

Examples Of Telecare In Action



Case Study – Personal Wellbeing



Client Profile:

Mrs I. Aged 85 lived alone, in reasonably good health, but suffered short-term memory loss, which caused her difficulty in remembering to take her medication. She found it confusing to know which pills to take and had difficulty in recalling whether she had taken them. The result of this was that she was at risk from overdosing and her condition was worsening as her medication regime was not being complied with.

Role of Telecare:

An assessment was undertaken both with Mrs I. and her family. As a result it was suggested that trying a pill dispenser linked to a telecare alarm may overcome her medication management problems. The family were happy to take on the responsibility for filling the pill dispenser and securing it with the key provided as an additional precaution. The dispenser can deliver up to 4 doses a day and at this level requires filling on a weekly basis, but if only 1 dose is needed then it will last for 4 weeks. Should a dose be missed the dispenser triggers and alarm call to the care centre so that a reminder can be given.

Outcome:

Mrs I is now taking her medication regularly. There was some initial apprehension about her ability to recall what the audible tone emitted from the pill dispenser was for, this sound being the prompt to pick up the dispenser and tip out and take the medication at the set time. However she has managed well and this has now become part of her daily routine. She finds it helpful and has stopped worrying, and more importantly as she puts it “has stopped my family fussing!”

Her family are now able to spend quality time with her, rather than having to rush in and out, fitting in visits before and after work. They generally feel less stressed and have expressed relief at not continually having to worry about making special arrangements to take time out from work. They are reassured