

Three ways to use digital technology to keep you safe and well during physical distancing and self-isolation

Falls

Falls can happen at any time, and you can find general guidance on the NHS inform site: <https://www.nhsinform.scot/aboutfalls>

Smart technology can help in these ways:

Smart bulbs: connect to a voice activated device (Amazon Echo, Google home etc) and ask it to turn on your lights. You can add a routine for them to go on/off at set times.

Voice activated devices (eg Amazon Echo, Google home): create your own digital helper to give medication prompts, remind you about diary appointments, or set up a step by step recording on how to get up safely if you have a fall (as guided by your falls practitioner).

Hands free calling: set up your voice activated device to call for help to a carer (not emergency services)

Unpaid carers supporting from a distance

If you are an unpaid carer and have to self-isolate, this technology can help you stay connected with the person you care for:

Video conferencing: WhatsApp, FaceTime, Skype. These can be accessed by any smart mobile device and computer

Myhome helper: a supported device that allows remote support such as video calling, medication prompts, reminders, diary entries

Smart hubs such as Amazon Echo Show, Google home hub, can allow you to make a video call or drop in on a cared for person, control heating and put lights on/off

Engaging with the outside world

Government guidelines advise us to stay two metres away from those outside our household.

Technology has the potential to support us to manage outside contact safely by:

Video doorbells connected to a smart device, voice activation hub or computer. This allows you to speak to anyone at your door without having to open the door

Staying online: this will enable you to get shopping, stay in touch with friends and family, and find out what is happening in the world

Apps: there are many apps available to use on your mobile devices that enable you to: read and record temperature, help with anxiety, access shopping, and banking

These are just some tips to help, if you feel you'd like to hear more ideas, get guidance or need help, with access due to a physical impairment, please email in the first instance the Edinburgh Health and Social Care Partnership occupational therapy technology team on: COTRS@edinburgh.gov.uk or call 0131 443 3937 and leave a message, calls are checked daily