

# *gadgets* case studies

## **Emma and the vibrating pager**



Emma is a young adult with severe cerebral palsy. She has limited verbal communication using a communication aid. Emma recently finished studying at college and returned to live at home with her mum, younger brother and sister.

Emma needs occasional help at night from her mum. Her routine had become erratic leading to Emma frequently being awake at night. Her mum began sleeping on the sofa so she could respond to Emma during the night and minimise disruption to the other children.

This was becoming increasingly difficult to manage for Emma's mum as she was not getting a full night's sleep. Emma's social worker got in touch with the Gadget's team to discuss ways to support Emma and her mum. Emma's mum wanted to be able to sleep in her own bed but still know when Emma needed help.

The Gadgets Team recommended a simple 'jelly switch' for Emma to press when she needs help. The switch just needs a light touch to raise an alert so it is ideal for people who may not be physically able to use a conventional button (for example on an alarm pendant). The switch raises an alert on a pager which can either bleep or be set to vibrate. The vibrate setting was ideal for Emma's mum because it means she can put the pager under her pillow when she goes to sleep and it will wake her when Emma needs help. At the same time the rest of the family aren't disturbed by the pager bleeping during the night.

These gadgets have meant that Emma's mum can sleep in her own bed safe in the knowledge that she will be woken if Emma needs help. They have enabled her to effectively manage her caring responsibilities for the whole of her family.



*'jelly switch' and pager*