

What you need to know about Just Checking

What is Just Checking?

Just Checking is a small set of movement sensors which are placed in your house.

Why is it a good idea to have the Just Checking system in my home?

As you probably know, some people are concerned that you are not managing as well as you used to on your own, but the fact is they may be getting worried about nothing. The Just Checking system will show your loved ones how you are coping from day to day.

How does it work?

Basically it makes a simple chart of your movements around the house. This can then be read by your family member on a computer that's connected to the internet. It will give them an idea of your daily routines, or let them know if things are not quite as expected. It will reassure them or help them to understand if there are times when you need a little more help.



What if I don't want it installed?

If you really don't like the idea, nobody can make you have the system. The decision is yours. But please remember that it has been suggested by somebody who cares for you, and it may well mean you can stay in your own home for longer.

So will there be lots of wires and equipment?

No, most people who have Just Checking installed quickly forget it's there. There will be a small movement sensor in each room, a sensor on the front and back door, and a small controller box. It can all be fitted in a few minutes by your family member. Everything is wireless and sticks on with Velcro, so your decorations won't be affected.



Won't it feel like I'm being watched all the time?

The first thing to remember is that nobody can see you. There are no cameras involved. It is likely that your family member will look at the chart once or twice a day to make sure everything is okay. And if you are not up and about as usual, or if a scheduled visit hasn't arrived, the system will let them know so that they can contact you and help you out. It can be reassuring to know that a loved one can easily check if you're doing alright.

What do I have to do?

Just carry on your life as normal. The whole idea of the Just Checking system is that it gives a true picture to your family of how you are getting on from day to day. This means they won't be asking a lot of boring questions about your lifestyle when they visit, or getting the wrong idea if friends or neighbours are needlessly worried.

So Just Checking means I can stay in my own home?

It can't guarantee you'll be able to stay where you are, but the whole reason Just Checking was created was to stop people having to go into care homes when they didn't need to. Before this system, people tended to guess how older people were doing on their own, and to be on the safe side, they often thought a care home was the easiest option. If you're happy to have Just Checking installed, you should be able to stay put for as long as you are able to look after yourself.

What other people say....

"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."

"I have something on most days. But I like the fact that my daughter is able to check each day that I'm OK."

"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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