



BHOME AND BWELL

INFORMATION BOOKLET

ALONE

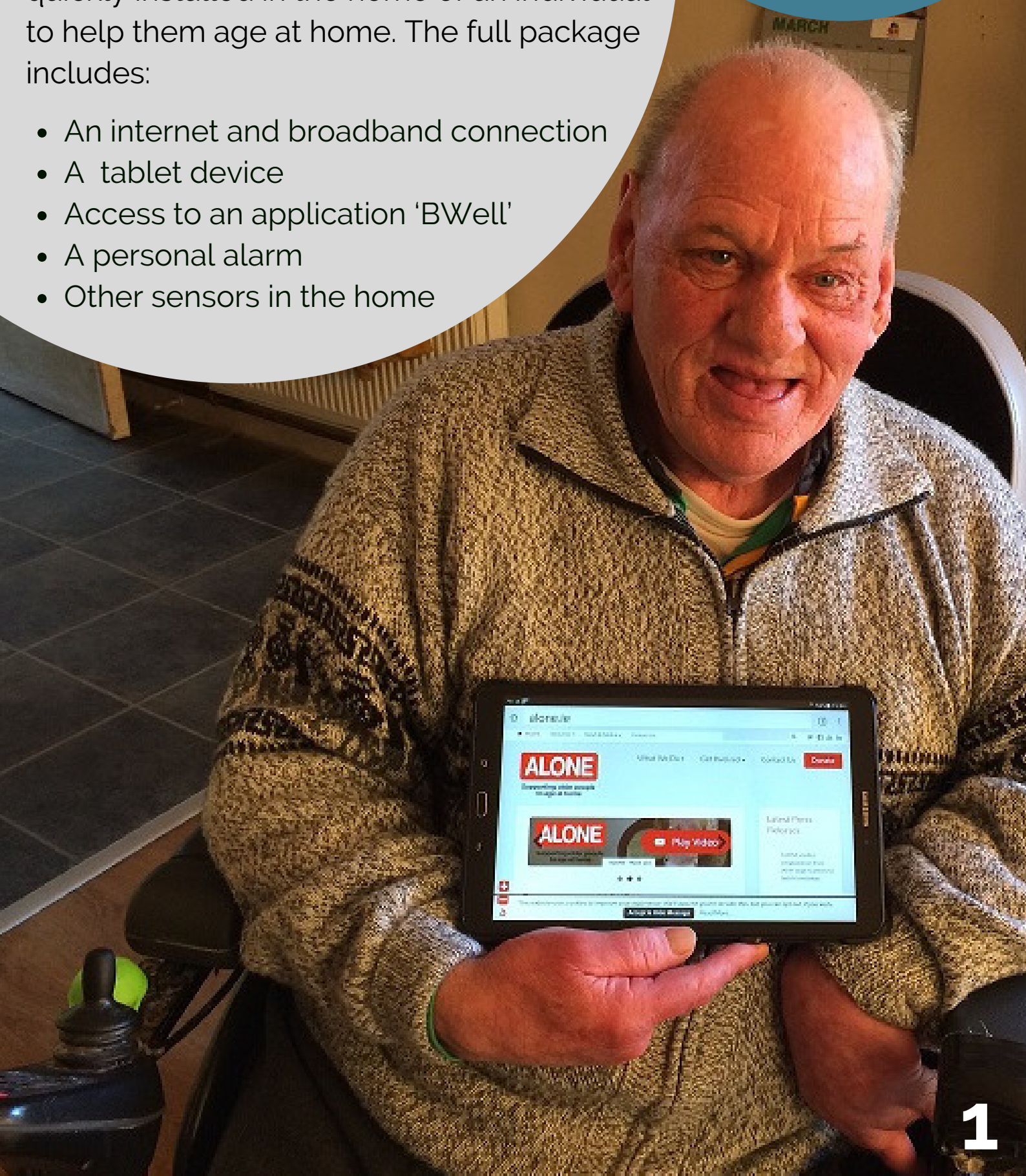
Supporting older people
to age at home

BConnect 
Innovations by **ALONE**

BACKGROUND

As part of the BHome technology system, ALONE is offering people a range of assistive technologies that can be easily and quickly installed in the home of an individual to help them age at home. The full package includes:

- An internet and broadband connection
- A tablet device
- Access to an application 'BWell'
- A personal alarm
- Other sensors in the home



WHAT INFORMATION DOES ALONE COLLECT?

**INFORMATION WILL BE COLLECTED ON BHOME SENSORS AND THE BWELL APP.
ALONE COLLECTS INFORMATION FROM THE FOLLOWING BHOME SENSORS:**



Presence Sensor



Motion & Temperature



Door Detection



Smart Outlet

Generally, the information that ALONE sees will be used to support the individual. For example, if we see they are not going outside a lot in a week, and we know that is not like them, we may give them a call to make sure they are okay. We may offer more support, such as befriending, if they were interested in it.



PRESENCE SENSOR

This sensor will be on the individual's keyring. It will let us know if they are home or not at home. If we notice that they have not left the house for a number of days, and this is not normal for them, we will call them to see if everything is okay.

MOTION AND

TEMPERATURE SENSOR

This sensor will pick up movement and temperature in their home. There will be **5** of these sensors throughout the home in different rooms.

These sensors will pick-up movement and activity whether it is the person, a visitor or their pet.

TEMPERATURE

If we notice that their house is cold, we will call them to see if they have problems with the heating.

MOVEMENT

If we notice that there was no movement for a couple of hours, and we know that isn't like them, we would give them a call to see if they are okay,

DOOR SENSOR



This will sit on the frame of their front door. It will let us know if the door is open or closed. If we notice the front door is open for a long period of time, open at unusual hours (such as 3am), or it is opened and they are not home (maybe on holidays), we can call you. Our Trusted Partner can check on their home in extreme cases.

SMART OUTLET



This is a plug that a device such as a kettle or microwave can be plugged in to. This will show when household devices are being used. If we notice they have not used their kettle in a number of days and they usually turn it on every morning, we will call to make sure everything is okay.



PEBBELL 2

This is a more advanced model of the pendent alarm. It can be worn around the individual's neck or clipped on to their keys or clothing. It works in the home and outside of the home. Specifically it can:



Pebbell

- i. Detect a fall
- ii. Work as a panic button
- iii. Make a phone call to named contact
- iv. Find them if they are lost.

If any of these happen, **the Pebbell 2 can send an alert with their location using a Global Positioning System (GPS) to three emergency contacts by text and phone call.** You can set yourself, any member of their family, or a friend as the primary contact. Our trusted partner will also be one of the contacts and will respond in emergency cases.



Pebbell 2 has an “online map” where you can see the location of the Pebbell 2 device. It also has a **“silent call” function** where by one of three emergency contacts can request to call the Pebbell 2 to hear what is going on in the background. **ALONE and our Trusted Partner will not use these functions.**

The Pebell can give the person peace of mind that someone is available to come to them if they need help. Whether they are worried about falling in their home or when they are out and about, our Trusted Partner is on hand 24 hours a day, 7 days a week to respond.

If they choose to set up two other people to receive alerts, please make sure these contacts are people that they know and trust. ALONE will only be alerted if there is a genuine emergency.

BWELL APP

ALONE will also collect information from the “BWell App”. BWell is an app that will come on their tablet device. BWell has a couple of different functions and has profiles for the individual, their health or social care professional or family member.



BWell App

- **BHome Data:** You can see the data that is created by the BHome Sensors, such as how many times the individual has been out and about and how much they are moving around their home.
- **Your Wellness:** they answer seven daily questions. At the end they will receive an overall wellness score.
- **Tips:** Depending on their wellness score, tips can be sent to them. Everyone will have general tips about physical activity, preventing falls and events on in their local area.



ALONE can see their overall wellness score. If we see their score is low, we will call them to see how they are. ALONE can provide them with information, such as how to keep warm in cold weather or information on financial benefits and entitlements.

HOW TO REFER

If you are working with someone you feel could benefit from BHome, we would love to hear from you. We receive referrals from the older person themselves, their family members and medical and social care professionals.



Contact us

Please call us at the ALONE office on 01 679 1032 or email us at bconnect@alone.ie to refer someone.

Please make sure you have the person's permission to do so first.

What happens after I refer?

- Once we receive an expression of interest, a member of the BConnect team will arrange to call out to the person.
- On this visit, we will carry out an assessment and go through the information booklet and consent form with the person.
- The consent form must be read, understood and signed by the person before the technology can be installed.
- We ask the person to keep the booklet and re-read it (with a family member if appropriate) before returning the consent form to ALONE. We provide return envelopes to the older person.
- Once the consent form is received, we can begin the process of installing the devices in the individual's home.

