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This Assistive Aids & Technology guide is a resource for a range of people such as carers, staff, service users, managers and commissioners. It has been written to aid the use and development of Assistive Technology (AT) and assistive aids, enabling continual professional development and promoting AT throughout the Health and Social Care sector. This guide has been produced by Plymouth City Council, using content that was developed by I-Grow Care and Support Ltd through its project funded by Skills for Care.

In today’s modern society it is important for social, care and support workers to attain skills and knowledge in AT to identify opportunities where AT can be used as a solution to a care or support need.

The AT information guide can help staff discover the advantages of AT devices, products and services that are available and to identify where AT can be successfully implemented.

You do not have to be a technical expert to use AT, just able to establish where AT can be used effectively and efficiently. Increasing numbers of people who access social services are using AT, which has implications for their carers. Therefore, when the use of AT has been identified it becomes a journey of discovery and learning with the partnership of the carer, support staff, organisation to enable the life of its beneficiary.

Please note that the companies and products mentioned in this guide are given only as examples to indicate what is available on the market; Plymouth City Council does not endorse any particular company or product.

Many of the websites named in this guide supply multiple types of assistive aids and technology. If you visit any of these websites, you may wish to discover which other products are available as there are too many to be listed in this guide.

If you have any changes, amendments or items that you feel would be useful to be added to this guide, please email:

Joint Commissioning ASC JointCommissioningASC@plymouth.gov.uk
Key to icons and hyperlinks

The **mobile phone icon** next to a product means the product is an App. Apps are software specifically written for mobile devices, designed to enable the user to perform tasks or to help with everyday life. They can be downloaded from iTunes (Apple) and Google Play (Android).

The **£’ icon** indicates an app that requires purchasing either to access features or unlock a trial. However, free apps are also available and there are several in this guide.

The **telephone handset icon** indicates a phone number. If you are interested in a product, you may have to call the manufacturer or the shop that distributes the item.

The **green tick**: this indicates a review from a user or a case study.

The **‘Play’ icon** indicates a link to a video. There are videos on YouTube that will help you learn how to use various apps. We have included a few samples in this guide but you may prefer to search YouTube yourself.

For clarification, the following are colour-coded in this guide:

- **Website links are in blue**
- **Email addresses are in green**
- **Links to videos are in amber**
What is Assistive Technology?

Assistive Technology refers to any device that enables an individual to perform a task that they ordinarily would be unable to do or would need additional support to carry out. **AT promotes independence, choice, control, and enablement.**

AT equipment can be something as simple as a special spoon right through to home automation. The use of AT is about enabling an individual to continue to live independently and improve their quality of life.

How can Assistive Technology help?

Around the Home:
- Eating and cooking
- Money and budgeting
- Personal care and safety

Communication
- Speaking
- Hearing
- Writing
- Vision

Family and Travel:
- Shopping
- Travelling
- Local community
- Family and social network

Health and Wellbeing:
- Memory
- Leisure
- Health
- Relaxation

**QR codes**

A **QR Code** is a simple way of navigating to a web page from a printed document. A black and white box contains a web address embedded within its image.

A **QR Code** saves you time entering the web address into a phone’s browser; also, if you lack flexibility in your hands it can make accessing information easier.

**What you need:** A smart phone/tablet with a camera and a QR Reader programme, an easy to use piece of software. You can download it from iTunes or Android for your smart phone. Run the QR reader on your smart device: you will be asked to take a photo of the black and white box and will then be directed to the webpage.
Useful Contacts:

**AskSARA**
AskSARA is an online self-help guide providing expert advice and information on products and equipment for older and disabled adults and children. AskSARA will produce a personalised report, providing clear, tailored advice written by experts on ways to help with daily activities.

Occupational Therapists and equipment experts write the advice on the AskSARA website: AskSARA offer recommendations based on the answers given in response to the online questionnaire.
[https://asksara.dlf.org.uk/](https://asksara.dlf.org.uk/)

**RNIB**
Royal Institution of Blind People (RNIB) is the leading charity offering information, support, an online shop and advice to almost two million people with sight loss.

0303 123 9999
Email: helpline@mib.org.uk

**Sensory Solutions**
Sensory Solutions provides information, advice and equipment for people of all ages with concerns about sight or hearing. Sensory Solutions provide services such as home visiting, training courses, with a demonstration centre showcasing assistive technology designed to help people with sensory impairment live independently. Sensory Solutions also offer a free home trial service for most equipment.

01752 201899
Email: sensorysolutions@improvinglivesplymouth.org.uk
**Stroke Association**
The Stroke Association is a national charity and our aim is to support stroke survivors, their families and carers, and promote life after a stroke. We offer locally commissioned services that can include home visits, phone contact, groups and up-to-date information and advice. We also work closely with other agencies to provide prevention awareness events.

0303 3033 100 📞
Email: info@stroke.org.uk

**Helping Hands**
Helping Hands Mobility and Care Aids has a wide range of mobility aids and disability equipment. As a local Plymouth-based provider, we are here to discuss your needs or requirements and offer a service that national or web-based businesses cannot. Based in Plymouth, Helping Hands operate by appointment only.

01752 228 729 📞
www.helpinghands-plymouth.co.uk

**St Luke’s Hospice**
St Luke’s Hospice provides specialist end of life care to over 3,500 patients a year from across Plymouth, Southwest Devon and East Cornwall. We provide the highest quality of care to alleviate pain and distressing symptoms; offering practical, emotional and spiritual support to patients, families and carers.

01752 401172 📞
Email: info@stlukes-hospice.org.uk

**Skills for Care**
Skills for Care is the sector skills council for adults in England. We support adult social care employers to deliver what the people they support need and what commissioners and regulators expect. We do this by helping employers get the best from their most valuable resource - their people.

Assisted Living Technology (ALT) is used as part of a range of services that help people maintain independence and improve outcomes. The increase in people using ALT means that employers and staff need to be more aware of what types of ALT is available and how it can be used.

0113 241 1275 📞
Email: information.team@skillsforcare.org.uk
www.skillsforcare.org.uk
**AutonoMe**
Virtual learning disability support provider.
We enable people with learning disabilities to increase their independence through instructional videos which provide step-by-step instructions covering a range of independent living skills within the home.

We personalise the content on AutonoMe to the needs of each user, focusing on their ambitions and desired outcomes.

0117 205 0654

Email: info@autono.me.uk

www.autono.me.uk/

**MySense**
MySense is a simply to use health analytics platform. It monitors an individual’s health, wellbeing and behaviour patterns, establishes what ‘being well’ looks like and flags subtle changes – providing peace of mind for them, family and carers.

01226 610 270

www.mysense.ai/

**Just Checking**
Just Checking is an activity monitoring system that helps people live in their own homes for longer by showing family and professionals their day-to-day capabilities.

01564 785 100

https://justchecking.co.uk/
Communication: Speaking

Communicating with people is important; it enables you to tell people your likes and dislikes. With today’s modern technology, communication aids have become easier to use, accessible and inexpensive. Video communication enables us to bring family closer together and stay in touch. Communication boards and books offer a simple form of communication to enable non-verbal individuals to communicate easily and maintain a higher degree of independence and control of their daily lives.

Please note that we strongly recommend a referral to a Speech and Language Therapist (SLT) prior to purchasing any of these Apps and products. An SLT will be able to assess your suitability and recommend the aids/technology most appropriate for you.

Speak It! Text-to-Speech

Speak It! Copy emails, documents, web pages, PDF files, paste them into Speak It! and have the text spoken back to you with the highest quality text-to-speech engine available.

You can create the same quality audio files of the text-to-speech which can then be emailed to anyone you like. You can easily set up a list of pre-made announcements, and play them with a press of a button. Speak It! is your own custom soundboard, with endless phrases and possible uses.

There has been a growing disability community using Speak It! and Speak It! 2.0 has new features just for these users, including landscape mode, ability to change font size and more in future updates.

Verbally

(Free app but premium features are available with an app purchase)

Verbally is an assisted speech app for the iPad. Verbally champions speech for those without, enabling real conversation using a simple and innovative design. Tap the icons of what you want to say and Verbally talks for you.

www.verballyapp.com/about_us

User review - Verbally

“The app can be used to improve speech and also saves sentences for future use. This enables my wife Lorraine to communicate more quickly and effectively. Lorraine is becoming very competent at finding and using this app’s function. I would recommend this app for all people who have trouble talking”. Trevor and Lorraine – The Stroke Group
SmallTalk
A free communication app that is available in two spoken voice formats – male and female.

SmallTalk is designed for people with aphasia, an impairment in the ability to use language.

It allows you to take your favourite icons, phrases and videos with you wherever you go. The SmallTalk Aphasia app provides a vocabulary of pictures and videos that talk in a natural human voice.

SmallTalk Aphasia also contains mouth position videos for practice and self-cuing, great for stroke rehabilitation and recovery of speech.

The SmallTalk app is just one of Lingraphica’s family of apps for people who have an impairment with language. They have a wide variety of different applications that can help you practice your speech and communicate when you are on the go.

Lingraphica website:
www.aphasia.com

User review - SmallTalk
“The app can be used to improve speech and has set phrases and words and pictures within this. It has many smaller functions, one of which is called ‘speech 3D’ - it shows a video of someone’s mouth saying the word or phrases you have pressed. Lorraine said this helped her to form the word.

Lorraine speaks to her friend on a weekly basis using Skype. She is not able to speak to people over the telephone. By using Skype, Lorraine is able to speak and communicate with her friend with confidence. Lorraine is able to lip-read and copy what has been said by looking at the mouth movement. Peter & Lorraine - The Stroke Group

https://www.youtube.com/watch?v=PhRetGBJJP
**Grid Player**

**Grid Player** is an app that helps people who cannot speak, or who have unclear speech, to communicate. Sentences that you create are spoken out loud.

**Grid Player** is suitable for a wide range of people with communication difficulties, including those who use symbols.

**Grid Player** comes with high quality acapella speech, with both male and female voices.

https://thinksmartbox.com/

User review – Grid Player

Continuous use of the app is enabling my wife to become more confident and competent in finding the right functions for her needs. It is helping her with her speech and is enabling my wife Lorraine to communicate more effectively and quickly.

I would recommend this app for all people who have trouble talking. **Trevor & Lorraine – The Stroke Group**

https://www.youtube.com/watch?v=xduvmzd3N3M
ChatAble
Create and use symbol-based grids, or use photos to make visual scene displays. Or take both and create a hybrid page.

ChatAble is unique and will help to change people’s lives. Easy to set up, people of all ages and abilities can use ChatAble to communicate at home, school or with their friends. The possibilities are endless with ChatAble.

www.therapy-box.co.uk

Features of ChatAble
- Create grids using cells and folders
- 12,000 Widgit Symbols
- Take photos to create visual scene displays with hotspots
- Create hybrid pages with cells with symbols and visual scene displays
- 12 high quality Loquendo voices in American/British/Australian English; customisable for pitch and rate
- Handwriting input option
- ABC grid keyboard input option
- Share pages via email or Dropbox
- Send messages via email, Twitter or Facebook
- Back up and save your pages
- Link cells to music, movies and website links
- Range of colours for cells and text
- Range of font sizes and types
- Recents - view to find your pages
- Force delay setting to limit the impact of tremor or mishits
- Auditory feedback
- Key hold time to reduce the likelihood of triggering a button mistakenly
Predictable is an augmentative and alternative communication (AAC) app designed to give a voice to someone who cannot use their own natural voice.

Predictable is most useful for people who have decent cognitive abilities but, because of Motor Neurone Disease / ALS, Cerebral Palsy or a stroke or head injury, they cannot speak for themselves.

Predictable is incredibly useful, functional and largely word-orientated.

www.therapy-box.co.uk

Features of Predictable
- UK and US prediction engine featuring integrated intelligent self-learning of new words and contexts
- Accessible via Bluetooth switchbox + switch/es (compatible with Therapy Box Switch Box and RJ Cooper Switch Interface)
- Configurable scanning settings for auto scan or user scan
- Use the whole screen as a switch with scanning mode (Touch Anywhere access method)
- Choice of 9 voices (four US, three British and two Australian)
- Easy to use category folders to store quick phrases or prepared messages
- History view with access to last used phrases
- Ability to compose and send emails
- Ability to update Facebook status or send a Tweet/SMS text
- Notepad option – handwrite on screen
- Emoticons – to add laughter, crying, etc to your message
- Publish option for 1:1 discreet conversations
- Backup your phrases to your computer

https://www.youtube.com/watch?v=iO96rc4zozc
**IPad communication app review**

A speech and language therapist was asked about her experience of using such iPad apps as *Predictable, Verbally* and *Grid Player* to aid communication.

She was quite positive and advised that if people had language difficulty, i.e. understanding and formulating language, apps with pictures were best but if they had just a speech disability, the apps could be used more broadly. If patients are weak, they may have difficulty with the weight of the iPad and using the smart screen. This also applied to patients with tremors and she recommended using a stylus for both these groups of patients, which has helped.

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**Jackie Pollard** facilitates a group for people and their families who have experienced a stroke and have difficulty in verbal communication. Jackie voluntarily manages the group and organises bi-monthly meetings, outing and events to aid with confidence, shared experiences and communication difficulties. Jackie and the group have been supported by the Stroke Association.

“*I run a group voluntarily working with people who have had a stroke; I feel that this work could be shared effectively for people who have difficulty verbally communicating. In group settings, using an iPad or tablet helps people's confidence and lets them experiment in a safe supported environment*.”
<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Passport</td>
<td>The ‘Medical Passport’ is a pocket-sized book comprising icons, pictures and words relating to health matters. It aims to enable a person convey their needs to a carer or doctor.</td>
<td>Stroke Association <a href="http://www.stroke.org.uk/shop/product/medical-passport">www.stroke.org.uk/shop/product/medical-passport</a></td>
</tr>
<tr>
<td>Communication books</td>
<td>An activity board which can be set up in any room in the home with a choice of topics for requesting and commenting which are relevant to a situation that may arise in daily life.</td>
<td>Visual Communication Aid <a href="http://www.visualcommunicationaid.com">www.visualcommunicationaid.com</a></td>
</tr>
<tr>
<td>Text-to-speech software</td>
<td>Text-to-speech software can convert any written text such as Microsoft Word, webpages, PDF files into spoken words.</td>
<td>Natural Reader <a href="http://www.naturalreaders.com">www.naturalreaders.com</a></td>
</tr>
<tr>
<td>Dictation voice-to-text</td>
<td>Dragon Dictation is an easy to use voice recognition application powered by Dragon® NaturallySpeaking®. It allows you to easily speak and instantly see your text or email messages. In fact, it is up to five times faster than typing on the keyboard.</td>
<td>Nuance <a href="http://www.nuance.com/dragon/dragon-accessories.html">www.nuance.com/dragon/dragon-accessories.html</a></td>
</tr>
<tr>
<td>Alternative keyboards/ touch screens/voice and speech recognition</td>
<td>Eye-gaze systems allow people with severe physical disabilities to access a computer. These high-tech systems have an inbuilt camera which tracks where your eyes are looking, enabling you to move the mouse pointer around. You can ‘click’ by blinking, staring at the screen for a certain length of time or using a switch.</td>
<td>Smart Box Assistive Technology <a href="http://www.smartboxat.com">www.smartboxat.com</a></td>
</tr>
<tr>
<td>A touch screen camera and Wi-Fi</td>
<td>For those who cannot speak, communication by the use of speech gestures or body language.</td>
<td>Dynavox <a href="http://www.tobiidynavox.com">www.tobiidynavox.com</a></td>
</tr>
</tbody>
</table>
Communication: Hearing

Some situations can be very difficult for those with hearing loss, with environmental noise, poor acoustics or even standing at a distance from a speaker causing problems. AT solutions, such as listening devices designed to reduce background noise and enhance a speaker’s voice, can help to overcome hearing difficulties.

AT can make sound accessible by using other senses to convey meaning by using lights or vibrations. There are numerous alerting devices that can warn you of situations such as the doorbell, phone ringing or the smoke detector.

**Louder TV**
The aim of this programme is to provide simple hearing assistance. Everyone can now watch TV together, without causing discomfort to another.

**Louder TV** uses the microphone on the iPhone to amplify sound. You simply place the iPhone near a TV, activate the app and sit back with a long pair of headphones connected to the iPhone.

[www.loudertv.blogspot.co.uk](http://www.loudertv.blogspot.co.uk)

**Under-pillow vibration alarm clock**
A digital travel alarm clock with a choice of vibration, audible alert or both, which can be placed under a pillow.

[www.lifemaxdirect.co.uk](http://www.lifemaxdirect.co.uk)

**Doorbell Alert**
A wireless device that can be installed in a different room that chimes and flashes a light when the doorbell rings.

[www.ihear.co.uk](http://www.ihear.co.uk)
The TapTap app allows those with hearing loss to react to sounds. When it detects noise, the app will vibrate and flash to alert the user. If there is a knock on the door, or someone is speaking or shouting, the user will know. If the smoke alarm goes off, TapTap will vibrate and flash.

The sensitivity can be adjusted and the app can run in the background if desired, though this may use more battery power.

This is a must-have app for anyone with significant hearing loss

www.taptap.biz

Deafeating barriers
Providing training for Deafness Disability, Equality and Diversity.

There are approximately 10 million people with some form of hearing loss. The vast majority of people who lose their hearing are older and may not use sign language to communicate. Training can help identify best practice and improve communication requirements, making services accessible as well as saving your organisation money.

Email: info@deafeatingbarriers.co.uk

www.deafeatingbarriers.co.uk
<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amplified phone</td>
<td>A telephone that increases volume for the user while lessening distorted sounds for all parties in a phone conversation.</td>
<td>Hearing Direct</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.hearingdirect.com">www.hearingdirect.com</a></td>
</tr>
<tr>
<td>Eyes free for listening</td>
<td>Turns your Android into an eyes-free communication device. Provides one-touch access to Android applications, as well as useful mini-apps built into the Eyes-Free Shell. Move your finger over the screen to explore; lift your finger up to run what you stopped on.</td>
<td>Eyes Free Shell</td>
</tr>
<tr>
<td></td>
<td></td>
<td>eyes-free.blogspot.co.uk</td>
</tr>
<tr>
<td>Various applications</td>
<td>Deafness, hearing loss. Personal amp and communications.</td>
<td>Appadvice</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.appadvice.com">www.appadvice.com</a></td>
</tr>
<tr>
<td>Play it down</td>
<td>Adjust to individual hearing loss. It lets you test your hearing to make sure that it is functioning as expected, so you can take corrective steps if it isn’t</td>
<td>iTunes app store</td>
</tr>
<tr>
<td>Dragon Dictation</td>
<td>Simple conversations can be challenging for those whose hearing is deteriorating. Dragon Dictation can be very helpful. As a person is speaking, Dragon will transcribe the words for the person who is hard of hearing to read. Though it is not perfect, it will usually give enough information to improve understanding of the conversation. This is a great free tool and works best in environments that are not overly noisy.</td>
<td>Nuance</td>
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<td></td>
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<td><a href="http://www.nuance.com">www.nuance.com</a></td>
</tr>
<tr>
<td>TV listening / music listening</td>
<td>A direct connection into any hearing aid using an input lead amplifies the sound without disturbing others in the room.</td>
<td>Connevans</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.connevans.info">www.connevans.info</a></td>
</tr>
</tbody>
</table>
Communication: Vision

Technology has advanced the growth of Assistive Technology for blind or partially-sighted individuals. It is much easier for people to operate and have access to various devices that can enable them in everyday life. General household items like the telephone and radio can now be modified to have talking keyboards or large buttons to make daily living easier, including spoken programme guides for the television.

A range of AT products has been developed for blind or partially-sighted individuals, from the more traditional aids (e.g. long cane, large-print reading material, talking books) to new computer-based technologies such as text-to-speech software, voice recognition and screen magnifiers.

VizWiz

VizWiz lets blind users recruit remote sighted workers to help them with visual problems in nearly real-time. Users take a picture with their phone, then speak.

www.vizwiz.org

Seeing AI App

Designed for the blind and partially sighted, the app harnesses artificial intelligence (AI) to open up the visual world and describe nearby people, text and objects. Reading documents and barcodes, face recognition.

www.rnib.org.uk/rnibconnect/microsoft-seeing-ai-app-available-uk

TV – Freeview

Smart Talk is a Freeview box developed to allow blind and partially-sighted people to gain enjoyment from digital television.

On-screen information is spoken aloud to the customer, including programme guides and menus. Users can change the speed at which the text is read out, as well as the colour and size of the text on the programme guide. There are different versions of the device.


2. TVonics talking Freeview+ HD recorder - DTR-HD500 – Capable of recording programmes and receiving HD broadcasts. However, to watch HD you will need an HD-ready TV.

Record two channels at the same time, up to 175 hours of TV.

Help and support in switching over to Freeview and set top boxes can be found at: www.freeview.co.uk/support

03456 50 50 50
Telephones

There are a variety of different types of phones available for people who are partially-sighted, ranging from landlines, picture phones and mobile phones. They all have large numeric buttons; the buttons can be replaced with pictures that can be pre-programmed with numbers to save you dialling.

**Doro PhoneEasy® 331**

Big buttons on a clear and spacious keypad make dialling easier than ever, while photo memories connect you with special people at the simple press of a button.

Visual ring indicator and HAC (Hearing Aid Compatibility).

01753 883080

[www.doro.co.uk](http://www.doro.co.uk)

**User Review**

"I purchased the Doro phone for my 94 year old mother who refuses to accept she cannot see as well as she did and denies being even the smallest bit deaf. After initially saying she didn’t need the big numbers, I am pleased to say that she now rings people more often. The phone came with a factory ring setting a bit like a bird call and she is very happy with that, despite me offering many of the other tones. I have only programmed in a couple of numbers to get her used to the phone, but I know she will be asking for more in time. Might even get one for myself and lose the glasses!"  

Anon.
<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audible books</td>
<td>DAISY (Digital Accessible Information System) players play DAISY audible books and replace the old audio books on cassette tape format.</td>
<td>Audio books can be obtained from the RNIB’s talking book service <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Compact TELEcane</td>
<td>A compact, lightweight, telescopic cane in two lengths. The cane can either be white or red or both colours to indicate sight and hearing problems.</td>
<td>Better Life Healthcare <a href="http://www.betterlifehealthcare.com">www.betterlifehealthcare.com</a></td>
</tr>
<tr>
<td>Specialised equipment for partially-sighted</td>
<td>U.K. based company specialising in the design, manufacture and supply of innovative aids for the blind and partially-sighted.</td>
<td>Cobolt <a href="http://www.cobolt.co.uk">www.cobolt.co.uk</a></td>
</tr>
<tr>
<td>Talking photo album</td>
<td>Insert photos into 24 transparent ‘envelopes’ and record a 10-second messages for each. Holds standard 4”x 6” photos or symbols, drawings, newspapers clippings or text. Great for stories, communication books, step by step instructions and more. The user simply squeezes the play button to activate the speech.</td>
<td>Liberator <a href="http://www.liberator.co.uk">www.liberator.co.uk</a></td>
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<td></td>
<td></td>
<td>Unforgettable <a href="http://www.unforgettable.org">www.unforgettable.org</a></td>
</tr>
<tr>
<td>Talking clock</td>
<td>Provides different languages and tells you the time.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Talking dictation centre clock</td>
<td>Daily reminder to take medication. Provides four alarms throughout the day.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Vibrating alarm pad</td>
<td>Place under your pillow – suitable for hearing and sight loss.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Pen friend voice labeller</td>
<td>Labels tins in the cupboard to allow blind people and those with difficulty reading to identify what is in the cupboard or identifying clothes, washable labels, etc.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Audible and vibrating liquid level indicator</td>
<td>Place the indicator to the side of the cup and it will beep/vibrate when the level of liquid is reached.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td>Product</td>
<td>Description</td>
<td>Supplier</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Talking measuring jug</td>
<td>A voice announces the measurement required in cups, ounces, millilitres, etc.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Talking food thermometer</td>
<td>Announces temperature of food.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Jar/can opener</td>
<td>Hands-free, automatically opens jars and tins.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Screen magnifier</td>
<td>Portable magnifier, large print operating buttons. 1.5 - 8x magnification.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Dyslexic read right</td>
<td>Overlays for use in conjunction with a Kindle/iPad. Provides different coloured sheets.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Sovereign USB memory stick player</td>
<td>Enables a person to listen to music, audio books, local talking newspaper and compact MP3 player.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Azabat talking computer games</td>
<td>Accessible computer games CD form and is supported by speech software.</td>
<td>RNIB</td>
</tr>
<tr>
<td>Magnifying filter screen for TV</td>
<td>Magnifying screens for attachment to flat panel TFT/LCD PC monitors. Comprises: doubled character size; anti-reflective coating; attachment arms adjustable to provide limited control of viewing magnification; screen folds flat for storage or transportation. Optional 15 inch, 17 inch or 19 inch models.</td>
<td>Posturite</td>
</tr>
</tbody>
</table>
Communication: Writing

Writing is an important part of daily living. There is a variety of Assistive Technology available aimed at making the written word more accessible, from writing instruments adapted to make writing physically more comfortable, to software which helps to improve literacy skills.

C-Pen Reader Pen
Digital highlighting pen: enter printed text into your computer. Designed to fit perfectly into your hand like a standard highlighter, the C-Pen 3.0 reads lines of text, barcodes and digitals and exports information into just about any Windows program.

0207 976 4910

www.cpen.com
www.scanningpens.co.uk

TextHelp – iReadWrite
Software which has been designed to improve reading and writing skills, with useful features such as speech feedback, spell check, word prediction etc.

iReadWrite acts like your literacy guide, saving you time, reducing frustration and allowing you to read and write with ease and confidence.

www.texthelp.com

Wanchik’s Writer
A flexible writing implement which aligns and supports the pen in the hand; can be easily shaped to fit a person’s hand comfortably.

300 999 0004

www.livingmadeeasy.org.uk
Health and Wellbeing: Relaxation

There are many ways in which Assistive Technology can help you to relax, depending on whether you enjoy the quiet contemplation of a sensory app or hand-held massage, or relaxing by watching your favourite television programmes or films on TV.

**RADIO**

There are a variety of different types of radio available in the market place today, from basic radios that feature FM, LW, MW to radios that have DAB+ and Wi-Fi. They can also feature large screens for easy reading, touch screens and large knobs for tuning the dial. Radio has evolved over the years so you now have more of a choice of stations, music and content. For example, with a radio that has Wi-Fi with an internet connection, you can receive any type of radio you want from all over the world covering every genre: music from the 1900’s upwards, through to modern day, religious, talk, comedy and country etc. Nowadays, radio can carry data that gives you information about what you are listening to. Some radios also have auxiliary connections so you can connect your iPad to it to enjoy more volume and enjoy what you want to listen to.

To request the RNIB brochure or talk about products, please call the RNIB on:

0303 123 9999

**TELEVISION**

**Tunein App**

Using your iPad or Android smart device, you can **Tunein** to any radio station you like across the world and listen to a wide range of radio stations covering a variety of different genres such as music, talk, comedy, drama, news and live sports. Save and store your favourite stations, search and listen from 100,000 worldwide stations and 2 million podcasts.

[www.tunein.com](http://www.tunein.com)

**TuneIn**

https://www.youtube.com/watch?v=yE0H8QTS6Pk

**Television Apps**

If you have missed your favourite television show and want to catch up, you can now use a variety of different apps to watch TV and catch up on your favourite shows and radio shows.

Visit the iTunes store to download the relevant TV channel app.
Talking Photo Album
Great for prompting memories! A 20-page talking photo album for bringing your photos to life by adding personalised messages to each. Each of the ‘pages’ will hold a single 5x7” photo and the front cover holds a standard 6x4” photo. You can easily record the messages with the built-in microphone which includes a PLAY/STOP button

- Prepare Emergency Contacts
- Remember important information
- Photographs of family, friends, holidays and events
- Organise appointments
- Create audio-visual procedures
- Diary event schedules
- Create a talking CD or DVD holder

01794 278 327  
www.talkingproducts.com

User review – talking album
My wife and I were shown the photograph album and were surprised that there was something like this on the market. The album is easy to use and the instructions are very easy to read. We have started to insert all the photographs of our family and we wish there were more pages. We both feel this is a good idea to use as a memory box for our family to look through. It is a positive piece of equipment for patients to use.

Crossword Apps
There are a variety of different crossword apps available for the iPad; some free and some that cost money.

Crossword Free
You can easily zoom in to the crossword's fields and fill them out using your keyboard. If you guess a word wrong, the app won’t keep it a secret.
**Fruit Ninja**
A smartphone app that involves slicing flying melons.

www.fruitninja.com

**Case Study – Fruit Ninja**
According to an Australian study of 18 healthy participants aged 49-72 and five patients who had recently suffered a stroke, **Fruit Ninja** may enable recovery for stroke patients. After being asked to play **Fruit Ninja** for an hour a day five days a week over a period of three weeks, the stroke patients showed significant improvement in upper limb function.

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**Infrared Massage Hairbrush**
This ingenious hairbrush has seven built-in infrared massage lights. The gentle infrared heat and massaging action combine to promote blood circulation in the scalp and stimulate hair follicles. A three-position switch allows the user to choose heat and massage, just heat or just a normal brush. A simple way to relieve stress and relax.

www.unforgettable.org

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<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A sense of calm DVD</td>
<td>A sensory stimulation DVD with audio and visual displays; helps promote relaxation.</td>
<td>Alzproducts <a href="http://www.alzproducts.co.uk">www.alzproducts.co.uk</a></td>
</tr>
<tr>
<td>Calmer by nature DVD</td>
<td>A 57-minute magical journey through Britain’s wildlife.</td>
<td>Alzproducts <a href="http://www.alzproducts.co.uk">www.alzproducts.co.uk</a></td>
</tr>
<tr>
<td>Massager</td>
<td>Can be used by the individual to massage either back, arms or legs.</td>
<td>Various can be found on <a href="http://www.amazon.co.uk">www.amazon.co.uk</a> ranging from £5 to £99. Also available at Argos online and in-store.</td>
</tr>
<tr>
<td>Calming Down</td>
<td>App for anxiety</td>
<td>Calm Myself Down <a href="http://www.calmmyselfdown.com">www.calmmyselfdown.com</a></td>
</tr>
</tbody>
</table>
Health and Wellbeing: Feeling Well

Assistive Technology can assist an individual to monitor his or her health at home and then share their health data electronically with medical professionals at their hospital. There is a range of telehealth monitoring devices to monitor heart conditions, diabetes, etc.

Simpler forms of AT include ‘apps’ for mobile phones; for example, to record and analyse food intake for people on special diets, or to provide prompts and advice for people with memory problems.

http://www.plumconsulting.co.uk/pdfs/Plum_June2010_Assisted_living_technologies_for_older_and_disabled_people_in_2030.pdf
Telecare

**Telecare** systems provide a 24/7 response for clients in need of assistance. They provide a service of support and advice by using a remote monitor. The client is provided with a system such as the **Lifeline Vi**. This product is available for leasing.

When in need of assistance, the client can trigger an alarm from a pendant around their neck or a device placed near their phone to inform someone based at the call centre that they are in need of help.

**Tunstall monitors** over 120,000 connections 24 hours a day.

A typical room within a home that consists of Tunstall’s innovative technology will consist of products from smoke detectors and carbon monoxide detectors to bed vibration/pressure pads for people with epilepsy or dementia who are prone to wander. The whole set-up will benefit carers in that they have support 24/7.

**Lifeline Vi**

The **Lifeline Vi** provides a hub for telecare in the home, compatible with a wide range of sensors which can be chosen according to the needs of the user. The **Lifeline Vi+** is an enriched version of **Lifeline Vi** for customers who require ultimate functionality and flexibility.

New features include:
- Integral ambient temperature sensor
- Automated regular pendant test reminder
- 75% more efficient power adaptor
- Improved battery backup
- Improved virtual sensor management
- Flexible voice recordings
- Enhanced reminders
- Portable installer keypad/ID card
- Table stand/wall mount options

**Tunstall Mymedic**

A monitor that collects and transmits patient information to health professionals to allow them to diagnose problems and make informed decisions about a patient’s health and wellbeing.

**Tunstall Carbon Monoxide Detector**

This wireless detector warns of dangerous CO levels, providing unrivalled accuracy and reliability.

**Tunstall Flood Detector**

The flood detector is a neat, unobtrusive radio sensor that provides an early warning of potential flood situations. The unit can be placed on the floor under a sink or in a bathroom.

**Tunstall Gas Detector**

The natural gas detector provides an early warning of dangerous levels of gas. Can be linked to the gas shut-off valve to automatically cut off the gas supply if a leak is detected.
Tunstall Epilepsy Sensor
This state of the art sensor monitors the user’s vital signs including heart rate and breathing patterns to detect a range of epileptic seizures. The sensor eliminates the need for carers to make physical checks, promoting independence and dignity.

Contact Tunstall for more information:
01977 660479

Email: sales@tunstall.com
www.tunstall.co.uk

Fall Detectors
Fall detectors are worn on a belt, if an individual falls help is summoned quickly by a monitoring centre. This can provide reassurance and reduce risks.

Automatic Lights
Darkness can increase the risk of falls. Automatic lights can be installed which will come on whenever the person gets out of bed.

Chair & Bed Sensors
Used to detect falls quickly, these alert a monitoring centre (or, if appropriate, a live-in carer) if an individual gets up and does not return within a defined period.

Automatic Pill Dispenser
Timed pill doses are automatically dispensed.

www.pivotell.co.uk

User review – auto pill dispenser
Mrs R was assessed after a referral from her social worker. She had received a brain injury which had left her with memory loss and epilepsy. Her quality of life had declined because her husband worked away, which meant she was forgetting to take doses of her medication and had to rely on her children to remind her to take her tablets.

Because she was forgetting her medication, she was suffering more epileptic seizures which made her feel very self-conscious and not want to go out unaccompanied. After using the pill dispenser for a couple of weeks, she was very happy with it and she was taking her medication much more reliably. This meant her seizures were now improving, giving her much more self-confidence, improving her quality of life and giving her husband peace of mind whilst away.
DF Diary (Diabetic Friend)
An app whereby users can record and monitor their glucose levels, what they have eaten and what medication they have taken.

- Integrated UK Food Database showing calories, carbs, sugars, fat and saturated fat
- Integrated UK Restaurant database showing calories, carbs, sugars and sat fat
- Automatic database updates means new restaurants are always found
- Search function to easily find foods
- Save a meal you have built so you can use it again
- If insulin dependent, you can enter your carb to insulin ratio so the app can suggest an insulin dose
- Set time for diary entries so you can track your glucose, medication and meals
- Graphs showing glucose readings, nutritional targets and medication.
- Email graphs directly to your Doctor or to yourself
- If using www.diabeticfriend.co.uk as well as the app, they will sync to ensure data on both is up-to-date
- Off-line mode so once loaded you do not need a Wi-Fi signal. Delete diary entries entered incorrectly
- Set nutritional values targets and compare against actual results
- Access to Diabetes Forum

www.diabeticfriend.co.uk

DF Diary
https://www.youtube.com/watch?v=9jQZXyZAFUA
<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy legs</td>
<td>Seated walking machine.</td>
<td>Happy Legs</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.happylegs.co.uk">www.happylegs.co.uk</a></td>
</tr>
<tr>
<td>Talking bathroom scales</td>
<td>Keeping on top of our weight is important. For those not able to easily</td>
<td>RNIB</td>
</tr>
<tr>
<td></td>
<td>view the small displays of many bathroom scales, talking scales may be the</td>
<td><a href="http://www.rnib.org.uk">www.rnib.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>answer.</td>
<td></td>
</tr>
<tr>
<td>First Aid app</td>
<td>First aid app – St John Ambulance</td>
<td>St John Ambulance</td>
</tr>
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<td></td>
<td></td>
<td><a href="http://www.sja.org.uk">www.sja.org.uk</a></td>
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<tr>
<td>First Aid app</td>
<td>First aid app – British Red Cross</td>
<td>British Red Cross</td>
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<td></td>
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<td><a href="http://www.redcross.org.uk">www.redcross.org.uk</a></td>
</tr>
<tr>
<td>Posture support products</td>
<td>Back support cushions: back cushions including lumbar rolls and wedges for</td>
<td>Posturite</td>
</tr>
<tr>
<td></td>
<td>back support whilst travelling, at home or to improve a non-ergonomic chair</td>
<td><a href="http://www.posturite.co.uk">www.posturite.co.uk</a></td>
</tr>
<tr>
<td></td>
<td>at work.</td>
<td></td>
</tr>
<tr>
<td>Sensory balls</td>
<td>A pack of five tactile balls that can be used to improve dexterity and to</td>
<td>Alzproducts</td>
</tr>
<tr>
<td></td>
<td>help combat restless hands.</td>
<td><a href="http://www.alzproducts.co.uk">www.alzproducts.co.uk</a></td>
</tr>
</tbody>
</table>
Health and Wellbeing: Leisure

Making time for leisure - hobbies and activities which you find fun - is an essential part of life and sometimes you might discover a hobby you never knew you were good at.

Smartphones and Tablet devices have the ability to download a wealth of fun. There are also apps that provide information about events or interests in your local area.

**English Heritage App**
Find the perfect place to visit in England. Visit a castle, a historic house or an English garden and more.

The app features:
- Events to visit all over the UK
- Tips for when you arrive
- Times, prices, directions and more
- Picture galleries
- Favourites - build your own list
- Share with your friends
- Scalable maps

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

**National Trust App**
Fancy a day out and wondering where to go? Want to visit glorious coastline, wander through wild countryside, relax in exquisite gardens or explore historic houses?

Find a National Trust place near you, wherever you are in England, Wales, and Northern Ireland.

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)
- Browse or search for over 400 National Trust places by postcode or location
- Share favourite events on Facebook or Twitter
- Alerts or calendar reminders for upcoming events
- Easy to use interactive 'Favourites' list
- Full-size image gallery of our places to visit

**Everyone Active**
An app that allows you to see what is on offer at Plymouth Life Centre and other leisure centres in your area. You can choose from group exercise classes, squash and badminton courts, swimming, gym activities, etc.

The app is user-friendly and can be used as a source of information to find out what is on offer, or to book your choice of activity.

[www.everyoneactive.com/](http://www.everyoneactive.com/)
**Tayasui Sketches**

*Sketches* is a magical, responsive canvas perfect for getting down ideas, illustrations, watercolour painting - anything your creative mind can imagine.

- Pencil
- Felt Pen
- Brush pen
- Oil Pastel
- Watercolour brush
- Filling tool
- Import photos
- Eraser
- Editable colour set (iPad)
- Acrylic brush
- Airbrush Gun
- Brushes Editor
- Eyedropper
- Pro Export and sharing

[www.tayasui.com](http://www.tayasui.com)

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**Cuddly Companion Pets**

While animal therapy has been shown to be beneficial, not everyone can care for a pet. That is where these furry robotic kittens and puppies can help. They keep that feeling of companionship going thanks to their realistic look and feel. In fact, robotic pet therapy is growing in popularity thanks to its ability to reduce agitation and provide focus and tranquility. These pets have a battery-operated mechanism so their stomach will gently rise and fall to imitate a little puppy having a snooze. It is extremely soothing to rest a hand on the pet or stroke it and feel this.

[www.unforgettable.org](http://www.unforgettable.org)

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**ArtRage**

Paint without the mess and expense! Explore a packed toolbox of intuitive, natural painting tools like oils and watercolours that let you experiment with colour blends and textures on a realistic canvas. *ArtRage* places the tools of a real art studio at your fingertips.

[www.artrage.com](http://www.artrage.com)

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**IPad Art – Free Online Book**

Learn how to use an iPad to paint, free online resource that takes you through steps with an interactive guide.

[www.ipadartroom.com](http://www.ipadartroom.com)
OTTLite Bookstand with LED Light
A bookstand that also gives a bright focused light onto a book. Adjustable, it will fit most books and can be used with a book, letter or recipes when reading. The stand is lightweight and can be moved from room to room.

www.amazon.co.uk

E-books
Digital copies of books. They can be either viewed using an iPad via the Kindle/Kobo/Nook app or by Ereader/E-book.

- Zoom in to read text
- Instant on-demand books to download wide catalogue of books
- A Backlit device means it is easier to read in poorly-lit rooms or late at night.

<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large print keyboard</td>
<td>If you enjoy surfing the web, playing computer games or word processing, then a large print keyboard may help you to continue enjoying these, by making PC or Apple Mac keyboards easier to read and use.</td>
<td>RNIB <a href="http://www.rnib.org.uk">www.rnib.org.uk</a> Amazon <a href="http://www.amazon.co.uk">www.amazon.co.uk</a></td>
</tr>
<tr>
<td>Easy news</td>
<td>The first newspaper designed to be accessible for people with learning disabilities. Available in print and online; follow the link to find out more information.</td>
<td>Unitedresponse <a href="http://www.unitedresponse.org.uk">www.unitedresponse.org.uk</a></td>
</tr>
<tr>
<td>Free movies</td>
<td>Watch and reminisce on old movies.</td>
<td>Entertainment Magazine Online <a href="http://www.emol.org">www.emol.org</a></td>
</tr>
</tbody>
</table>
Health and Wellbeing: Memory

Memory loss can make day-to-day life more difficult. Simple situations like mislaying keys or forgetting the date, or more risky scenarios like forgetting to take medication, can prove frustrating and dangerous. Through the use of prompts and reminders, Assistive Technology can promote independence and autonomy for anyone suffering with memory loss, and it can help to manage potential risks in and around the home.

SmartFinder Locator v3
A lost item locator that can be used around the home on a daily basis to help locate up to four items of your choice

- Keys
- Glasses case
- Wallet
- Remote control

When one of the four buttons is pressed on the remote control transmitter, a radio signal is sent to the corresponding colour coded locator tag and an alarm is sounded to pinpoint the lost item.

Each alarm also has a unique sound to help distinguish the items. The SmartFinder comes with four self-adhesive pads for items such as a TV remote.

There is a sucker-hook that can be used to hang the main wireless transmitter in a convenient place.

User Review – SmartFinder Locator
“My family gave me an object finder. Now I do not have to look through the house ten times to see where I last placed my keys. The object finder I recommend to anyone who forgets where they put things. What I like best about these products is the way that simplicity and good sense work together.” Claus.

Pictello
This is an app for iPhone that allows the user to create a sequential story with photos/images. Words and sounds can be added, and the guides can be shared with other Pictello users.

www.assistiveware.com

IFish Pond
Care home residents have loved the realistic appearance of this app and, because it’s very gentle and easy to use, it’s ideal for individuals with dementia.

www.appdecide.com
<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory loss</td>
<td>The app is designed to not only stimulate your brain with memory exercises, but to give it a break with individual entertainment options and social connections.</td>
<td>My Clever Mind</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.myclevermind.com">www.myclevermind.com</a></td>
</tr>
<tr>
<td>Talking watch</td>
<td>Helps you to keep to daily routines and maintain an awareness of the time of day.</td>
<td>Unforgettable</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.unforgettable.org">www.unforgettable.org</a></td>
</tr>
<tr>
<td>Alarm reminder</td>
<td>Four alarm vibrating pocket pill box.</td>
<td>Epill</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.epill.com">www.epill.com</a></td>
</tr>
<tr>
<td>Clocks &amp; Calendars</td>
<td>Talking alarm clock. Talking calendar Days of the Week Clock</td>
<td>Co-operative Independent Living</td>
</tr>
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<td></td>
<td></td>
<td><a href="http://www.co-operativeindependentliving.co.uk">www.co-operativeindependentliving.co.uk</a></td>
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<td></td>
<td></td>
<td>Unforgettable</td>
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<td></td>
<td></td>
<td><a href="http://www.unforgettable.org">www.unforgettable.org</a></td>
</tr>
<tr>
<td>Medication prompt</td>
<td>Helps people to remember when to take their medication.</td>
<td>Epill</td>
</tr>
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<td></td>
<td></td>
<td><a href="http://www.epill.com">www.epill.com</a></td>
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**Echo Bot**
Record your message and, when someone moves in front of the sensor, the recorded message is played. It can record over and over again.

www.amazon.co.uk

**Digital Photo Frame – NIX 8**
Keep a collection of your favourite photos with you on a viewable screen.

Hi Resolution 8 Inch 4:3 Screen 800 x 600 pixels, Motion Sensor, Video, Photo, MP3 Music. Remote Control, Auto Rotate Sensor and Split Screen Image Option. Accepts SD/SDHC Cards, USB Stick Thumb Drive.

Motion Sensor automatically turns the frame on and off when you enter or leave the room.
You can use Assistive Technology to discover more about local history, events, opportunities and groups you may want to interact with. Search for groups on Facebook that you can join – many public groups and local business promote themselves on Facebook as it is a free programme that is used by millions of people.

**Facebook**
A social networking programme that enables the user to browse different groups and pages dedicated to community services. Find out about them and attend.

**Open To All – Plymouth City Council**
Open to All is an easy-to-read, accessible website with words and pictures for people with learning disabilities. Featuring lots of information about what is going on in Plymouth for people with learning disabilities. Divided into easy to navigate sections - Your life, Health, What’s on, News, Services and contact information.

[www.plymouth.gov.uk/opentoall](http://www.plymouth.gov.uk/opentoall)

**Plymouth Online Directory – POD**
The Plymouth Online Directory is joint-funded by Plymouth City Council Adult Social Care and Health. The directory offers information and advice about support services, activities and organisations for people who live in Plymouth and have an interest in Adult Social Care.

[www.plymouthonlinedirectory.com](http://www.plymouthonlinedirectory.com)

**Devon Community Directory (Pinpoint)**
The Devon Community Directory gives you access to thousands of services and community groups across Devon in a single search. Pinpoint includes Devon in “getting out and about” and “care and support at home”.

[www.directory.devon.gov.uk](http://www.directory.devon.gov.uk)

**How your local library can help you:**
Devon Libraries are adapting to fit in with the development of new technology. All libraries in Devon now have computers with Broadband access that the public can use. There is no charge for library members to use this – and library membership is free! Some libraries also have computers that have been adapted for use by people with sensory or movement disabilities. Devon libraries can also help you to discover local history. The county collection of local history material is in the process of moving to the Devon Heritage Centre, Sowton. Other large collections are held at Barnstaple and Exmouth Libraries.
Family and Travel: Out and About

Travelling and getting about can be challenging when, for example, the destination is unfamiliar or you are unsure whether disabled facilities are available en-route. Assistive Technology can promote independence when travelling, with downloads for satnav devices or mobile phones.

**Mobility**
Each city or town will have provisions to provide mobility out and about your town. In Plymouth, we have a company called Access Plymouth; they provide a host of mobility products but also minibuses for hire to non-profit making organisations at favourable rates and a car service using volunteer drivers to take you around Plymouth.

If you are unsure what provisions are available, contact your local council.

01752 600 633

Email: enquiries@accessplymouth.co.uk

**Blue Badge Points of Interest**
A satnav download which provides details of Blue Badge parking bays across the UK; disabled accessible car parks; petrol stations - plus Service Call & accessible toilets.

[www.bluebadgeparking.com](http://www.bluebadgeparking.com)

**GPS Wake Up!**
A GPS alarm that alerts you when you get close to your destination. Useful as a memory device or as an information tool when travelling to an unfamiliar destination.

[www.ampowersoftware.it](http://www.ampowersoftware.it)

**Memoir**
The best way to collect, share, and relive your memories.

Memoir transforms your photos, the places you go, and your social media into memories that can be re-lived when they are most interesting to you.

[www.yourmemoir.co.uk](http://www.yourmemoir.co.uk)

**Radar National Key Scheme App**
Instantly locate your nearest National Key Scheme (NKS) toilet and get directions by road, bus or foot. Be confident that you can locate, unlock and access one of the 9,000 NKS key accessible toilet facilities in the UK.

If you need a radar key visit, they cost £4.50.

[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)
Waze – free GPS
Community-based mapping and GPS for iPads, Android and Windows phones.

- Live routing based on community generated, real-time traffic and road info
- Community-contributed road alerts including accidents, hazards, police activity, road closures.
- Complete voice guided navigation
- Automatic re-routing as conditions on the road change
- Learns your frequent destinations, commuting hours and preferred routes
- Finds the cheapest petrol station along your route
- One tap navigation to Facebook events.
- Notify someone you're on your way by sending a live ETA and a link showing you as you drive
- Earn points and move up the ranks in your community as you contribute road info
- Live maps, constantly edited and updated by Waze community map editors

www.waze.com

Case study - Waze
Roger uses mobile navigation to help get him from his home to places that he wishes to visit. As this particular app required Roger to purchase a new phone, his support staff have helped teach Roger how to switch it on, and then how to bring up the maps. Now Roger can input the desired destination and can travel there by himself.

Brain in Hand
Smart Phone technology allows the user instantly to retrieve planned responses and automatically record the response chosen on a secure supporting website. In addition, throughout the day, the user records anxiety levels using a simple traffic light system.

www.braininhand.co.uk

Brain in Hand
https://www.youtube.com/watch?v=gK7R8RJaet0

Explaining Brain in Hand
https://www.youtube.com/watch?v=_gw4Hb_x2yY

Brain in Hand
With the help of a mentor or therapist, users develop their own bespoke solutions to problems in day-to-day living, and update these as appropriate. This is done by mapping daily activity, identifying problems that may arise and for the individual to develop his or her own solutions. These are then incorporated into an “activity map” of all potential activities. Users then can select activities to develop a daily schedule which is automatically synchronised with the Smart Phone. Data entry using a PC, laptop or tablet is very easy and schedules can be copied from one day to another and then adjusted as necessary.
Family and Travel: Shopping

Feeling comfortable and confident enough to be able to do your own shopping is important to many people. However, the experience of shopping in a large supermarket can be daunting and can cause anxiety. One way to combat this is to use a shopping app to shop online so that you may still choose what products you are purchasing.

**Supermarket Shopping Apps**
Supermarkets each have their own shopping app that allows users to shop for food and other items via their mobile phone or computer. You can even search for recipes for the food you just bought, or check your loyalty points.

On iTunes you can download the apps of the supermarkets of your choice, including Sainsbury’s, Asda, Tesco, Morrison’s, Waitrose, etc.

**The Food Planner**
Assisting you in planning your cooking and grocery shopping. Making your everyday life easier!

Save time, energy and money while eating a healthier and more varied diet.
Family and Travel: Family and Social Network

Although not designed as Assistive Technology, social networking sites can and do function in this way as they can offer socially isolated and disabled people and their carers some opportunities to enhance their lives. Examples of popular sites are Facebook, Twitter and Skype which are free to download and can be accessed via computer, internet-enabled mobile phone or internet-enabled tablet (such as an iPad).

**Facebook**
A social network programme. You can set up your own personal profile and keep in touch with your friends and family on Facebook by sending them messages and pictures. Facebook is also available as an app.

[www.Facebook.com](http://www.Facebook.com)

**User review – Facebook**
“Facebook helps me keep in contact and find out what my family and friends are up to with their updates to their profiles. I find it useful as most of my family live abroad”. *Anon*

**WhatsApp**
A free app messenger that allows you to instantly send and receive messages from friends, colleagues or family. Switch from SMS to exchange messages, pictures, audio notes and video messages with WhatsApp users.

Use WhatsApp to communicate with friends or family around the world at no cost for the first year, then 99p.

[www.whatsapp.com](http://www.whatsapp.com)

**User review – WhatsApp**
“I use WhatsApp all the time. It is very easy and convenient to keep in touch with my family; I can send and receive video, pictures and audio to and from all of my contacts without paying any extra charges on my mobile phone as it uses the internet”. *Mark*

**Skype**
Make calls for free! Either via voice calls or video calls with a webcam, Skype enables users from wherever they are in the world to connect with an internet connection. Available on iTunes, Android, Windows Phone and PC.

[www.skype.com](http://www.skype.com)
**Postcards**
Connect families. No matter how far apart they live or how much computer experience they have, **Postcards** keeps seniors up-to-date with the lives of their loved ones.
- Receive photos, messages, videos.
- Easy to use, even without any computer experience (no typing required).
- No user interaction required at all
- Can be managed by your family or caregiver from anywhere.
- Send photos from any site (including Facebook).
- Send videos from YouTube.
- Send updates from special events, as they happen.

**Simply Unite**
Large touch-screen computers that allow users to:
- Send and receive personal emails
- Enjoy online games
- Receive photo and video albums
- Use Skype - a way to make online video phone calls
- Watch favourite films or catch up on programmes via BBC iPlayer
- Surf the internet

0845 384 453

Email: info@simplyunite.com

www.simplyunite.com

**Twitter**
A social media platform that enables people to communicate together. You can tweet (publish online via twitter) your thoughts or follow someone else's. An easy way to keep in touch with people and find new and interesting events and ideas.

www.Twitter.com

**EasyChirp**
**Easy Chirp** is a web-accessible alternative to the Twitter.com Website. It is designed to be simple to use and is optimised for people who are disabled.

**EasyChirp** presents a user-friendly version of Twitter and makes its functions easier to understand (Retweet and Favourite are always visible rather than hidden).

It uses a large default text size, makes it clear who is following you, and the associated Twitter account @EasyChirp provides regular tips and articles on social media.

www.easychirp.com
Home: Around the Home

Feeling comfortable in the space in which you live is essential to your wellbeing. Housekeeping and cleaning can improve this sense of wellbeing and help to maintain independence. Apps that help explain more complicated house-keeping tasks using a story sequence can help us to remember these tasks easier.

Stories2Learn

Allows the user to create a sequential story with photos/images. Words and sounds can also be added to this. This could be used to explain the process of cleaning the house or using a particular utensil.

[link to Stories2Learn product]

Handheld Vacuum Cleaner

Easier to hold, manoeuvre and empty, a handheld vacuum cleaner can enable independence in house-keeping by making the action easier to perform. These also benefit from being widely available and reasonably priced.

[link to Amazon for vacuum cleaner]
[link to Argos for vacuum cleaner]

Long-handled dustpan

This prevents the need for bending down when sweeping. The dustpan has a flat bottom with shaped lip for efficient dust collection.

[link to Amazon for dustpan]

Life Reminders

This app allows you to create a reminder for your daily tasks. When the time comes, Life Reminders will remind you. Enter the task description; set the date/time and recurrence.

[link to Life Reminders]

Home Control

For freedom and independence at the touch of a button, RSLSteeper provides the best assistive technologies, allowing a greater level of independence to people within their home environment. Using a variety of home automation methods, from touch screen to direct eye control, the systems allow total control of everyday functions such as opening a door or answering the phone. It is also possible to control a full range of home media equipment, providing maximum flexibility and convenience for everyday living.

Control options include:

- Nurse call and pagers system
- Intercoms and door entry infra-red
- Windows, curtains and blinds
- Riser/recliner beds and chairs
- Phones
- TVs, all home entertainment
- Mains control sockets for lamps
- Computer control

[contact information for RSLSteeper]
[website for assistive technology]

[QR code for contact information]
**Just Checking**
As an activity monitoring system, **Just Checking** helps people live in their own homes for longer by showing family and professionals their day-to-day capabilities.

**Just Checking** uses discreet wireless movement sensors placed around a property to send an overview of daily activity to an online app. From here, family and professionals can see whether an individual is visiting the kitchen to make meals, using the bathroom as expected, and getting a good night’s sleep.

01564 785 100

https://justchecking.co.uk/

**MySense**
Information from fixed and wearable sensors is gathered by our secure platform. **MySense** then learns behaviour patterns and can quickly identify declining health or immediate care needs. A range of sensors is available, including:

- **Wristband** - Measures heart rate for drops or elevations that could indicate stress, illness or other abnormalities.
- **Door** - Monitors unusual or even a lack of activity on front doors or fridges that could be signs of mental or physical issues.
- **Plug** - Shows usage of a kettle, TV or other electrical devices that could flag unusual behaviour patterns.
- **Tap** - Highlights changes to an individual’s water consumption that could point to dehydration.

www.mysense.ai

**Autonome8**
Our system **Autonome8** lets you control your home or another property from your phone. It has security monitoring and you can use multiple devices to control and monitor the same area at the same time. If one phone turns on a light, the others are automatically synced. If a security sensor is tripped, all phones are notified immediately.

www.autom8.io
Possum
An environmental control system which assists the user to perform activities around the home and enhances independence, for example, answer the phone, switch on the lights, draw the curtains, etc.

01296 461 999  
www.possum.co.uk  
Email: info@possum.co.uk

Possum Disability Phone  
https://www.youtube.com/watch?v=Ks6fVgYkJl4&list=PLB3E07F1F2AB709D0

Possum Primo  
https://www.youtube.com/watch?v=OqRWVOrV1sU&list=PLB3E07F1F2AB709D0

User review - Possum  
“It’s the small things that make the difference. I can open the curtains, call for assistance at night, be left without needing constant care. The Possum system is robust and reliable providing me with a level of freedom, independence and privacy. Without it I would be restricted, dependant on others and unconfident that I could get help when I need it.”  
Jonathan.

Case Study – Possum  
Since leaving hospital following an industrial vehicle accident in 1989, Jonathan has used a range of Assistive Technology provided by Possum. The accident caused a C4, C5 complete injury (damaging the vertebrae and spinal cord) leaving Jonathan tetraplegic: paralysed from the shoulders down, with limited upper body movement.

After a review of Jonathan’s requirements, in consultation with the local community occupational therapist, Stoke Mandeville spinal injuries OT and the local GP, Jonathan’s home was adapted with a PSU6 Environmental Control System. When Jonathan moved house, the system moved with him. As the technology developed and Jonathan’s requirements changed, Possum installed a companion controller and more recently upgraded to the Vivo! home control device.

For Jonathan, being left without the need of assistance, especially at night, is important. Providing him with the means to control his entertainment and environment means that this is possible.

Jonathan’s Possum Case Study  
https://www.youtube.com/watch?v=QrwT6ZrrTnl
The robust and reliable assistive technology provides reassurance that help is accessible whilst maintaining privacy and independence. The portability of the control unit means that, even when visiting relatives, Jonathan can control certain items away from the home.

With the easy to use, portable **Possum Vivo!** Environmental Controller and other assistive technology supplied by **Possum**, Jonathan is able to:

- Control the TV in both the bedroom and living room
- Switch a fan and/or air conditioning unit on and off
- Operate the lights and curtains in the bedroom
- Operate the electronic profiling bed
- Answer the telephone, make calls, answer the door
- Call for assistance via the specially adapted switch, intercom and pager system
- Use an internal multi-room intercom which enables communication from upstairs and downstairs and room to room

<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
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</table>
| Alarm                                 | Safety Systems Distribution is the UK distributor of Bosch radio-based nurse call system and the main UK distributor of Intercall hard-wired nurse call audio and non-audio systems.                   | Safety Systems Distribution
                                      |                                                                                                                                             | [www.safetysystemsdistribution.co.uk](http://www.safetysystemsdistribution.co.uk) |
| Auto reminders                        | Especially necessary in the home of someone with Alzheimer's or any form of dementia.                                                                                                                     | Alzproducts
                                      |                                                                                                                                             | [www.alzproducts.co.uk](http://www.alzproducts.co.uk)                           |
| Lamp and light controls               | Create your own wireless lighting environment with the Philips Hue connected bulbs and wireless bridge. Control it all with your iPhone or iPad wherever you are. You can connect up to 50 Hue light bulbs to a single system. | Phillips
                                      |                                                                                                                                             | [www.meethue.com](http://www.meethue.com)                                      |
| Specialised equipment for the partially-sighted | U.K. based company specialising in the design, manufacture and supply of innovative aids for the blind and partially-sighted.                                               | Cobolt
                                      |                                                                                                                                             | [www.cobolt.co.uk](http://www.cobolt.co.uk)                                   |
| Independent Living Skills Tutorial Program | Assistance with autism – AbleData provides objective information about assistive                                                                                                                     | Able Data
                                      |                                                                                                                                             | [www.abledata.com](http://www.abledata.com)                                  |
| **Bed & Chair Occupancy Pressure Sensor Mat Alarms** | For clients suffering from dementia or to alert carers of people exiting beds and chairs. | Easy Link  
www.easylinkuk.co.uk  
www.amazon.co.uk |
|-----------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------|
| **Alarm**                                           | Device for doorways plus a wrist band for carer: for clients prone to wandering. If a client walks past an alarmed door, the carer is warned by an alarm attached to the wrist. | Safety Systems distribution  
www.safetysystemsdistribution.co.uk |
| **Talking measuring jug**                          | The content of the jug is spoken at the press of a button.                     | Cobolt  
www.cobolt.co.uk  
Unforgettable  
www.unforgettable.org |
| **Talking kitchen scales**                          | With adjustable voice control, the scales will tell you the weight.            | Cobolt  
www.cobolt.co.uk  
Unforgettable  
www.unforgettable.org |
| **Talking Tag talking label reader**                | Reads tablet bottles, card details, reminder dates of expiry on food labels. It will speak a recorded message when the tip of the device touches the label. | Cobolt  
www.cobolt.co.uk |
| **Creating apps to meet your needs**               | Alarm calls, reminders, shopping lists, etc.                                 | ShoutEm  
www.shoutem.com |
| **Voice reminders**                                 | Your reminders, in your voice, in your words, delivered on time, every time. Forget nothing with this voice 'to-do' list. Simply speak your personal memo, set the time and date, be reminded in your voice. | GZero  
www.gzero.com |
| **Magi plug**                                       | Anti-flood plug.                                                               | Alzproducts  
www.alzproducts.co.uk |
| **LCD day clock**                                  | The simple innovative LCD day clock was designed specifically for people with Alzheimer’s and Dementia. It is the only product of its kind in the UK and is for anyone with an impaired memory. | Alzproducts  
www.alzproducts.co.uk |
Choosing what we eat or drink, and being able to prepare it and eat it ourselves, allows us to feel independent. People who are visually impaired may find navigating a traditional kitchen a daunting experience, or find some food labels difficult to read. Assistive Technology can help with this by communicating information in an easier format. Other forms of AT can aid with the process of independent eating by helping with movement.

Please note that there is an element of risk involved in all specialist eating and drinking devices. We strongly recommend that you are referred to a Speech and Language Therapist prior to purchasing any of these products. An SLT will be able to assess your suitability and recommend the aids/technology most appropriate for you.

### Examples of Specialist Eating Devices

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Eating devices</td>
<td>Living Made Easy is an impartial advice and information website about daily living equipment and other aspects of independent living.</td>
<td>Living Made Easy&lt;br&gt;www.livingmadeeasy.org.uk</td>
</tr>
<tr>
<td>Neater Eater</td>
<td>An electrically operated system that offers a range of benefits to the user: allows independent feeding; improves posture and mouth control; helps to teach movements; motivates social interaction at mealtimes.</td>
<td><a href="http://www.neater.co.uk">www.neater.co.uk</a>&lt;br&gt;email:<a href="mailto:info@neater.co.uk">info@neater.co.uk</a>&lt;br&gt;01298 23882</td>
</tr>
<tr>
<td>Suction Lip Plate</td>
<td>The suction lip plate is designed with an inner lip to help aid individuals who have difficulty when eating, particularly with one hand.</td>
<td>Local Mobility UK&lt;br&gt;www.localmobility.co.uk/</td>
</tr>
<tr>
<td>Dignity Bowl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scoop Plate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anti-tremor spoon</td>
<td>Pick it up - Sensors in the handle detect your hand tremor and adjust accordingly. Start eating - <strong>Liftware</strong> quickly responds to your tremor and steadies what you hold. Spill less - shift attention away from</td>
<td><a href="http://www.liftlabsdesign.com">www.liftlabsdesign.com</a>&lt;br&gt;Dispatched from the USA</td>
</tr>
</tbody>
</table>
| Drinking cups and beakers | Spill-proof cup, dysphagia cup, hand steady mug. | Local Mobility UK  
[www.localmobility.co.uk](http://www.localmobility.co.uk) |
| Good Grips Cutlery | Good Grips Cutlery has large, cushioned handles with soft flexible ribbing at the top, ensuring they are comfortable to hold even when wet and are adaptable to any grip. Made of stainless steel with latex-free rubber handles. | Local Mobility UK  
[www.localmobility.co.uk](http://www.localmobility.co.uk) |

**Talking Microwave**  
Ideal for the blind and visually impaired.  
Spoken requests to stir or turn food during cooking. Full spoken confirmation of functions and cooking times.

0300 999 0004  
[www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

**Droplet the Intelligent Hydration System**  
The Droplet Intelligent Hydration System reduces the risk of dehydration by encouraging you to drink, significantly reducing the risk of dehydration and related infections and illnesses. The sophisticated Electronic Smart Base plays friendly pre-set or personalised voice messages and friendly reminder lights, which helps maintain healthy hydration levels. Droplet is completely adaptable to the individual’s needs, and has a nightlight function for ease of location.

Order Line: 0203 322 9070  
[www.unforgettable.org](http://www.unforgettable.org)
**RNIB Pen Friend**
Use the Pen Friend to label food items, even freezer food, and include use-by dates and cooking instructions. Use it as you go around the shop. Label items as you place them in your basket so that you know what they are when you get home. Use it to place notes on medicine packaging and organise household paperwork.

0303 123 9999

[www.rnib.org.uk](http://www.rnib.org.uk)

**Water Boil Alert**
A small stainless steel disc that rattles when water reaches the boil in a pan. Useful as a memory prompt.

[www.rnib.org.uk](http://www.rnib.org.uk)

**Kettle Pourer**
The Kettle Pourer enables a person with dementia to safely tip the hot water into a cup or other receptacle. It holds most kettles, secured by a strap, and pivots on a raised wire frame by gentle pressure on the handle to pour water into the cup.

[www.unforgettable.org](http://www.unforgettable.org)
<table>
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<tr>
<th>Assistive Technology</th>
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</thead>
<tbody>
<tr>
<td>Useful cooking apps</td>
<td>A list of great and inspiring cooking apps for simple recipes for iPhones and iPads.</td>
<td>The Next Web <a href="http://www.thenextweb.com">www.thenextweb.com</a></td>
</tr>
<tr>
<td>Swedish vice cutting/holding board</td>
<td>This adaptable cutting board can be used to slice and grate food or hold mixing and salad bowls. Designed for one-handed use, with stainless steel food spikes and a vice to hold objects. The vice can be used to hold jars while opening lids.</td>
<td>Local Mobility UK <a href="http://www.localmobility.co.uk">www.localmobility.co.uk</a></td>
</tr>
</tbody>
</table>
Personal safety and safety in the home is vitally important to everyone. To enhance safety in the home there are a number of alarm systems available that will sound an alert if, for example, smoke or water is detected. Other personal alarm systems can be used to alert for assistance if someone finds themselves in difficulty.

**Personal alarm**
A small GPS hand-held personal alarm that provides assistance wherever and whenever required.

0800 978 8800

[www.buddi.co.uk](http://www.buddi.co.uk)

**Buddi Ltd**
Buddi is a mobile personal alarm system that provides assistance wherever and whenever it is needed. It helps active and independent people stay that way. Buddi's innovative use of GPS technology means that the Buddi service is more than a personal alarm service, and also acts as a 24/7 location finding device.

The wearer is free to be as independent as possible, and their carers will never be out of touch with their movements. All Buddi memberships include an automatic fall alert, emergency alarm and unlimited online locating. Buddi users, wearers and members benefit from the support of a dedicated, in-house technical and customer care team that can assist with all aspects of owning a Buddi.

**Tynetec Altec Flood Detector**
Wireless sensor which detects and alerts to potential flood situations such as taps left running or burst pipes.

[www.tynetec.co.uk](http://www.tynetec.co.uk)

**Bogus caller panic button**
A wall-mounted button for location by a doorway when used as a bogus caller alarm, or in other areas of the house to act as a panic button.

[www.tunstallonline.com](http://www.tunstallonline.com)

**Fire Suppression Ltd**
Automist fire suppressing device. Watermist has the unique ability to deliver water as a fine atomised mist. This mist is quickly converted to steam that smothers the fire and prevents further oxygen from reaching it.

0845 127 9915

[www.firesuppression.co.uk](http://www.firesuppression.co.uk)
<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Door Entry System</td>
<td>Visitors can speak and be seen before entry by carer. With 7” visual monitor 2-way audio.</td>
<td>Tremorvah <a href="http://www.tremorvah.co.uk">www.tremorvah.co.uk</a></td>
</tr>
<tr>
<td>Era Locca Wireless Intercom</td>
<td>Allows carer to speak to visitors anywhere in the home or garden within a range of 200 metres.</td>
<td>Tremorvah <a href="http://www.tremorvah.co.uk">www.tremorvah.co.uk</a></td>
</tr>
<tr>
<td>Alert Systems Pressure Mats and Pads</td>
<td>To alert and raise alarms if clients fall out of bed or do not return to bed within predetermined time.</td>
<td>Tremorvah <a href="http://www.tremorvah.co.uk">www.tremorvah.co.uk</a></td>
</tr>
<tr>
<td>Talking Caller ID Phone &amp; Wrist, Pendant Emergency Button</td>
<td>The wrist alarm can be worn as a pendant and is water-resistant. When activated, the phone will call your 3 pre-programmed emergency numbers in sequence. Many languages available.</td>
<td>Cobolt <a href="http://www.cobolt.co.uk">www.cobolt.co.uk</a></td>
</tr>
<tr>
<td>Flashing Door Chime</td>
<td>This longest range chime acts as apartment intercom alert.</td>
<td>Action Hearing Loss <a href="http://www.actionhearingloss.org.uk">www.actionhearingloss.org.uk</a></td>
</tr>
<tr>
<td>Photo phone</td>
<td>Photos rather than numbers.</td>
<td>Cobolt <a href="http://www.cobolt.co.uk">www.cobolt.co.uk</a></td>
</tr>
</tbody>
</table>
Home: Money and Budgeting

Being in control of your own money is really important but can be difficult. You can use AT to help understand exactly how much money you have coming in and how much money you have going out, and what you are spending the most on. This helps you to spend your money on what you want.

Most banks in the UK have their own app for online banking, which often includes some form of money management tool. You can contact your own bank for more information on their Smartphone and computer apps.

**Money Dashboard**
Software download that helps to take control of your money, allowing you to see all your transactions and balances in one place and better manage your household budget.

www.moneydashboard.com

**Personal Finance**
A desktop application for the Microsoft Windows operating system - designed to help organise and manage your household income and expenditure.

www.banktree.co.uk

**Spendometer**
Set yourself a budget, log what you are spending and view spending reports.

Every time you buy something, simply enter the amount into the Spendometer on your phone and it will do the rest. You can set your own spending limits and choose whether your spending will be reported weekly or monthly.

www.themoneycharity.org.uk

**Spendometer Review**
There's a 'going out' section that lets you enter how much money you're taking out with you and then deduct it as you go along.

The interface of Spendometer is incredibly simple, which makes it easy to use. It's a free app and it is easy enough to use. If you are after a budget manager then it might be worth a download to check it out.
Money Expense Manager
This application helps you to budget and track spending.

Add financial details like income from salaries and enter your expenses from dating to travel. Money Lover acts like a financial calendar, alerts you to debts, and reminds you of transactions. Add customized categories for income or expenses.

Expense Manager is great application for managing your expenses and incomes.

- Track expenses and incomes by week, month and year as well as by categories
- Multiple accounts in multiple currencies
- Schedule the payments and recurring payments
- Take a picture of a receipt
- Payment alerts
- Budget by day, week, month and year
- Import and export account activities in CSV for desktop software
- Dropbox and SD Card backup
- Customize expense categories, payer/payer, payment methods, date format, button style etc.
- Account transfer
- Auto-fill
- Convenient tools such calculator, currency converter and credit card calculator
- Free and no In-App purchase needed

<table>
<thead>
<tr>
<th>Assistive Technology</th>
<th>Description</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budget</td>
<td>Comparing prices.</td>
<td>Money Vista [<a href="http://www.moneyvista.co.uk">www.moneyvista.co.uk</a>]</td>
</tr>
<tr>
<td>Essential money apps for iPads</td>
<td>Budgeting apps.</td>
<td>Money [<a href="http://www.money.co.uk">www.money.co.uk</a>]</td>
</tr>
</tbody>
</table>