

Feidhmeannacht na Seirbhíse Sláinte Health Service Executive

## Your Guide to Pendant Alarms & Fall Alerts

Find an alarm for you and your needs

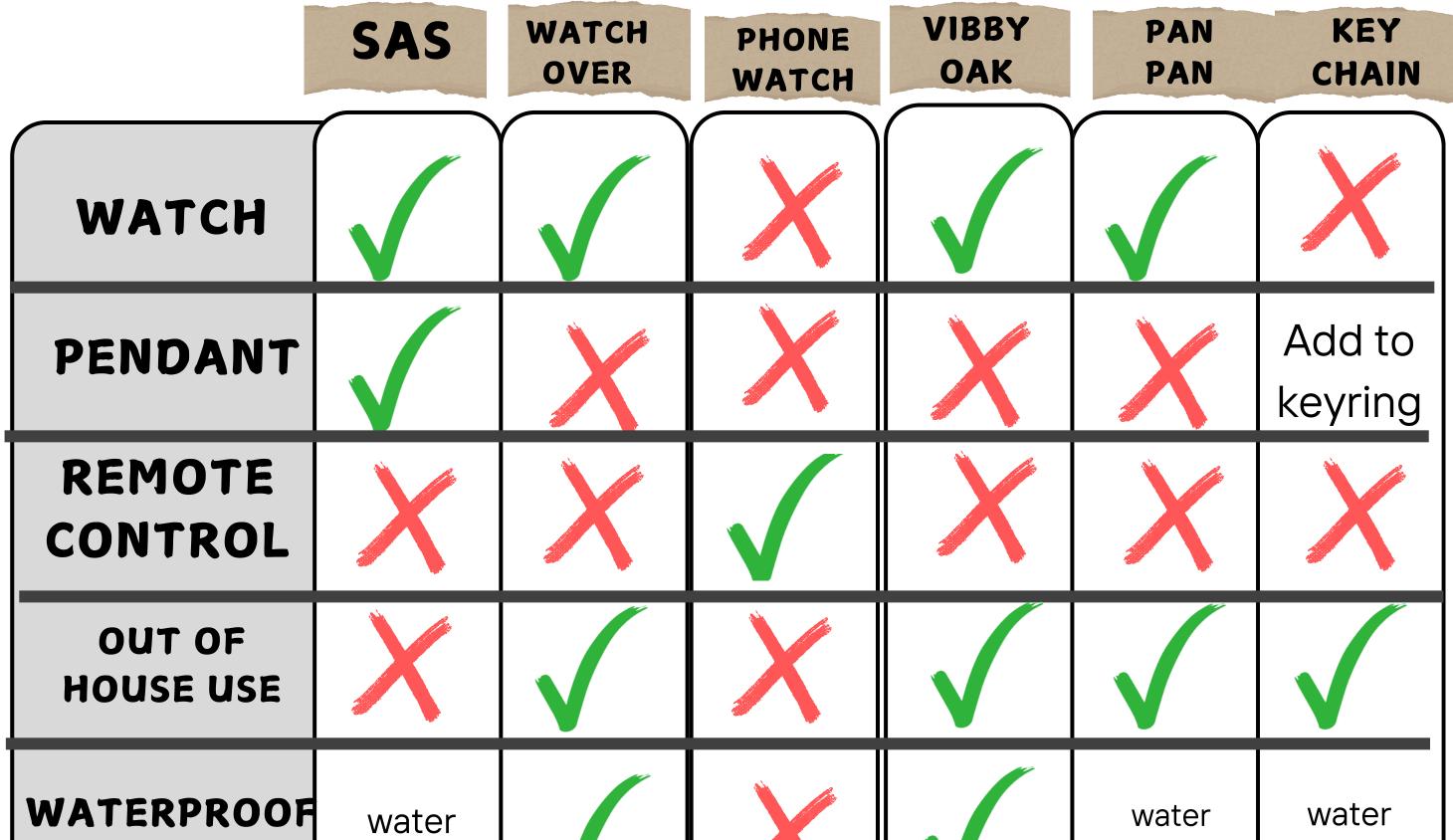
### About

Pendant alarms are wearable devices that enable users to call for help in emergencies, such as falls, by pressing a button. They provide peace of mind, particularly for those living alone or with limited mobility. There are many different devices to choose from depending on your specific needs.

Pendant alarms are ideal for individuals who may be at higher risk of falls or emergencies where quick assistance is needed. Some people who may benefit from using a pendant alarm include:

- Older people- As aging can affect mobility, falls become more frequent, and a pendant alarm provides a fast way to get help.
- Those with chronic health conditions Conditions such as arthritis, heart disease, or diabetes can increase the likelihood of falls or sudden health issues.
- **People recovering from surgery or injury** Individuals in recovery or dealing with recent surgeries may be more prone to falls or accidents.
- Individuals living alone People who spend time alone, particularly seniors or those with health concerns, may find a pendant alarm reassuring for emergencies.
- **Those with disabilities** Individuals with mobility or vision impairments, or other disabilities, can benefit from the added security of a pendant alarm.
- **Caregivers or family members** Pendant alarms can offer peace of mind for loved ones looking after someone with health concerns or mobility challenges.

## <u>Types of pendent</u> <u>alarms</u>



	resistant			V	resistant	resistant
GPS						
CONTACTS EMERGENCY CONTACTS						
CONTACTS CALL CENTRE						
AUTOMATIC FALLS SENSOR						
PRICE	year 1 free €60-90 thereafter	€149, €3.46 a week thereafter	check website	Approx €130	check website	Approx €30

### Senior alert scheme (SAS)

The Senior Alert Scheme is a program that provides older adults with a personal alarm system to call for help in emergencies, such as falls or illness. The system typically includes a button worn as a pendant or bracelet that connects to a monitoring center for immediate assistance. It promotes independence and peace of mind for seniors, especially those living alone.

**Cost**: 1st year is free, €60-90 per year, thereafter

Eligible people can apply for equipment available through their local community, voluntary and not-for-profit organisation registered with Pobal to administer the SAS. **The contact information for the organisations in the Carlow and Kilkenny are listed below:** 

Organisation	County	Town Area Coverage	Contact name	Contact No.
Bagenalstown Family Resource Centre CLG	Carlow	Bagenalstown - Moneybeg Royal Oak Road	Anne Shortall	059 9722028
Clonmore Kilquiggan Ballyconnell Community Alert	Carlow	Clonmore Kilquiggan.Ballyconnell, Coolkenno.Kilanure, Knocklow Hemfield	John Byrne	085 779 6429
Myshall/Drumphea Muintir Na Tire Community Alert Group	Carlow	Myshall/Drumphea Parish Carlow, Garryhill Area	Mairead Kavanagh	059 9727 374/ 059 9143 957
Newtown Fenagh Nurney Senior Citizens Group	Carlow	Fenagh Newtown Augha Rathwade Nurney Ballybromhill Ballintrane Garryhill	Maria Nolan	087 2369 031
Palatine Community Alert, Palatine, Carlow	Carlow	Palatine and townsland Kildare	Ann Walshe	086 3749907
Paulstown Community Alert	Carlow	Paulstown Wells, Fenniscourt, Paulstown Parish Waterford	Helena Brennan	087 249 6161
St Catherine's Community Services Centre	Carlow	Carlow	Niall Morris	059 9138 700
St John's Caring Centre	Carlow	Hacketstown Rathvilly Clonmore Knockananna	Sheila Whelan	059 6471 417
St Mullins Community Alert	Carlow	St. Mullins Parish and surrounding borders Borris Graignamanagh	Joanne Doyle	0872424990

Athield & Orchard Text AlertKilkennyKilkennyJohn Purcell086 383 7336Conference of the Assumption SVP PitownKilkennyPitownBreds O'Shea051 643 272Dunnamaggin KilkennyKilkennyDunnamaggin, KilmogannyJohn Holden056 7768 622Community AlertKilkennyAll areas of county All areas of countyDanielle Dunne056 7768 622Community AlertKilkennyAll areas of county parish of FreshfordDanielle Dunne056 7768 622Community AlertKilkennyFreshford community alert parish of FreshfordJohn Bergin086 2592535Community AlertKilkennyGalmoy ParishGeny Moloney056 8838 568Geny CommunityKilkennyGalmoy ParishGeny Moloney056 8838 568AlertGenesbridge Gowran Skooughvosteen Dungarvan GraiguenamanaghShane Dalton035 8005033Gowran and Dungarvan Community Text AlertsKilkennyNewmarket HugginstownCleeve Cuddihy086 038 450Voluntary Housing Association KilmacowKilkennyNewmarket Lasiowery, Clontubrid, Gathabawn Laois part of Lisdowney parishMarie Stapleton037 648838Mill Family Resource Community AlertKilkennyUrlingfordSuzanne Cox056 8838 466Community Alert GroupKilkennyUrlingfordSuzanne Cox056 8838 466Community Alert GroupKilkennyParile radius of Castlecomer including parts of Colais and Colais and Colais and Colais and Colais an	Organization	Country	Tours Area Courses	Contraction	Contract Ma
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DevelopmentPaulstown Gowran Skeoughvosteen Dungarvan 	Glenmore CA	Kilkenny	Glenmore	Julie Hoynes	087 7629898
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Community Alert Coughlan Windgap Parish Kilkenny Windgap, Tullahought, Martin 086 1016980	Slieverue Community Alert	Kilkenny	Slieverue	Anna Griffin	085 2324052
	Tullaroan Community Alert	Kilkenny	Tullaroan		056 7769 576
	Windgap Parish Community Alert	Kilkenny			086 1016980

For further information, contact: Pobal Customer and User SupportsTeamCall: 01 511 7222Email: onlinesupport@pobal.ie

## Vibby OAK Fall Detector

The Vibby fall detector features both an emergency call button and an automatic alarm that activates in the event of a significant fall.

Designed with comfort in mind, the fall detector is made to be worn continuously on the wrist. The waterproof, hypoallergenic plastic ensures it feels as comfortable as a wristwatch.

With replaceable, non-rechargeable batteries, there's no need to worry about recharging. Additionally, the automatic alarm will be cancelled if the user stands up within the first 20 seconds after a fall.

**Cost**: Approx €130

#### Sources:

www.Taskltd.com,www.telealarm.com, www.possum.co.uk



### Pan Pan Watch

The PanPan Watch is an innovative smartwatch that offers quick access to 24/7 support in emergencies, including falls or medical crises. With GPS tracking, the PanPan Watch also shares your location, ensuring help can arrive quickly when needed. It's designed to work beyond the home, providing assistance wherever you are.

Cost: Visit the Pan Pan website

#### Sources:

https://tunstallemergencyresponse.ie, http://panpan.watch



## Watch Over SOS watch



The WatchOvers mobile personal alarm offers peace of mind for both you and your loved ones. It allows you to stay safe and independent in the comfort of your own home. If a fall occurs, the watch will automatically call your emergency contacts—no button press required.

**Cost:**  $\in$ 149.00 for the watch and  $\in$ 3.46 per week thereafter

#### Sources:

www.watchovers.ie

## Phone Watch Panic

## Button

The phone watch remote control devices feature a built-in panic alarm that alerts the phonewatch monitoring center with the press of a button. This feature is especially helpful for elderly people or those with mobility issues as it offers immediate assistance in emergencies and 24/7 monitoring for constant safety

**Cost:** request a quote on the phone watch website www.phonewatch.ie or call them on 0818 753 753



# SAFEZONE Panic Alarm Keychain

The SAFEZONE Panic Alarm Keychain is activated by pressing a button, triggering a loud alarm that draws attention to an emergency. This sound helps alert nearby people and can lead to quick assistance. Powered by a battery, the keychain is compact and can be easily attached to a keyring, bag, or clothing for convenient access in an emergency.

**Cost:** Approx. €30

**Sources:** 





#### www.irishsupply.com, www.ultrasecure.ie

## Dementia-Friendly <u>Alarm Systems</u> Inactivity Alert Sensor

A movement sensor detects extended periods of inactivity, which could indicate a fall or medical emergency, and sends an alert to a 24/7 Monitoring Centre or caregiver. It can be placed in areas like rooms, doors, or bathrooms, to help track unusual patterns and ensures the individual's safety while providing reassurance.

#### Sources:

www.Taskltd.com, www.sensorem.com

## Bed occupancy Alarm

The bed occupancy sensor is positioned beneath the mattress and can be programmed to send an alert to TASK's 24-hour monitoring center or a caregiver as soon as an individual gets out of bed. Alternatively, the alarm can be set to trigger only if the person does not return to bed within a specified time frame.

**Cost**: Visit the TASK website

#### Sources:

www.Taskltd.com



## Chair Occupancy Alert

The chair occupancy alert operates when an sensored mat is placed under the cushion on a chair. An alert is raised if the person leave the seat, indicating a fall has occurred or the individual has begun to wander.

Cost: Visit the TASK website

Sources:

www.Taskltd.com



### Door Exit Alarm

The discreet door exit alarm is activated if a door is opened within specific time periods. The alert can go to TASK's monitoring centre or directly to a family member or carer.



#### Cost: Visit the TASK website

**Sources:** www.Taskltd.com

## Carlow/Kilkenny

Occupational Therapy Department

### **CONTACT DETAILS**

Carlow Town and County (Not including Borris and St.Mullins): 076-1082027

Kilkenny City and North Kilkenny: 056 771 6516

South Kilkenny and South Carlow (Including Borris and St. Mullins): 056 7773900

www.hse.ie



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