

ClientCare Notes

by Adele Belfsky



Caregiver Plus...A Personal Emergency Response System You're never home alone...

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We wanted to let you know about another service which is intended to help folks stay safely in the comfort of their own homes. The cost of the Caregiver Plus system is a bit less than its competitors, but it seems to have all of the important features and benefits.

Similar to the Lifeline System, Caregiver Plus provides technology systems that monitor ones health and safety by providing medical emergency assistance as well as a health monitoring system. The system provides coverage 24 hours a day & 7 day a week safety service; creating enhanced independence and freedom for the individual and those important in their lives. The systems are managed by Sheila Hughes-McNiff a Registered Nurse who provides an individual free home fall assessment.



In the event of an emergency medical situation, the user presses either a wireless pendant or the stationary emergency button on the base unit. The central station receives an emergency signal within seconds and the operator then turns on the two way communication. The operator communicates with the user as the base unit has a built in microphone. The operator assesses the situation and if needed dispatches emergency authorities; ambulance, fire, ect.. The operator then calls the individuals listed on the users emergency call list. There is a battery backup in the event of a power failure. The system is trusted by doctors, hospitals, and professional caregivers.

According to a study by the New England Journal of Medicine: Subscribers of Medical Emergency Response Systems like Caregiver Plus have far fewer hospital admissions and shorter stays after they subscribe; thereby allowing them to live independently longer.

According to a study by the New England Journal of Medicine: the mortality rate is 5 times higher for people who lay incapacitated for 12 hours or over versus those that get immediate help.

Conclusion of the New England Journal of Medicine Study: "For elderly people who live alone, becoming incapacitated and unable to get help is a common event, which usually marks the end of their ability to live independently."

For more information, call 1-781-937-0310

The Constant Corner...

By Officer Jane Constant, Senior Relations Officer, Nashua Police Dept

DID YOU KNOW THAT SENIORS ARE MOST SUSCEPTIBLE TO FIRE DEATHS?

According to the US Fire Administration, the fire death rate for those over the age of 65 is twice as high as the national average. For seniors between the ages of 75-85, the death rate is three times the national average. These statistics are alarming. There are 5 things you can do to greatly reduce this rate.

1. Change your smoke alarm batteries twice a year. Make sure you have alarms on every level of your home and outside all sleeping areas. Test each alarm monthly.
2. Change or update your escape routes. Plan and practice your home fire escape. Have 2 ways to get out of each room if possible.
3. Change unsafe smoking habits. Careless smoking is the leading cause of fire deaths among Americans 65 years of age and older. Soak ashes in water before discarding them. **AND NEVER SMOKE IN BED.**
4. Change unsafe cooking habits. Never leave food cooking on the stove unattended. Wear tight fitting clothing so that the sleeve doesn't dangle over the fire and then catch on fire. And clean the grease off your stove regularly.
5. Change unsafe heating practices. Do not store combustibles near the furnace, hot water heater, or space heater. **NEVER USE A STOVE AS A SUBSTITUTE FOR A FURNACE OR SPACE HEATER.**

REMEMBER: YOU CAN STAY SAFER BY FOLLOWING THESE GUIDELINES and knowing your escape route if something should happen. Keep the telephone number of your local fire department nearby. It can be quicker than calling 9-1-1 and wasting precious seconds waiting for the call to be transferred to the nearest fire department.

2007 Memory Walk...

We support the Alzheimer's Association...

The Alzheimer Association Memory Walk is scheduled for September 15. This year, Team Living at Home will be participating in the Manchester Walk. If you are able to join our team that would be great! Call Frank at 546-6060 for details. If not, please consider making a donation. The Alzheimer Association (www.alz.org) is the leading voluntary health organization in Alzheimer care, support and research. The money they raise goes directly to fund research, and help those in our community cope with the disease. On our first walk, we raised \$720.00 and last year we raised over \$880 in support of the Alzheimer's Association. Our goal this year is to raise \$1,000.00. If you are able to contribute please make a check out to the "Alzheimer Association" and mail to our office at: 10 Northern Blvd, Unit 18, Amherst, NH 03031. Donations either received or pledged by September 15 will count toward our goal.

