



Personalised Assistive Technology Solutions



Health | Wellbeing | Safety | Independence

Who are we?

Hft is a national charity supporting people with learning disabilities to live the best life possible. Our person-centred approach means that we find the best solutions for people, whatever their ability.

Our vision is to help as many people with learning disabilities to become more independent and safe, and help them gain more choice and control over their lives. Personalised Technology (PT) can offer reassurance for the people we support and their families, and drive efficiencies for providers.

PT is also known as Assistive Technology but we use the term Personalised Technology (PT) because PT solutions can only be successful if they are tailored around each individual's needs and challenges.

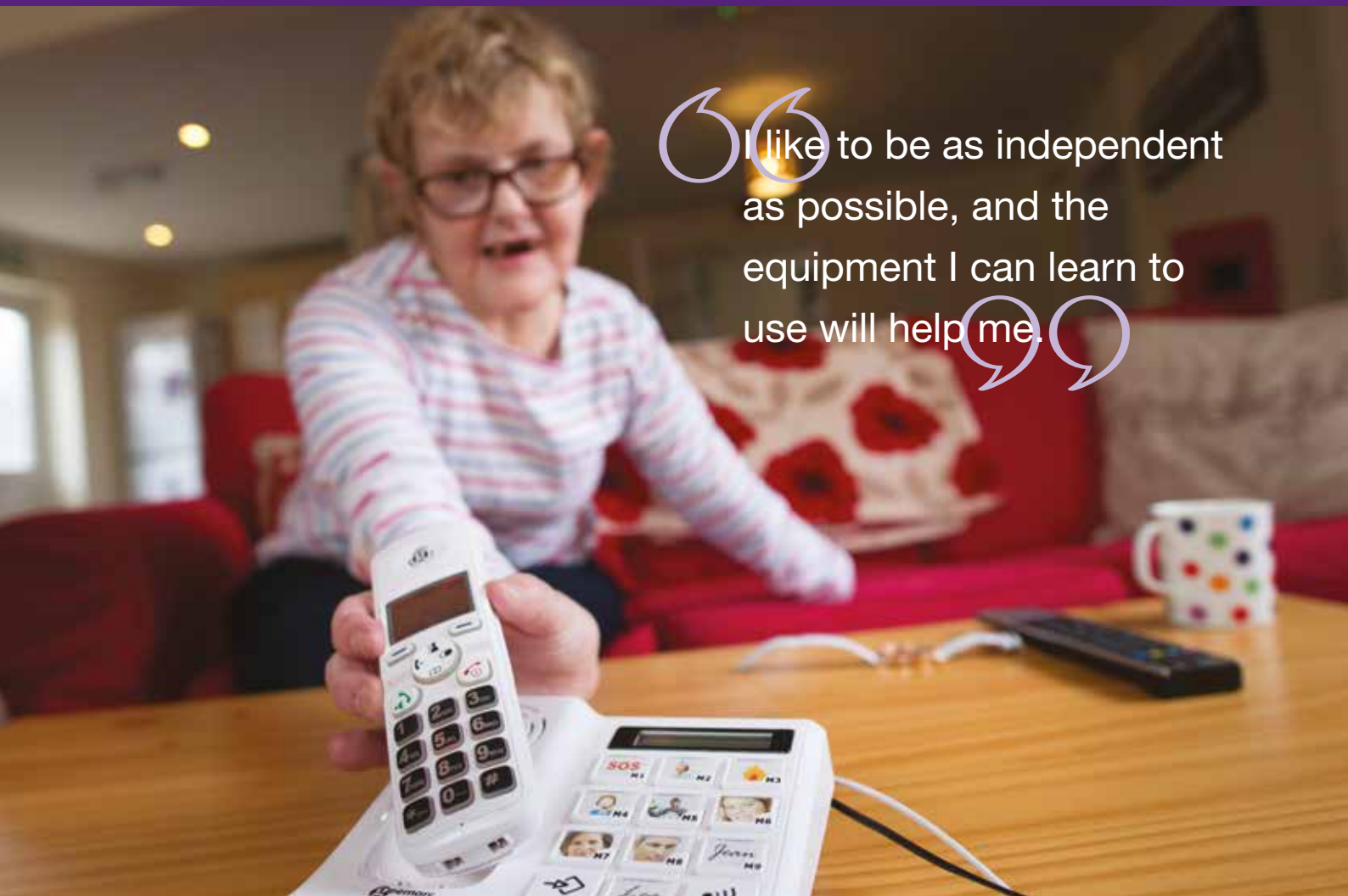
Hft champions the use of PT because of the significant impact it can have on people's lives.

We focus on a person's ability and what they want to achieve, rather than their disability.

It's not about the gadget or how the equipment works. It's about how the gadget is used to improve a personal situation.

Anyone with a learning disability, from mild to multiple and complex needs, can benefit from using PT. The intended outcomes of using PT are often clear but PT can also create unexpected outcomes, such as positive changes in behaviour.

Hft has been, and continues to be, pioneering in the use of PT.



I like to be as independent as possible, and the equipment I can learn to use will help me.

How can PT impact on everyday life?

PT gives people the ability to take control and do things they have never done before.



It can help people:

- Gain independence
- Communicate what they want to say and do
- Stay safe in the home and out and about
- Monitor their health and wellbeing
- Make choices about the way they live
- Achieve personal goals
- Increase their dignity and privacy
- Be and feel more connected to family and friends.

Once people we support start using PT and experience the benefits, both they and their families start to see its potential and it encourages

them to explore what else might now be possible with the help of PT.

As PT can reduce the reliance on staff support for basic needs, the support time available can be better dedicated to helping the people we support achieve their goals. PT can also reassure staff and family carers, as well as helping them to deliver more person-centred support.

PT also has the potential to reduce support costs and increase efficiencies in services. However the primary reason for using PT should be improving outcomes for individuals.

Case study:

Freedom and independence

Andrew and Gillian wanted to live in their own flat in the community. Most of all, they wanted to live independently in their own home. Through the use of PT, such as telecare safety sensors and panic buttons linked to a call-centre, they were able to move-out of their communal home and live more independently. Their staff support was gradually reduced until they were living with much less support and had what they had always wanted: their own front door.



What is PT and how can it help?

PT is any type of technology – from the very simple to high tech – that helps people to achieve their goals or improve their lives and increase choice, control, communication, dignity, independence, health, wellbeing and safety.

There is a wide range of products available, which is why we work closely with the people we support to find the right solution for them.

There are things to help with communication

These include:

- Buttons that play a pre-recorded message, reminder or request
- Talking photo-albums
- Easy-to-use mobile phones
- Web-cameras and video-calling
- High-tech touchscreen communication aids



There are things to help with independence

These include:

- Fingerprint locks, instead of using a key
- Automated doors
- Easy to use appliances, such as talking microwaves and one-cup kettles
- Environmental controls, such as touch-lamps



There are things to help with safety

These include:

- Telecare – a range of safety sensors that will alert someone if help is needed
- GPS location devices
- Medication dispensers and alerts
- Fall detectors and bed sensors



Helping people with learning disabilities to live the best life possible.

Our experienced and skilled PT team offer the following services:

Assessments

- An initial face-to-face meeting at a person's home
- Assessment and recommendation report
- Ongoing support



Training

A half day interactive training session that covers:

- What PT is
- The benefits of using PT
- The impact of using PT



Consultancy

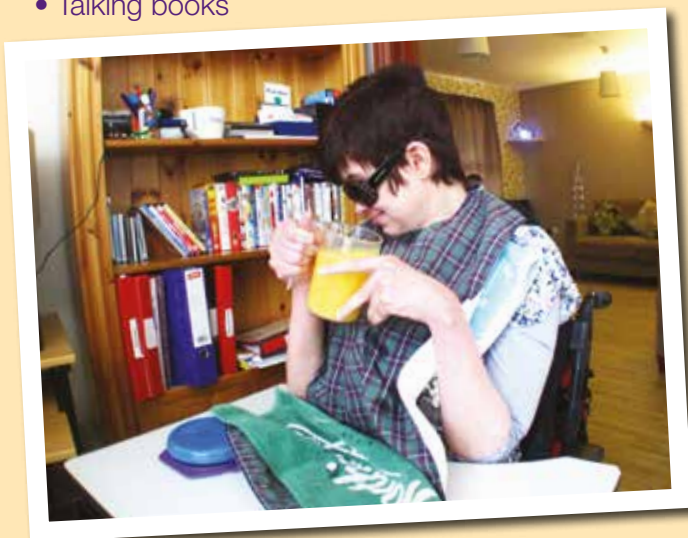
- Expert advice
- Recommendations on how to implement PT into services
- Bespoke training days



Case study:

PT in action – Jo's PT

- Call for support buttons
- Simple environmental controls with big button switch (for music)
- Talking books



What changed?

- Before PT was installed, Jo was unable to use an ordinary call for support button as it was too small for her to see. Jo had previously shown that she could use a big button switch (since these are larger) so Hft adapted one of these to have a call for support button inside. Jo is now able to call for support using her big button switch – something she had been unable to do for a long time.
- Jo uses the same type of big buttons to operate her music through simple environmental controls.
- Jo loves books. She now has talking books that she can operate herself and listen to with some of her favourite stories on.



Partnerships and innovation

We are always looking for new opportunities to form links with other organisations to develop new solutions and demonstrate the potential of PT.

Case study:

Hft has been trialling the use of Lincus – a tablet-based tool that helps people to communicate how they are feeling, through a simple-to-use application. One person with communication difficulties used Lincus to indicate that she had ankle pain.

Investigation showed she was suffering from advanced osteoarthritis that had been present (but undiagnosed) for years and we were able to put treatment in place. This demonstrates the potential of PT to improve the health and wellbeing of people with learning disabilities, but also enhance their communication.

For more information

Visit our virtual smarthouse to see the range of personalised technology available and how it can help:

www.hftsmarthouse.org.uk

To find out more about PT and the benefits it can bring to people with learning disabilities, please contact our team on **0117 403 5606** or email: **personalisedtechnology@hft.org.uk**
www.hft.org.uk/ptservices



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Hft Personalised Technology



Registered Office: HF Trust Ltd, 5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol BS16 7FL
Tel: 0117 906 1700 Email: info@hft.org.uk www.hft.org.uk
Company registered in England No.734984 Registered charity No.313069 Patron HRH The Princess Royal

