

Living life well with a long term condition

If you or someone you know is living with a long term condition, you'll know that sometimes life's not easy. A long term condition can be anything from asthma to multiple sclerosis. This leaflet contains information and advice about equipment that can help you live independently and manage your condition better.

Telehealth

Telehealth is a small unit which enables you to take your vital signs from the comfort of your own home.

You take readings such as blood pressure, oxygen levels, weight and temperature and they are automatically sent via telephone line to a monitoring centre. If your condition gets worse this will be picked up and your healthcare professional will be contacted to take appropriate action.

Telecare

Telecare is a system of wireless sensors placed around the home, which immediately detect risks such as fires, floods and falls. The moment a risk is detected an alert is sent to a telecare monitoring centre, summoning instant help 24 hours a day, 365 days a year.

Some of the benefits telehealth and telecare can bring are;

- Added peace of mind
- Greater understanding of your condition
- Less risk of unplanned admissions to hospital
- Greater freedom to get on with your day-to-day life
- Less anxiety for carers and family.



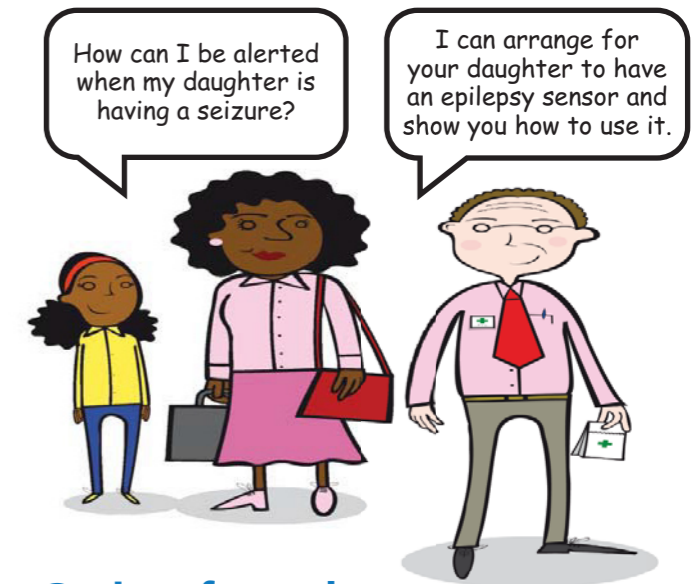
Staying Independent in your home

Millions of people in the UK live with ill-health, injury or disability. One of the many challenges associated with this may be a fear of falling. Telecare can help support you and increase your independence by helping to manage the risks to your health and home environment.

For example, if you are at risk of having a fall in and around your home, you could ask about a falls detector. This can be worn on your wrist or waist. It works by sending an alert via a unit in your home to a call centre if you fall, and an operator can quickly contact a named carer or the emergency services.

Managing your medication

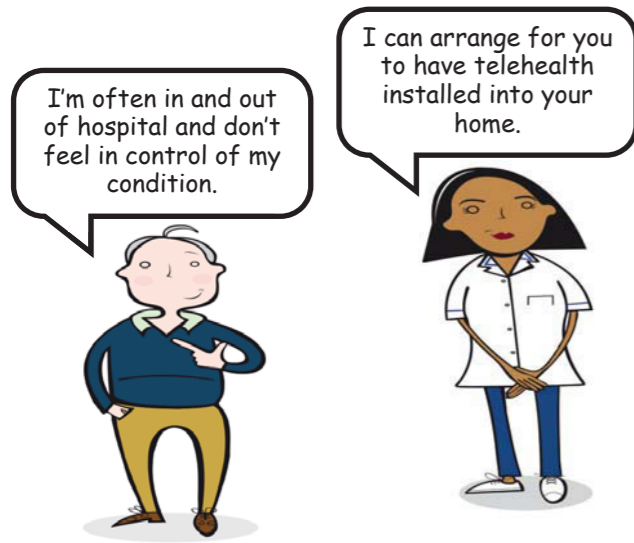
As the number of medications you take add up, it can become difficult to remember to take them on time. This can result in under/over dosing and unscheduled admissions to hospital. A portable medicines dispenser can alert you, by way of a ringing/flashing alarm, to take your medication. The dispenser is ideal for people who require a prompt to take their medicines and act as a reminder to carers who are supporting someone to take medication throughout the day/night.



Caring for others

Are you one of the six million people in the UK who dedicate their time to looking after a relative or friend at home? Caring for others can be physically, emotionally and mentally demanding, no matter how much you might love them. Telecare services can help reduce some of the pressure and help support you and the people you care for. For example if someone gets out of bed and doesn't return for a long time, there are sensors which can send an alert via a base unit in their home to a call centre, where an operator can quickly contact a named carer or the emergency services.

Alternatively, if you are a live-in carer, the sensor can be programmed to alert/wake you via a 'pager alert system'. This allows you to act quickly without the need for a telephone line or monitoring centre service which is often not necessary when full time (24 hour) care is being provided.

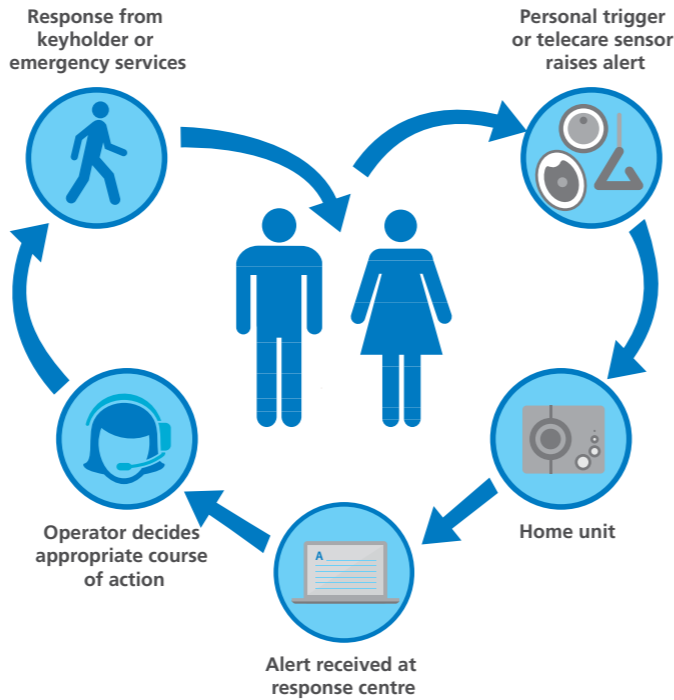


Managing your health with telehealth

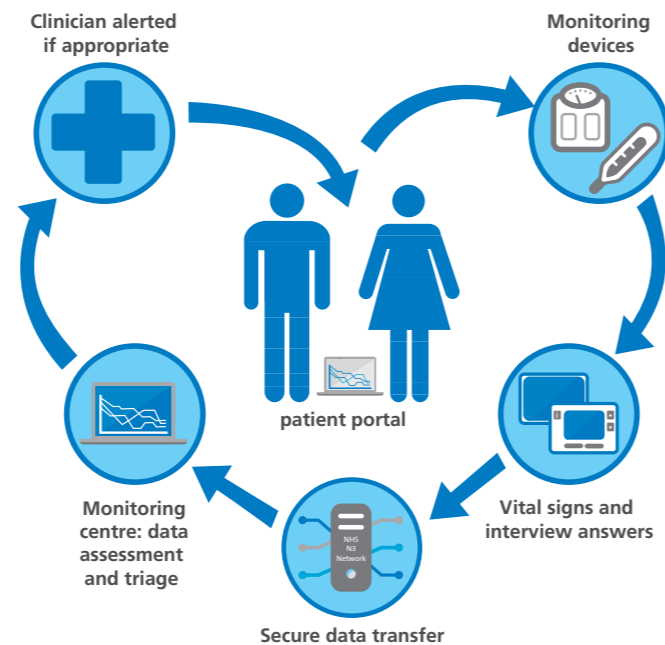
Being diagnosed with a long term health condition can have a huge impact on your life. Often, the symptoms associated with the illness are just one of the things that affect your health – many people also lose their self-confidence and grow anxious when they think their condition is getting worse. Telehealth is proven to help people with a long term illness, such as lung and heart conditions, to take control and regain their independence.

Telehealth enables you to monitor your health at home or even on the move. You can take your own vital signs such as heart rate and blood pressure, as well as answer a series of questions about your symptoms. These details are then sent to clinicians who can monitor your health remotely and help you when you need it.

How telecare works



How telehealth works



More information

This leaflet will help you start exploring the self-care choices that are right for you. To find out more about the support available, visit www.nhs.uk/YourHealth

For other information on how to access NHS services call NHS Direct on **0845 46 47**.

Carers can contact Carers UK via CarersLine on **0808 808 7777** or online at www.carersuk.org for support.

Many local libraries have specially trained staff to help you find information about your local health service and show you the information on the NHS website.

Patient Advice and Liaison Service (PALS)
Whether you're a patient, a relative or a carer, PALS can answer questions and resolve concerns. Call NHS Direct to find out where your local PALS is. Whatever your issue – just ask.

www.nhs.uk
0845 46 47

For more information about telehealth and telecare please visit 3millionlives.co.uk or ask your health or social care professional for more information.

©Crown copyright 2012
2900546 1p 100k Oct12 (MRP)

If you require further copies of this title please visit: www.orderline.dh.gov.uk and quote 2900546/telehealth-telecare

Tel: 0300 123 1002 Fax: 01623 724 524 Minicom: 0300 1230 1003 (8am to 6pm, Monday to Friday)



Your health,
your way,
your choice.



Supporting your independence and wellbeing with Telehealth and Telecare

