

Understanding personal safety alarms



How and where can you wear a safety alarm?

This varies depending on which alarm you have. Options may include around the neck, on the wrist, or on a belt. There are alarm options that operate both within your home and while you're out in the community.

What are the costs?

Costs may include things like the sim card, 24-hour support services, or the costs of calls made by the user. Single and ongoing cost amounts can vary. This is why it is important to ask:

- Is there an ongoing cost, how much is it, and what does this cover?
- Can I use funding via my My Aged Care CHSP or HCP to pay for single or ongoing costs?



What is the difference between showerproof and waterproof?

Showerproof means you can wear it in the shower or in the rain. Waterproof, which is also known as plunge proof, means you can wear it in the bath and the pool and fully submerge it.

What is a fall detection alert?

A fall detection alert feature is when the alarm will sense you have had a fall. It then automatically notifies your personal contacts or contact centre.

What is a 24-hour monitoring service?

Some alarms have the option of dialling a 24-hour monitoring service. The monitoring centre will follow a plan designed by you. Personal information can be passed onto emergency services or support people as required. This service may suit you if:

- You have limited social supports available. If it's unlikely that someone would be available to answer and respond to an emergency call.
- Your family or friends live very busy lifestyles. If they aren't often available or have limited phone access.
- You want extra peace of mind that there will be someone to answer the call in an emergency.

What does an SOS (help) button do?

If you press the SOS (help) button on the alarm, it will activate a voice call. It will also send an SOS text to your emergency contact. You can talk into the device on speaker and handsfree mode.

What does the GPS location tracker do?

It sends a precision Google Maps link via an SOS text message. The device may also be precisely located at any time by sending a text message.

What is a charging dock?

This is an easy to use charging dock. This can help a lot if you have poor eyesight and difficulty plugging in cables. To charge your personal safety alarm, you simply place it on top of the dock.

Something to consider

In case of an emergency, how will the responder enter your home? You might like to consider a key lock box, or key safe. This allows you to securely keep a spare key at the front of your home. Only those with the access code will be able to get the key. Some installation may be required.



LiveUp's assistive products directory

[LiveUp's assistive products database](#) offers cost-effective solutions. You can also read about popular low-cost gadgets [here](#). LiveUp is powered by a not-for-profit, so we don't make any money from these suggestions.

We offer you some simple solutions to help. However, we strongly advise you to get advice from an experienced occupational therapist or home modifications expert. This ensures that your needs are met with the most appropriate products and safest placement of fixtures.

An occupational therapist can help you

You may benefit from seeing an occupational therapist for some professional advice. An OT can help you choose a personal safety alarm that suits your needs best. Or help you find other products that allow you to do the things you want to do, now and into the future.

[Find an OT in your local area](#) with the search tool on the Occupational Therapy Australia website.

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