



John Beech, Southsea

“ I feel reassured that if I fall, the service will bring me the help I need. ”



Kathleen Gordon, Southsea

“ I wouldn't be without it. It literally saved my life. ”

I feel safe at home with **Telecare**

If you or a relative could benefit from around the clock support in your own home then Portsmouth City Council's Telecare Service may be what you are looking for.

Telecare is simply the use of technology in your home to support you or the person you care for, 24 hours a day, 365 days a year. Telecare gives you peace of mind, knowing that help will be there if you need it.

Telecare links your home telephone to our monitoring centre, where a skilled operator will organise the appropriate response. The responder could be a family member, friend or neighbour, the council's own night time responder service or the emergency services.

Telecare still includes the traditional community alarm where you wear a call button on a neck or wrist pendant which you can press if you feel unwell or need assistance. Telecare now includes a wide range of other equipment that can increase your safety at home.

Sensors and alarms, placed discreetly about the home, will warn you or your carer in a risky situation or can raise a call for help in an emergency. Sensors can also detect environmental changes like smoke, gas, carbon monoxide, extreme heat or cold, or the bath overflowing.

Telecare can also offer support for people at risk of falling, and with medical conditions such as dementia, where there are concerns about the person wandering.

Telecare installation is free. The weekly charge covers 24 hour monitoring and all the sensors you need. There is a small additional charge to use our night responder service.

To find out more, and to arrange a free, no-pressure demonstration at home or a visit to our Telecare Show Flat at **Vanguard Centre for Independence**, Cosham, call Freephone **0800 731 2228**, or email **telecare@portsmouthcc.gov.uk**