

## **Personal Support Technology – Exploring the Possibilities (cont.)**

<b>Routine or Activity Focus</b>	<b>Description of Concern</b>	<b>Possible Solutions through Personal Support Technology</b>
Getting Up in the Morning	Joe often likes to sleep in and will turn off or ignore the alarm. With no on-site staff how will we get Joe up?	The home or apartment can be programmed with a “Wake Up” scenario that might: open the drapes, start the coffee, gradually turn on music/lights, etc.
	How will we know if Joe actually gets up and at ‘em?	Various sensors such as motion sensors or pressure sensors can be set to send an alert via text or e-mail if no movement is detected by a certain time.
Checking In and Cues for various activities or routines.	Mary gets anxious if she does not know others are around and “taking care of her”. She needs cues for certain activities.	A home monitor can be set-up to allow two-way audio/video communication. “Skype” sessions can be set-up for certain times. Mary can be reminded by various means that it is time to talk to her family-member or staff and how to do that. Live cueing, cueing systems or voice-alerts can be part of these systems as well.
Making meals and snacks.	Brian would forget to eat if no one is around. How will we know if he is getting adequate nutrition?	Sensors can alert you when Brian accessed the refrigerator/ microwave/small appliances/liquid containers, etc. or can alert you if he does not access these items. Family/staff/ third-party monitoring can monitor through 2-way audio/video option.
	Sue tends to over-eat and can access food too often.	Above options would apply. Tele-health options might also include scales that can report weights on a regular basis.
	Sue can make simple things on the stove but is sometimes distracted and forgets to turn the stove or oven off.	“Stove Guard” or other items can automatically turn the stove/burner off if Sue is not detected near the stove for a programmed length of time.
Leaving the house	Mark often forgets to lock the door and turn off lights/appliances/heat or AC.	When Mark leaves the house a “leaving home” scenario can be triggered by GPS or sensors to do these things automatically.

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Safety Issues	What If... Sadie gets lost?	GPS watches, sensors, cell phone systems can allow Sadie to call for help and be located or be programmed to call/text for help automatically beyond a certain radius, etc.
	What If ... Sadie falls?	Fall sensors on pendants or watches can detect a fall and call for help as programmed.
	What If ... Sadie is sick or needs help?	Various Personal Emergency Response Systems (PERS) are available.
	How will I know if Mark leaves the house, gets to work, gets back to the house.	GPS apps or various sensors can text you when Mark arrives or leaves various locations.
	What If ... there is a fire or CO leak?	These detectors can be programmed to call/text contacts or emergency personnel. An automatic chain of events can also be triggered including things like: turn on lights, unlock doors/windows, start a verbal reminder to “get out of the house quickly, etc.”
Self-care Routines	Ann often forgets to brush her teeth and does not always take a shower without reminders/monitoring, etc.	Sensors can be set-up to alert you when toothbrushes, shower doors, shampoo, deodorant, hampers, etc. have not been used for certain time periods or to text/e-mail when they are used.
Health Monitoring	Family/staff/or nursing must monitor BP, weight, O2 stats, glucose, heart rate or other health indicators. Can the frequency of visits be reduced?	These health issues can often be remotely monitored through various Tele-health systems. This may allow decreased staffing for this type of monitoring and may help catch health problems earlier.
Medication Management	Ozzie needs verbal prompts to take his meds on time and correctly.	A large variety of medication management systems are available. Some of these systems can be integrated into PST systems to alert you if Ozzie forgets to take his meds. A number of reminder systems are also available.