

Ahmed's Story

Ahmed Tariq, a 30-year-old resident of Coventry, was referred by Ting, a Digital Navigator. Ahmed lives with epilepsy and a learning disability, requiring ongoing support to manage daily life. As a wheelchair user, Ahmed frequently experiences falls at night while attempting to independently access the toilet.

Ahmed currently lives in a supported living environment with a care package that includes telecare. However, the existing telecare pendant was often not in use during falls, limiting its effectiveness in preventing or managing these incidents.

Concerns about Ahmed's safety led to discussions about increasing supported living night hours to address the risks, which posed significant financial implications.

With Ahmed's consent and input, we decided to trial technology-enabled care (TEC) as a solution to enhance his safety, support his independence and reduce care costs.



AHMED TARIQ, 30 YEARS OLD

Coventry

Referred by: Ting Cao

Technology Implemented

To address Ahmed's specific needs, a tailored package of TEC devices was introduced:

Digital Bed Mat Kit (mat, hub and sensors)

This kit monitors Ahmed's movements at night, specifically detecting when he leaves the bed. It provides real-time alerts to carers, allowing them to respond promptly to potential fall risks. The bed mat identifies patterns of activity, such as attempts to get up for the toilet, reducing the likelihood of unnoticed falls.



ZIN Mobile 4G

This mobile device is kept with Ahmed at all times, enabling him to call for help if needed. Its portability and user-friendly interface provide an additional layer of security, especially during periods of higher risk.

Fibaro Hub

The Fibaro Hub acts as the central portal, managing and processing information from the bed mat and other devices. It ensures that all alerts and data are seamlessly integrated into a system that carers can easily access.

Operator Phone

Alerts from the bed mat kit are sent directly to carers through an app on the operator phone. The system is programmed with specific rules to monitor bed occupancy between 10pm and 7am, providing actionable insights to the care team while ensuring Ahmed's safety throughout the night.

Benefits Achieved

The introduction of TEC for Ahmed brought about numerous benefits for both his wellbeing and the financial viability of his care plan:

- **Falls Prevention and Management:** The digital bed mat alerts carers to Ahmed's movements, significantly reducing the risk of unnoticed falls.
- **Improved Wellbeing:** By addressing safety concerns and enabling Ahmed to remain at home, his confidence and sense of independence improved.
- **Risk Management:** The system proactively identifies potential risks, such as falls or prolonged absence from bed, preventing incidents before they escalate.
- **Hospital Admission Prevention:** Early intervention and consistent monitoring reduce the likelihood of injuries requiring hospitalisation.
- **Maintained Independence:** Ahmed is empowered to move independently at night, knowing support is available if needed.

Financial Savings

- By reducing the need for nine hours of supported living night care each week, significant cost savings were achieved.



Impact

Ahmed's story shows how life-changing technology-enabled care can be when it's integrated into a care plan in the right way.

With the help of smart monitoring tools, we were able to reduce risks, keep his independence intact and save costs. This approach not only improved Ahmed's safety and quality of life but also set an example for how similar cases in supported living can be handled.

This success shows just how valuable technology can be in creating personalised care solutions that give people more control, take some of the pressure off carers and bring real financial and practical benefits.

Contact Us

If you'd like to refer a client to the WM5G programme or learn more about technology-enabled care, please contact:

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REFERRER'S PERSPECTIVE

"We introduced monitoring sensor technologies to ensure Ahmed's safety at night while maintaining his independence. Care tech is a powerful tool that not only alerts the supported living team to risks but also reduces care costs. This approach allows us to make significant savings while improving Ahmed's safety and overall quality of life."

Ting Cao
Digital Navigator