

Personal Alarms

Personal alarms are used to notify someone in an emergency e.g. neighbours, relatives, friends or ambulance. They are useful for people living home alone, who are at risk of having a fall and not being able to get up.

Types of Personal Alarms

There are two types of personal alarms available: monitored and non-monitored.

Monitored personal alarms

Usually include:

- A two-way speaker connected to a home phone, and
- A pendant or other device, which is worn at all times.

If the device is pressed, staff at the monitoring centre will check whether the alarm was accidentally activated. If they do not hear a reply, they then act upon previously agreed upon instructions (e.g. telephone a friend, family member or 000). Medical information can be passed onto ambulance staff, if needed.

Non-monitored personal alarms

These are similar to monitored personal alarms, except they rely upon someone who can assist being close-by or easily contactable. A telephone system dials preset numbers and delivers a pre-recorded message. The system continues to call the programmed numbers until the call is answered. In most systems, there is a feature that allows the system to know the call was received by somebody (not an answering machine or voicemail).

How can I arrange a personal alarm?

- The following list of suppliers is a guide only.
- Please check the Yellow Pages under "Alerting Systems &/or Services" for a full list of suppliers.
- Please notify your Occupational Therapist if you need a referral to a specific company (07 3646 7100)

Monitored Systems	Non-Monitored Systems
<p>Care Call Ph: 1300 130 100 Web: www.carecall.org.au</p> <p>Insurance Lifeguard Ph: 1800 636 226 Web: www.theinsgroup.com.au</p> <p>Kedron Wavell RSL Ph: 1300 732 423 Web: kwrsi.org.au/emergency-medical-alarms</p>	<p>Care Tech Systems Ph: 1300 767 407 Web: www.caretech.com.au</p> <p>Care Alert Ph: 1300 758 595 Web: www.carealert.com.au</p>
<p>Oz Care Ph: 1800 692 273 Web: www.ozcare.org.au/care-at-home/services/personal-care-assistance</p> <p>Safety Link Ph: 1800 813 617 Web: www.safetylink.org.au</p> <p>Tunstall Healthcare Ph: 1800 603 377 Web: www.tunstallhealthcare.com.au</p> <p>Vital Call Ph: 1300 360 808 Web: www.vitalcall.com.au</p>	<p>Other Options</p> <p>Mobile Phone Contact your nearest mobile phone dealer for information on pre-paid or plan prices.</p> <p>Silver Cord Telephone Service Friendship, respite and security calls. Ph: 1300 785 646 Web: www.stjohnqld.com.au/services/social-services/silver-cord-telephone-reassurance-service</p> <p>Telecross Structured daily phone contact for security. Ph: 1300 885 698 Web: www.redcross.org.au/telecross</p>