

Living well with **Dementia** in Warwickshire



How Assistive Technology

*can help if you are
living with dementia*

Assistive Technology (AT)

Assistive Technology (AT) are pieces of equipment or gadgets that support people (including those living with dementia) to be as independent as possible with daily tasks around the home e.g. taking medication, bathing, cooking or other tasks.

Assistive Technology can be helpful for many people, but may be especially helpful if you, or your loved one are living with dementia.

AskSARA

AskSARA is a self-help website (www.warwickshire.gov.uk/asksara) which provides information, advice and guidance on gadgets and assistive technology.



These pages give examples of gadgets that might make life a little easier around the home.

Examples of Gadgets

Many of these can be found on AskSARA for you to purchase, however other websites are available (please note that the pictures below are not taken from AskSARA, and so, might not be a specific suggestion from AskSARA).



MemRabel Day Clock

The MemRabel 2 is a simple and clear day clock which displays the time and date, with the added benefit of being able to set reminders for certain times of the day, week, month or year.



The device can be very helpful as it can be programmed with reminders from a familiar face or voice who pass on instructions to a person with dementia. This can really help people with dementia to remember to eat, drink, take medication or go to bed etc and can also relieve the stress that forgetfulness can bring.

Flood Prevention Devices

These come in different sizes for baths, basins or sinks. If the taps are left running, the device has a pressure sensor which will open the plug to drain the bath, basin or sink to prevent flooding.



Telephones

You can buy a telephone with large buttons or with pictures of key contacts that can be pressed to call the person.



Medication Dispensers

Medication dispensers can be set to sound an alarm to prompt you when to take your medication. When the alarm sounds the device will also dispense the correct medication and dose for the set time by releasing or opening a small compartment.

As the unit only dispenses the tablets at the required time the risk of taking a repeat dose may be reduced. The device recognises when the pill(s) has been removed from the dispenser and the alarm stops.



Telecare

Telecare is a combination of equipment and services that can support you to live safely and independently in your own home.

The equipment can sense risks such as smoke, floods and gas, can remind you to take your medication and even call for help if you fall.



You can access a telecare, or community alarm service through your local district and borough council. If you have an electronic version of this leaflet, you can click on the web addresses below, which will take you directly to the website. If you have a paper copy, please just type in the web address for your local Council (as below) and in the search box, type in 'Telecare'.

Contact Us

North Warwickshire Borough Council
www.northwarks.gov.uk/ or
Tel: 0300 790 6884

Warwick District Council
www.warwickdc.gov.uk/ or
Tel: 01926 339577
(covers Warwick District, Nuneaton & Bedworth Borough and Stratford-on-Avon District)

Rugby Borough Council
www.rugby.gov.uk/ or
Tel: 01788 579706

For more information about Assistive Technology, please visit www.warwickshire.gov.uk/assistivetechology

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For more information about dementia and services that can support you, please visit Warwickshire's Living Well with Dementia website: www.warwickshire.gov.uk/dementia