

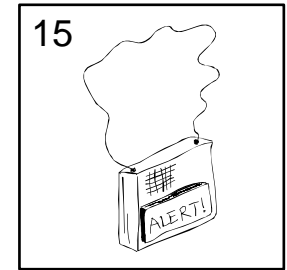
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

1	<i>Choosing an Armchair</i>
2	<i>Choosing a Bath with a Door</i>
3	<i>Choosing a Bathlift</i>
4	<i>Choosing a Commode</i>
5	<i>Choosing an Electric Bed</i>
6	<i>Choosing an Electric Wheelchair</i>
7	<i>Buying by Mail Order</i>
8	<i>Choosing a Riser Recliner</i>
9	<i>Choosing a Scooter</i>
10	<i>Choosing a Stairlift</i>
11	<i>Choosing a Walking Stick</i>
12	<i>Choosing a Wheelchair</i>
13	<i>Choosing a Wheeled Walker</i>
14	<i>Choosing a Mattress</i>
15	<i>Choosing a Social Alarm</i>
16	<i>Choosing Grab Rails</i>
17	<i>Avoid Slips and Trips</i>
18	<i>Choosing a Power Pack</i>

Large Print Versions Available on Request

~ For more information contact your local ~
 Independent Living Centre : **01392 687276**
 Citizens Advice Bureau : **see local phone directory**
 Trading Standards Dept. : **0870 872 9000**
 Social Services Dept. : **see local phone directory**

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A fall can be fatal...

... read our useful information guide before you buy a **Social Alarm**



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Can you say YES to these questions?

Have you approached your local Social Services or House Department to see if they provide a service? YES
[]

Have you contacted Age Concern (Tel: 0800 772266) and Help the Aged (Tel: 01255 473999) to ask about their schemes? YES
[]

Have you contacted the Association of Social and Community Alarms Providers (ASCAP) for information (Tel: 01634 304200)? They can help you to find a telecare service in your area or provide a list of ASCAP accredited manufacturers or suppliers YES
[]

Are you happy with the trigger (push button) and will you wear it? YES
[]

Have you checked the range of the trigger? Will it work in the garden? YES
[]

Does the alarm unit provide 2-way speech? YES
[]

Does it warn you or the call centre if something is wrong? This could be a power failure or a faulty line. YES
[]

Have you decided who will receive your calls if you are not using a local community alarm scheme? Are they likely to be in? YES
[]

If a warden or care staff need keys, are the keys coded for safety? YES
[]

COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL
INDEPENDENT LIVING CENTRE ON
01392 687276**

Useful tips to help YOU decide

- Triggers can be worn around the neck, on a wristband or clipped to clothing
- Systems that call friends and relatives instead of an alarm centre will probably be cheaper but rely on people being in
- Some alarm systems offer optional extras such as gas or smoke detectors, habit cycle alarms or door entry intercoms
- If you are happy with your existing telephone, choose and alarm-only unit and plug your phone into it.

If you buy your own alarm, prices start at around £100 for the simplest unit. If you use a community alarm scheme, you will usually have to pay a few pounds a week, but this is likely to include installation and maintenance.

(Oct 2011)

Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.

To find your nearest centre call us now on 0870 770 2866 (Textphone 0870 770 5813)