to move into her own tenancy in the near future. Janet suffers from epilepsy and has a history of falls. Her parents were concerned about her having a nocturnal seizure during the night and them being unaware of it. They had resorted to using a baby monitor during the night which left Janet with very little privacy. As Janet is working towards independent living, her parents were keen to see if telecare equipment could be used to support her more effectively and discreetly during the night.

The Solution

The Telecare package installed included a Fall Detector which Janet wears during the day, Lifeline 400 with Gem body transmitter on wrist strap. Epilepsy sensor to detect nocturnal seizures which is linked to the telecare base unit in her parent's bedroom to alert them during the night.



The Outcome

The telecare package has given Janet a lot more privacy and the confidence to know that if she has a fit, her bed sensor will alert her parents quickly so that they can take action to prevent her going into status. She is pleased that she doesn't have to have a baby monitor in her room anymore and she also feels independent because her parents are happy to leave her along in the house now.

Highland Partnership

The Challenge

Mrs C (ex-shepherdess) living on a farm in an isolated area had always gone out on a daily basis to check on the sheep. Diagnosed with dementia her family were concerned that if she left the house unaccompanied to do her daily rounds she would be at risk, either from getting lost or falling and not being found. On occasion her dog had returned from her rounds without her.

The Solution

Mrs C was given a Cybertrak mobile phone incorporating GPS location technology. Mrs C was aware of the difficulties she had and valued carrying the device.

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The Outcome

This allowed her to continue with her daily routine, expending her energy and leading to settled nights. This also gave the family peace of mind in that if she did not return home within a recognised timescale, or the dog arrived alone, they could log on to the Cybertrak website, get the location of the device, jump on the Quad and recover the situation.

Scottish Borders

The Challenge

Mr T who is 80 years old is at risk of falling during the night going to the toilet and back to bed. He often sleepwalks during the night too. He is an existing Bordercare alarm user, pendant trigger is used but Mr T tends not to wear when going to the toilet during the night.

The Solution

A bed sensor linked to Bordercare and X10 appliances is installed. If the client goes to the toilet during the night and falls, the bed sensor will activate the Bordercare alarm if the bed is not returned to after 15 minutes. If Mr T sleepwalks the bed sensor detects that the bed is unoccupied and the X10 switches on the table lamp and also the radio which is set to classic fm to try and wake the client up. The bed sensor will also activate the Bordercare alarm if the client doesn't return to bed within 15 minutes.



The Outcome

Mr T is safe and secure overnight in the event of any incident. 2 planned nightly visits by Night Support Service no longer required. However NSS retain knowledge of Mr T and his needs in the event they are summoned for an emergency visit due to Mr T not returning to bed.

Scottish Borders

The Challenge

Mrs R at risk of falling and also diabetic lives in a large and isolated house. Mrs R has professional live in carers having to constantly monitor her whereabouts and safety. Standard Telecare personnel trigger did not have the range to cover Mrs R's property which includes rooms being used that are 100 yards apart with thick walls. Also Mrs R has poor dexterity meaning she was unable to operate the standard trigger.

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The Solution

A Standard Bordercare Alarm & R.O.M was installed along with an SRX2 alarm, 4 SRX signal repeaters, 1 SRX R.O.M linked to QED Grasp Switch and relay from car window wiper to link system. Creating a hybrid of two different systems working as one along with a Specialist Trigger Assessment.

The Outcome

Mrs R was able to activate the alarm from any room in the house and at a reasonable distance outwith the house. This reduced the need of Mrs R's live-in carers to constantly monitor her whereabouts.

Scottish Borders

The Challenge

Female client, who is fully alert and lives alone but due to her progressive illness she sometimes becomes unable to be mobile and has a history of falls. She wears a pendant alarm but unfortunately at night time forgets to alert staff when she is up at her bedside commode and staff sometimes find her lying on the floor. She may be laid there some considerable time, or other times she rings her bell after she managed to get back to bed. She is trying very hard to maintain her independence which increases her level of risk. Staff carry out regular checks during the night but this does wake her, however given the high risk of falls, it requires staff to maintain these checks. She also attempts to self mobilise through the day and this again has given to a high risk of falls.



The Solution

She would benefit from the use of a wrist alarm, a bedside movement detector and a wearable fall detector.

Outcome

The client would have her privacy and dignity maintained. Staff would have prior knowledge as to their required assistance and they would not need to do checks through the night if the alert hasn't been set off. This would allow her to an undisturbed night's sleep and reduce the risk of falls.

Orkney

Falls Management

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The Challenge

Kate is a 20 year old women who suffers from frequent tonic/clonic seizures. Until recently she was unable to live on her own.

The Solution

In consultation with Kate and her carer it was agreed that a dispersed alarm with Fall Trigger pendant and Epilepsy Bed Monitor would be installed. This gives Kate and her carer's peace of mind to know that if she suffers a seizure when she is in bed or moving around in her property that the Control Centre will be alerted automatically. Kate also has the option to press the pendant should she have any other emergency within her home. Specific details relating to Kate's epilepsy are held on the Control Centre database and mobile wardens are despatched to deal with any calls received from the equipment installed. Kate's carer is also alerted following any seizure as this allows her to provide follow up care once the mobile wardens have attended.

The Outcome

Kate lives in supported accommodation on her own.

Forth and Falkirk

For further information please visit:

JIT

www.jitscotland.org.uk

**With thanks the various partnerships for providing
this information**