



GUIDE TO REMOTE CARE TECHNOLOGY

**Homewatch
CareGivers®**

Let our family care for yours.™

Technology Can Help Keep Your Loved One Safe at Home

You cannot replace the caring hands of human touch, but you do need to make sure that your loved-ones have access to the right help, right when they need it. Remote Care Technology and caregivers from Homewatch CareGivers provide the best solutions for your loved-one to stay at home while living in a safe and comfortable environment. The most recent annual data from the Census Bureau reports that 7.5 million senior women and 2.6 million senior men live alone. Because a majority of people over the age of 65 live remote from their families, caregivers offer companionship that promote the emotional and physical wellbeing of those you care about. With the help of caregivers and Remote Care Technology, you can make sure that they are safe while living independently.

Remote Care Technology is a broad definition of technology that can be placed in a senior's home to help them age in place. These devices can unobtrusively monitor activities of daily living and provide immediate assistance in the event of an in-home emergency. They are connected to a call center and can be monitored via personnel, cameras or by caregivers.

AARP reports that 9 out of 10 seniors prefer to stay at home, and would be willing to use Remote Care Technology to do so. Besides maintaining freedom, Remote Care Technology can help mitigate the effects of falls, emergency situations and medication mismanagement through early --and virtually immediate-- intervention, increasing the chances that injury can be minimized and the likelihood of a shorter hospital stay.

This technology also offers safety solutions to help decrease the frequency or possibility of an emergency happening. Homewatch CareGivers offers a suite of Remote Monitoring and Care Technology to empower the caregiver, the family and the person desiring to live independently. This guide will help you understand:

- ***Personal Emergency Response Systems***
- ***Environmental Monitoring***
- ***Medication Management***

PERSONAL EMERGENCY RESPONSE SYSTEMS

Help, right when you need it.

A Personal Emergency Response System (PERS) is designed to reduce complications associated with a fall or other health related emergency by ensuring prompt assistance.

WHAT IT IS

The system consists of a waterproof pendant that can be worn either on a necklace or wristband, and a countertop unit with two-way voice capability. To gain assistance, you simply press the pendant or unit button. This unit is connected via standard phone lines to a professional call center and the internet, alerting the appropriate emergency response, and allowing your family to know that you need help. You must have a working phone line and phone line plan to activate the program. Offering hands-free, 2-way voice capability in most cases throughout the entire home, the system is reliable and convenient.



HOW IT WORKS

With PERS services, the right help will be notified automatically 24 hours a day, 7 days a week. Whether a fall, medical emergency or any other type of alert, the signal is received and relayed to the call center. The trained professionals determine the type of response necessary and respond appropriately. The call center has instant access to individual medical issues, address, and emergency responder information to summon help quickly, and stay on the line until help arrives. The system can also alert multiple family members through cell phone, email or PDA.

WHY IT HELPS

The New England Journal of Medicine Reports that falls account for 10% of emergency department visits and 6% of hospitalizations among persons over the age of 65 years and are major determinants of functional decline, nursing home placement, and restricted activity. You can ensure that when an accident happens, whether your loved one is near the telephone or not, he/she can immediately get the help he/she needs. The lasting effects of these adverse incidents on your loved one are greatly reduced and their health and independence quickly restored, ensuring their capability to age in place.

Thanks to PERS technology, your loved one will essentially never be alone in their time of need.

PERS CAN GIVE YOU:

- *Two-way voice communication on countertop unit, which is activated through pendant, wristwatch or clip-on sensors*
- *Easy installation by a professional*
- *Reliable emergency notification system*
- *Remote notification of alerts, alarms, and dispatches*
- *Immediate access to family members and caregivers*

HOW IT WORKS

Audio messages will alert you that the unit has been activated.

Plugs into phone line and electrical outlet.



A back-up battery operates the unit in the event of lost power, and automatically recharges.

Easy-to-reach emergency button. Braille labels identify each control for visually impaired users.

Light comes on when activated.



Pendant is waterproof and impact resistant.

Press the button to contact assistance, or to answer phone calls through the base unit.



May be worn as a pendant, wrist band or belt clip.

ENVIRONMENTAL MONITORING

Keeping your loved-one prepared for unexpected situations.

Environmental sensors give you the opportunity to have a 24/7 presence in your loved-one's home between caregiver visits. You can be assured that the health and safety of your parent is being monitored and that, in the event of an emergency, the right help will arrive, right away.

WHAT IT IS

Environmental Monitors are individual devices that can monitor the home for hazards including fire, water, carbon monoxide, heat, cold, and motion detection. Our environmental monitoring sensors include an emergency response system for immediate assistance. During an emergency, the senior can concentrate on getting themselves out of the home safely, knowing that their Personal Emergency Response System (PERS) has already called for help on their behalf, and will also call you if necessary.

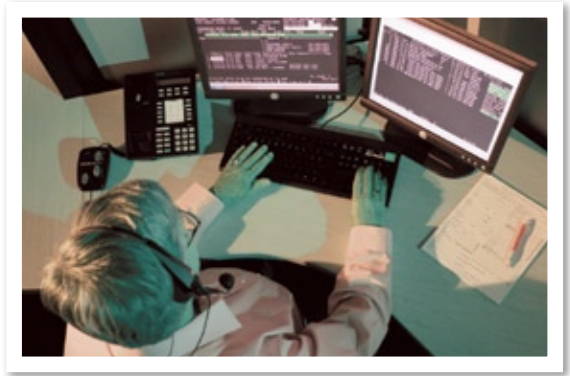
HOW IT WORKS

Our suite of environmental monitoring devices are designed to notify the appropriate emergency response depending on the situation. Motion detectors can be placed in various areas around the house to make sure that your loved-one is up and about, eating on schedule and that no outside doors are left ajar. Water alerts can let your loved-one know not to go into the basement if there is a flood hazard. Carbon monoxide, smoke and fire detectors are not only alarms; they can also summon the fire department. Used individually or alone, each monitor can ensure further safety of your loved-one by helping you remain vigilant for common household risks.

WHY IT HELPS

The dangers of the elderly living independently at home are enhanced due to declining mobility and senses. Often, seemingly normal tasks become dangerous if the house is not protected properly. Statistics show that emergency room admissions increase during heavy rains. This is in part due to the habit of seniors to check the basement for flooding. A simple sensor placed downstairs to alert for water can decrease these risks to almost nothing. National statistics also

show that people over the age of 65 have a home fire death rate nearly twice the national average. For those over 75, that risk nearly triples and after age 85 that risk increases to four times the national average.



Environmental sensors give you the opportunity to have a 24/7 presence in your parent's home between caregiver visits. You can be assured that the health and safety of your parent is being monitored and that, in the event of an emergency, the right help will arrive, right away.

Supplement your loved-one's home safety needs with Environmental Monitoring, including:

- ***Heat/Cold Sensors***
- ***Motion Sensors***
- ***Flood Warnings***
- ***Smoke, Fire, Carbon-Monoxide Detectors***
- ***Pressure Pads***



Motion Detector



Smoke Detector



CO Detector



Help Button
(adds safety for front door and bathroom locations)

MEDICATION MANAGEMENT

Making sure that medications are taken properly.

Medication dispensers can play the role of a loved one, helping to remind when it's time to take the medicine, control the dose taken based on doctor's instructions, and alert caregivers and loved ones if the medications are not taken correctly.

WHAT IT IS

A medication dispenser is a device that controls your loved-one's daily doses. The dispenser can also be connected to a call center to help monitor the medication and usage.

HOW IT WORKS

Medications are loaded into the device and locked (if necessary) by a licensed professional or caregiver. When the time comes to take a pill, the device alerts the user with a bell or a call from a call center and unlocks that day's dosage in the appropriate intervals throughout the day. If the user does not hear the alarm or does not take the pills dispensed, the device alerts either the call center or the caregiver, prompting a series of calls or alerts to the appropriate personnel to make sure that the person takes the pill or is doing okay. You can also log-in via internet portal, which can be connected to the dispenser, so you or your ClientCare Coordinator can check on medicine compliance 24/7.

WHY IT HELPS

People aged 65+ now average nearly 10 medications taken one or more times daily. Older adults are also two and one-half times more likely to visit an emergency room due to an adverse drug event than younger individuals. With a medication dispenser in the home, you never have to worry that your elderly loved one is not getting the right medications, at the right time, and reaping the maximum benefit from their medicine.

Medication dispensers come in a variety of prices and options, with different features to meet your loved one's needs:

- *Medication Alert Systems*
- *Dosage Control*
- *Direct phone call to senior when medicine is over-due, and follow-up call to family if necessary*
- *Internet portal to track compliance for family, doctor and ClientCare Coordinator*

Medications are loaded into the device. When the time comes to take a pill, the device alerts the user with an audible and visual indicator.



Medications can be locked away and only made available at the appropriate times throughout the day.



Medication Dispenser with lock

HOMEWATCH CAREGIVERS REMOTE CARE TECHNOLOGY: GIVING YOU MORE FOR LESS

Environmental monitors get the right help, right when you need it.

Environmental sensors linked to the PERS unit alert the call center and family members of dangerous ambient temperature, presence of carbon monoxide, smoke, fire or flood, and motion sensing to help you ensure your loved one is 'up and about'.

State of the art internet portal to keep you connected.

We are the only company that posts your loved one's complete record on a private internet web page that can be accessed (with permission) by their nurse, doctor, caregivers, and family from anywhere with only a browser and internet connection, 24/7.

Quality hardware with the features you need.

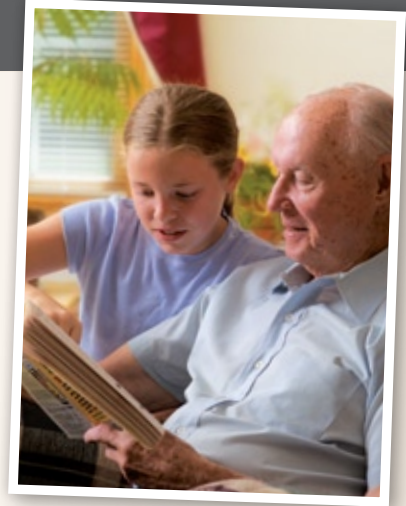
The equipment is always excellent, never shoddy, worn or non-functional—and if it breaks we'll make sure it gets replaced and provide you with 24/7 technical support. The PERS unit can work with two separate pendants to keep both members of an elderly couple safe. A large communication range of a minimum of 500 feet ensures that your parent can get help when they need it from most parts of their home or yard.

We install so you don't have to.

Other companies mail the device, charging you for the shipping and expecting you or your elderly parent to install it yourselves. We'll send an expert to the home to install the system and ensure it is functional right away, so there's no doubt that the unit will work when it's needed.

**Use it for as long as you need it,
no strings attached.**

You're never locked into contracts or forced to own the device. Our prices are at face-value—we won't make you sign a contract for 5 years of service with an automatic price increase every year. You can maintain the unit for as long as it's needed with a small rental fee, and you'll never be required to purchase it in order to receive the monitoring service.



Pay however you are most comfortable.

We do not require a deposit to start services, nor do we require your bank account information for automatic deductions. You are invoiced directly so that you can arrange payment on a time frame and by a method that makes you the most comfortable.

We see it through until help arrives.

Our call center associates are not limited in the amount of time they can spend on the phone with your loved one when he summons help. After the associate finds out the problem, reassures your parent, and calls for help, they stay on the line to keep your loved one company and to ensure that she is safe until she gets the help she needs, all while being logged and tracked on the internet for his/her records.

Homewatch CareGivers®



At Homewatch CareGivers we're not just caregivers, we're an extension of your family. We offer the comfort and security that allow our clients the freedom to remain in their own homes. Homewatch CareGivers offers a variety of services that complement your family member's need for independence and quality of life. From transportation assistance to comprehensive personal care, let our family care for yours.



www.HomewatchCareGivers.com

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