



Assistive technology, if used well, will enhance quality of life, managing risks, encouraging independence and providing reassurance. We all have outcomes we want to achieve, for ourselves and for those we care for. Caring can be difficult, juggling practical support and managing risks and it can lead to lots of anxiety and worry.

Assistive technology can be a real asset in such situations. It's not a simple replacement for real people but it can help the individual with the greatest needs and it can also support the best use of carers' time and energies through offering them support and reassurance in their own right. Quite often we can worry about what might be happening when in fact the reality is different. Through the roles of social worker and community nurse a young Staffordshire family were introduced to the idea of using assistive technology to support their son and to support them in their caring roles.

*"As Social Workers we continually try to achieve a balance between independence for our young people and acknowledging the genuine worries and fears our parents face on a daily basis, trying to keep their children safe and protected from harm. This however can lead to the young people being limited in their experiences and their opportunities for independence.*

*Assistive technology provides a credible and effective response to these worries and needs for many of our young people. It allows inclusion in daily life and within their home environment. Where previously personal supervision may be required on a high level, the technology available allows monitoring from a distance, giving independence and personal space to the individuals involved. It allows inclusion within their home and local community, enabling them to widen their experiences and participation as they grow and develop. It further provides peace of mind for families to encourage this independence whilst continuing to supervise with potential risks highlighted to them. It is empowering for both the young people and their families alike."*

Michelle, Adam's allocated social worker.

*"Since MyAmego was introduced into our home, with sensors in each room and a fob for Adam, our lives have been transformed. We can now give Adam the freedom and independence to explore what he wants and needs. We are able to relax knowing that we will get an instant alarm on the pager should he go into a 'red' zone. In our case these 'red' zones are the front door, the garden and the bathrooms. However, the system is customisable so if a new area becomes an issue we can add or remove 'red' zones as required."*  
Adam's Mother



To talk to someone about the use of MyAmego in

Staffordshire please contact

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***“This system has dramatically changed our lives for the better and we could not now live without it!!!”***

Adam’s Mother

*“The assistive technology provided has allowed Adam the independence to explore and experience his home and local environment, whilst ensuring he is safe at all times. This includes Adam in all aspects of daily life and allows him to enjoy and participate. The sensors do not restrict his movement, rather ensure that parents’ are made aware of his actions and can intervene should these present a risk or to prevent harm. This is significant and vital when promoting the inclusion of young people within their environments, reducing the requirement for restrictive measures and promoting their independence, access and choice.”*

Michelle, Adam’s allocated social worker

We are all different so a personalised approach was required to meet the outcomes of this family. Using a new “intelligent” assistive technology provided by MyAmego the whole family has been able to improve their quality of life and be reassured that the system will alert them to risks.

*“Adam” lives with his family..... “Adam [has] Autism, Global Development Delay and Epilepsy and so he requires constant supervision . As a result of his conditions everyday was a challenge as we constantly had to monitor Adam to ensure that he was safe and secure. This put undue stress on the rest of the family in that simple day to day tasks could not be completed. It also meant that the other children were not receiving the attention they deserved which caused additional disruption and friction within our family.*

*Adam’s problems meant that if the front door was unlocked he would wander off and having no sense of danger would be a risk to himself and others. He has a fascination with running water and so would open the taps with the result that basins and baths would overflow. He is also fixated on texture which causes no end of issues when he plays in the garden.”*

Adam’s Mother.

It’s also important that a family home looks and feels like a family home, so unobtrusive wireless sensors are fitted discreetly around the house and these send signals to a computer. Working closely with his parents, MyAmego has been able to rate different areas of risk in each part of the home and these are graded on a scale from low to high with different alert responses.

Adam wears a pendant and when he moves around the home the sensors pick up and note his location. His parents carry a pager which will alert if Adam moves into a higher risk area i.e. kitchen or near an exit door. It will not alert if he is enjoying life in his bedroom or the living areas of the home but will alert in a higher risk area or if he has been in some locations for more than a specified time. In a busy family home this means that his parents can give him more space and time alone whilst the system monitors in the background. This benefits the whole family and has helped everyone get on with living their lives.

MyAmego, working with:

**DAA** Dementia Action Alliance

Everyone reports the benefits; it has helped reduce the pressure and anxiety of caring parents and freed-up time when before they were worried about what would be happening. It allows the family to spend time doing what they need to, with the system providing reassurance in the background.

**To learn more about the comprehensive capability of MyAmego or to arrange a meeting and personal demonstration please**

Next steps: this was a trial of the technology which has proved to offer invaluable help and support for the whole family and therefore MyAmego will remain in the family’s home. Adams parents have said it has opened their eyes to the increasing range of options which will be able to support Adam as he gets older and wants to become more independent. What is great to see is that the technology has assisted family life and added value and has become a discrete but integral part of the household, supporting independence and peace of mind.

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