

Occupational Therapy Services

Community alarm suppliers - Essex

What is a community alarm?

A community alarm may also be known as 'personal alarm', 'aid call', 'care alarm', 'emergency alarm' or 'lifeline'.

A care alarm system allows you to call for help and reassurance 24 hours a day for example if you are unwell, have an accident or a fall in your own home. The alarm system consists of a base unit, usually attached to your telephone and a portable alarm (usually a pendant, but sometimes worn on the wrist).

There are varying systems on the market all of which require a fee to be paid to either rent or buy the system and back-up service. People who receive benefits may be able to pay a reduced fee or sometimes no fee at all.

How does it work?

To activate the system you press the button on the portable alarm; a call is then automatically made to a central control area. The people in the central control area will try to contact you. If they cannot contact you and/or you require further assistance they will contact nominated relatives/friends or in some cases the emergency services.

Council providers

Essex County Council

01245 437858

http://supportingpeople.essexcc.gov.uk/services_search.asp

Uttlesford District Council

01799 510543

www.uttlesford.gov.uk

Tendring District Council

01255 686360

www.tendring.gov.uk

Voluntary agency providers

Age UK

0800 772266

www.ageuk.org.uk/seniorlink

Disabled Living Foundation

DLF Factsheet: choosing a personal alarm system

http://www.dlf.org.uk/factsheets/pdf/Choosing_a_personal_alarm_system.pdf

You can find further suppliers in your local telephone directory.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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