

## Useful Websites

**Carers UK** Digital Resource for Carers has an in-depth guide on different technology and how it can help you as a carer. You can access the course FREE with an access code from your carers centre.

**Website:** [www.carersdigital.org](http://www.carersdigital.org)

**Ostara** provides and installs alarm equipment in **Newcastle**. The equipment is connected to a 24-hour response centre.

**Website:** [www.ostara.org.uk](http://www.ostara.org.uk)

**Phone:** 0191 277 7470

**Email:** [contactus@ostara.org.uk](mailto:contactus@ostara.org.uk)

**Care Call** is a 24-hour support service that is available to anyone in **North Tyneside** who may feel additional security in their home.

**Website:**

[www.services.northtyneside.gov.uk/sign/Public.Service.aspx?ID=107](http://www.services.northtyneside.gov.uk/sign/Public.Service.aspx?ID=107)

**Phone:** 0330 333 7475

**Northumberland Telecare** is a **Northumberland County Council** service, offering both community alarms and 'telecare' sensors, matched to individual needs.

**Website:** [www.northumbria.nhs.uk/our-services/equipment-services/telecare-services/](http://www.northumbria.nhs.uk/our-services/equipment-services/telecare-services/)

**Phone:** 01670 827100

Assistive technology can be very helpful for you as a carer. It can provide you with additional reassurance about the safety of the person you are looking after when you are not with them. In today's world, technology is being used more and more and there are a number of different options how technology can help you in your caring role.

**FALLS DETECTOR** is a pendant alarm sensor that the person you care for wears. The pendant will alert a 24-hour call centre when the person wearing it has fallen. Some pendant systems require the person to press a button and some recognise a fall automatically. Don't worry about the alarm going off by accident, this happens to many people and it should not cause additional stress to you or the person you care for.

***Top Tip:** Make sure that the person wearing the alarm remembers to put it on every day.*

**DOOR ALARM SENSOR** is an alarm system that is connected to the front door of the person you look after. The alarm will alert a 24-hour call centre when the person living in the property has left the house. Some alarm sensor providers also offer bed sensors which make alert when the person you look after has left the bed.

**CAMERA** in the home of the cared for person can help you to monitor their overall safety during the day and night. This can also provide additional security to protect your cared for from burglars and intruders. However, make sure that you consult the cared for person before installing a camera.

**SMARTPHONE** can be useful to keep up with the caring tasks and share duties with other people in the caring circle. Apps such as Jointly can hold useful information about the person you are caring for such as caring tasks, medication as well as appointments, it also enables you to send group messages.

***Top Tip:** You can get a free access code for Jointly app from your local carers*

## Useful Websites

**Newcastle Carers** is your local carers centre if the person you support lives in Newcastle upon Tyne.

**Website:** [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk)

**Email:** [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk)

**Phone:** 0191 275 5060

**North Tyneside Carers Centre** is your local carers centre if the person you support lives in North Tyneside.

**Website:** [www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)

**Email:** [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

**Phone:** 0191 643 2298

**Carers Northumberland** is your local carers centre if the person you support lives in Northumberland.

**Website:**

[www.carersnorthumberland.org.uk](http://www.carersnorthumberland.org.uk)

**Email:** [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

**Phone:** 01670 320025

**SMART HOME DEVICES** can give you the ability to support the person you care for remotely. In today's world, you can easily access light or heating systems which are easy to control via a smartphone app. This means that you can ensure that the person you care for has their heating on regularly during the day or the lights on at night, without you actually physically having to go to their house.

Furthermore, smart appliances are becoming more and more popular meaning that items such as kettles, ovens, microwaves or even washing machines are controllable via an app. These systems can usually also be used via voice control, so the person you care for could control these without having to get up.

**Top Tip:** You need internet connection to be able to use smart home devices.

**PHONES WITH SPECIAL FEATURES** can replace traditional corded phones or mobile phones which can be difficult to use. Special feature phones can amplify the call, provide large buttons or give photo picture buttons of friends and family for anyone who may have difficulty dialling numbers.

**ELECTRONIC PILL DISPENSER** is a secure device which can be used for safe medication management. An electronic pill dispenser can be pre-filled with medication and it will unlock and release the medication at the selected time and alert the cared for person that they are due to take it. This would mean that you as a carer, would not have to worry about the cared for person either missing or accidentally overdosing on their medication. Pill dispensers can be purchased privately or they can be part of the offer from alarm system companies. This means that the 24-hour call centre would be notified if the medication has not been taken.

**Top Tip:** Pill dispensers can store at least 28 tablets at a time and release tablets at the time you have chosen.

**Contact your local carers centre for support around employability skills or join one of our online sessions!**