

Getting out & about

Thinking about.....

Getting out and about

Technology can help!

Staying active and maintaining our social connections are good for all of us and should be part of a healthy routine.

However getting out and about safely on your own can become more challenging when living with dementia and you can lose your confidence.

GNSS (Global Navigation Satellite Systems) systems like GPS (Global Positioning Systems) can help!

GNSS or GPS help you find services near you and help you find routes to your destination. You can also use them to locate people! There are apps like *Find My Friends* or *Family Map* that do this

There are many GNSS or GPS devices available and most can be worn discreetly or easily carried when you are out and about.

Is this technology right for you? Will it enable you to maintain your independence, with the added reassurance that you can get help if you need it?

GNSS and GPS devices come in different formats –

- Devices can be worn on the wrist and function as a watch
- Devices can look and feel like a mobile phone. These often have limited numbers of buttons for ease of use.
- Smaller devices can be attached to a key ring or carried in a bag or pocket, worn as a pendant, or around the wrist.
- There are many SmartPhone apps available which can be downloaded to your SmartPhone.

Thinking about getting a GNSS or GPS device?

- Think about who is going to respond to alerts or calls from the device.
- Some GNSS, GPS and/or telecare providers offer a monitoring service. Some people find this the best option, particularly if they do not have family members to support them.
- Other devices can be monitored by families themselves. This can be a cheaper option, but not everyone has family members to do this.
- There are devices where you can choose to do either and you can change from self-monitoring to a monitoring service if needed.
- Think about who will keep the device charged! Battery life varies depending on the device and how often the alert/call function is used.

Here's a quick checklist of things to consider. Think about what is important to you

- purchase price and running costs
- ease of use
- calling multiple responders at the same time with one press of the button (useful if the first responder doesn't answer)
- direct dial to a response centre
- two-way, clear and audible conversation with the responder
- a roaming SIM means your device doesn't restrict you to one network provider (often helpful in rural areas)
- alerts when battery is low
- setting a safe area (this is called geo-fencing)
- journey mapping function (useful in getting to know regular routes taken)
- easy to wear or carry
- lightweight and discreet
- water and dust resistant
- fall detector function
- battery life and charging time
- can it be used outwith the UK?

If you would like guidance on issues like consent visit <http://www.alzscot.org/>

Or why not visit Dementia Circle and find out more? <http://www.dementiacircle.co.uk/>

Have a look at our other leaflets about how technology can help you in your ordinary everyday life!

We want to make sure you have access to more information.

Have a look at Dementia Circle

Dementia Circle brings to life the experience of people with dementia who are using everyday domestic products and technology.

www.dementiacircle.org

In addition to testing products, there are videos that you might find useful, a blog and a link to our Facebook and Twitter feeds,

Dementia Circle shares experiences, situations and information online. We have tested products on display in our Alzheimer Scotland Resource Centres too. www.alzscot.org

Or call our 24 hour Dementia Helpline to get information local to you.

Freephone 0808 808 3000 or e-mail helpline@alzscot.org

We would love your feedback so please keep in touch....

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