



Staying put in your own home

Just Checking is a system which helps people to stay in their own home.

Most older people want to stay in their own home for as long as possible, and with a few changes or reminders, and a helping hand from time to time, this is perfectly possible. But sometimes, family members who are keen to support you at home, need to be reassured that you are managing, and be able to step in if you need extra help.

The Just Checking system uses movement sensors, which are installed in your home, to 'just check' that you are going about your daily life as expected. A member of the family or a friend can log on to a website to check that you are up and about, and that things are happening as expected. For example, they can check that home care staff have arrived if you receive this type of service, or that you have gone out as planned and returned safely. And if all is not well they can offer assistance.

What is the equipment that is installed?

The Just Checking system includes:

- Small, movement sensors which are placed in the main rooms of the house and on the front and back doors. The sensors are usually stuck on the door frame, using Velcro pads, and can be easily taken out again.
- A small controller box, which plugs in to an electrical socket.

There are no cameras and no wiring. It takes only a few minutes to install the system, and there is no drilling or hammering involved.

What will I need to do?

Nothing. Just carry on life as normal. The system works automatically and does not need any input from you.

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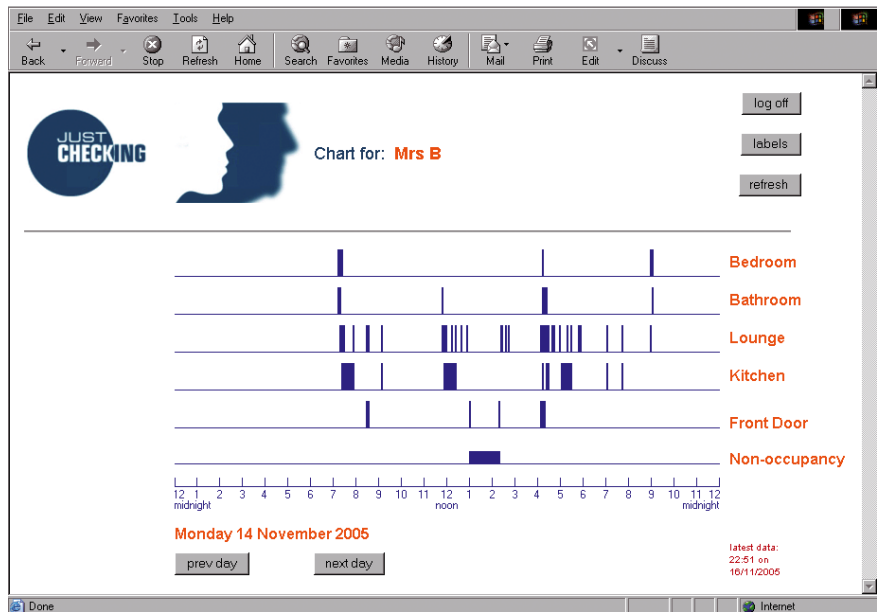
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Will my family be able to see me all the time?

No. There are no cameras in the system, so no-one can actually see you. The system detects movement around the house or flat and shows this as a chart.



Here's what some of our users have said about Just Checking

"It is not at all intrusive. I don't even know the sensors are there. Matter of fact I was surprised, when I went to the front door, one day this week, to see the sensor up there."

"I think it's a really good idea. I know I have the back up from my family if I need it but I can get on with life as I want to."

"My daughter comes over each weekend to help with the house, and she picks me up for lunch on Sunday. I have something on most days. But I like the fact that she is able to check each day, while she is at work, that I'm OK."

"I've no problem with it whatsoever. I don't even know it's there half the time to be honest with you."

"I have good days and bad days and I am very happy that my friends and family can keep an eye on me and help when I need it."

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