



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.

Types of pendent alarms

	SAS	WATCH OVER	PHONE WATCH	VIBBY OAK	PAN PAN	KEY CHAIN
WATCH	✓	✓	✗	✓	✓	✗
PENDANT	✓	✗	✗	✗	✗	Add to keyring
REMOTE CONTROL	✗	✗	✓	✗	✗	✗
OUT OF HOUSE USE	✗	✓	✗	✓	✓	✓
WATERPROOF	water resistant	✓	✗	✓	water resistant	water 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 Nursey Senior Citizens Group	Carlow	Fenagh Newtown Augha Rathwade Nursey 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

Organisation	County ▲	Town Area Coverage	Contact name	Contact No.
Ashfield & Orchard Text Alert	Kilkenny	Kilkenny	John Purcell	086 383 7336
Conference of the Assumption SVP Piltown	Kilkenny	Piltown	Breda O'Shea	051 643 272
Dunnamaggin Community Alert	Kilkenny	Dunnamaggin, Kilmoganny	John Holden	056 7768 622
Family Carers Ireland Kilkenny	Kilkenny	All areas of county All areas of county	Danielle Dunne	056 772 1424
Freshfordthreecastles Community Alert	Kilkenny	Freshford community alert parish of Freshford	John Bergin	086 2592535
Galmoy Community Alert	Kilkenny	Galmoy Parish	Gerry Moloney	056 8838 568
Glenmore CA	Kilkenny	Glenmore	Julie Hoynes	087 7629898
Goresbridge Rural Development	Kilkenny	Goresbridge Paulstown Gowran Skeoughvosteen Dungarvan Graiguenamanagh	Shane Dalton	085 8005033
Gowran and Dungarvan Community Text Alerts	Kilkenny	Gowran, Dungarvan	Ted Ryan	087 2208298
Hugginstown Voluntary Housing Association	Kilkenny	Newmarket Hugginstown	Cleeve Cuddihy	086 0638 450
Kilmacow Community Alert Group	Kilkenny	Kilmacow	Tomás Breathnach	051 8854 83
Lisdowney Community Alert	Kilkenny	Lisdowney, Clontubrid, Gathabawn Laois part of Lisdowney parish	Marie Stapleton	087 6488638
Mill Family Resource Centre LTD	Kilkenny	Urlingford	Suzanne Cox	056 8838 466
Moneenroe Community Council Ltd	Kilkenny	9 mile radius of Castlecomer including parts of Co.Laois and Co. Carlow Durrow Bilboa	Martin Buggy	087 7721461
Owning Care for the Elderly	Kilkenny	Owning	Shirley Power	051 643136
Slieverue Community Alert	Kilkenny	Slieverue	Anna Griffin	085 2324052
Tullaroan Community Alert	Kilkenny	Tullaroan	Richard Coughlan	056 7769 576
Windgap Parish Community Alert	Kilkenny	Windgap, Tullahought, Killamery, Coolagh	Martin McCarthy	086 1016980

For further information, contact: Pobal Customer and User Supports Team
Call: 01 511 7222 Email: 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: €149.00 for the watch and €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 Alarm Systems

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.sensoreem.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 sensed 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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