


## Epilepsy Support Devices and Apps

### Things to consider before purchasing a Device or using an App


1. Speak to your specialist to see if he/she has any recommendations backed up by medical research.
2. Many devices are expensive so before purchasing contact the manufacturer directly and discuss the features of the device to ensure that it is suitable for your needs.
3. If you are considering an alerting system, does the device detect your particular seizure type? Different seizure types may be detected by different methods e.g. heart rate, oxygen levels, movement or perspiration.
4. What is the purpose of the device you require? For example do you require it for: *Organisation and reminders for you, alerting others to your seizure activity, tracking and monitoring seizures for yourself or/and to share with Doctors (is this data secure?) or providing useful information to carers?*
5. Comfort and ease. Is the device comfortable to wear? Is the person happy to have the device on display?
6. Is the device/app suitable for any specific age?
7. Does the device need power to charge?
8. Does the device/app require wifi?
9. What is the capacity and distance it can track, record, alert and store information?
10. What else will the device need? *e.g. apps, monitors, smart phone, camera, specific watch, fitbit or Ipad*
11. How straight forward is the set up and is there a set up and installation cost?
12. What happens if the device breaks (insurance, warranty, replacement cover)
13. Cost. Is there a one off cost/ subscription cost/monitoring cost? What is postage cost to NZ? Can you get some of the cost covered by WINZ benefit or a one off personal funding payment/grant?
14. Is it compatible with NZ power outlets?



## App Support for Epilepsy Management (Note\*There are many more supportive apps, these will vary with brand of phone)

	Details	\$	Snapshot of Feedback
Medisafe	Keep track of blood pressure, weight, glucose and other measurements. Share results with doctors. Medisafe helps you to remember to take your meds and manage pill usage. Just add your medication, get reminders for taking pills and get tracking of health progress. Add family members or caregivers. Receive refill reminders so you can restock meds. Medication reports can be sent to doctors. Get reminders on you Android wear smartwatch Medisafe App details on youtube: <a href="https://www.youtube.com/watch?v=715sku6nJME">https://www.youtube.com/watch?v=715sku6nJME</a> <a href="https://www.youtube.com/watch?v=K8xv4141v04">https://www.youtube.com/watch?v=K8xv4141v04</a>	Free	Go to app for full reviews "I downloaded the Medisafe app and it seems to work well to remind me to take pills and when to order new ones from the doctor" "I always struggled to take my medicine every day . I love the reminders and the calendar. The reminder works like an alarm but better because the snooze feature has options like 1,2 hrs and when I get home, which uses my maps of gps or something. It's also very easy to just pick up and use. Very intuitive. "I frequently miss doses, forget to refill a med so it would just fall out of the loop. Nothing helped as I'm very unorganised. This app has not only handled every organisation problem but it has improved my quality of life in a way."
Seizario	Attempts to detect seizures and falls and alert contacts. Monitors phone movement using sensors in the phone and attempts to detect convulsions. Triggers and alarm if not disarmed within a preset time. The alarm alerts to a pre-specified contact. No information is shared to a third party. An emergency button is provided to trigger the alert message manually if needed. It keeps a journal log on your phone.	Free but additional in app purchases ranging from \$3.99 to \$49.99	This is a new app so relatively few reviews. Go to the app for more up-to date reviews. "Really cool app because I have a couple of seizures in a day. I can't remember times and details so this will be good" "Been looking for something like this. This may help especially as it has an emergency press".
Epilepsy Jackline Moline	Lots of information around epilepsy including What it is, causes, symptoms, triggers, who it's diagnosed, scans, treatment, medication, living with epilepsy	Free	Go to app to read more reviews "Lots of good information for those that don't mind reading (quite a lot). I was disappointed when I couldn't get the videos to work. Good if newly diagnosed or you want to inform somebody else"
Epilepsy Tool Kit By Epilepsy Society UK	Record The app records details of your seizures. It has an export function to send your diary as an email to a health professional. My Medication allows you to record details of the medication and you can add photo's My Reminders-Set an alarm to take medication First aid-Step by step recovery guide	Free	Go to app to read more reviews. "Very hand for jotting down your fits, so you and see what you have had, but does not let you record one in after 24 hours after seizure (you can't back date). Able to film seizure and add. It still needs tweaking" "Seems useful but needs to have a second option for length of seizure. Doesn't record under a minute. A button to time seizure would be good to gain accurate record" "The app works well when it works but when it doesn't then I lost all my date. If you use it back up the data elsewhere"
BioMark Health Epilepsy	Brings together passive data collection, medication reminders, quantified self data collection and are team management to create a better understanding of epilepsy. Seizure diary, fitbit integration, family care circle. Customise alerts and reminders	Free Additional cost - Fitbit if you want to integrate	Go to app to read more reviews "I love the ability to track more than just seizure. The app allows me to feel in control" "Very useful and keeps getting better with every update. The developer knows what's important to folks with epilepsy"
Epilepsy Journal	Olly Tree Application. Allows you to quickly document daily variables concerning your epilepsy, such as triggers and types. Information is organised into easy to ready graphs. You can make a professional report which can be shared with medical professionals.	Free	I've just installed this and I'm finding it really good at tracking my seizures. There is a button to time my myoclonic seizures so I can see how they have progressed or altered during the week" "I've tried various seizure diaries over the years but this is far and away the best. The app is flexible to let you capture the information you want and the reports are excellent"
Medical ID ICE	Enables quick access to medical information and contacts in case of emergency. Access is even enabled from a locked screen. If you have a seizure and a member of the public or emergency services look at your phone they can access your info.	Free but can upgrade to paid version	"Love this app! Value in app like this became clear a few days ago when I ended up in ER. But only gave it a 4/5 rating as there are no direct filed to enter emergency contacts. General field is where I inserted names and contacts"
SiezAlarm	<a href="http://seizalarm.com/">http://seizalarm.com/</a> for apple watch and Iphone	Monthly cost	

## Devices to Support Epilepsy Management

	Details	<div style="text-align: center;">\$</div> <div style="text-align: center;">Prices may alter yearly</div>	Snapshot of Some Feedback
Inspyre Watch by Smart Monitor Inspyre Watch App	Smart Monitor provides monitoring and tracking solutions for people with chronic health conditions by using the Inspyre Watch. It provides continuous, portable monitoring of individuals with repetitive shaking motion. It instantly sends text messages and phone call alerts to specified number. It has a full product warranty for as long as your account remains active. You can access event history from the cloud service to download/share reports. You can call for help at the push of a button. There are free upgrades of all firmware & software changes. You can install the Smart monitor app to get more from the watch	You will need to go to the website to contact the manufacturer for a list of prices for the different subscription rates <a href="http://www.smart-monitor.com/about-smartwatch-inspyre-by-smart-monitor/">www.smart-monitor.com/about-smartwatch-inspyre-by-smart-monitor/</a>	<p><i>"It does the job well but has a tendency to disconnect easily" Inspyre Watch App</i></p> <p><i>"Was loving it but it change the number it was calling from. Now for some reason it will not call me only text but I'm still grateful for the app" Inspyre Watch App</i></p> <p><i>"My mum is less stressed!"</i></p>
Embrace Watch by Empatica	This is a watch that is designed to detect and alert for tonic-clonic (convulsive) seizures after 20 seconds, and monitor physical activity and rest. The Embrace transmits data to a paired smartphone via a Bluetooth connection, and has the ability to alert others via a text message and phone call when certain seizure types occur.  Before purchasing Embrace, verify if you are able to download both the Alert and Mate apps. The apps are only available for download on phones/devices that have the Play Store/App Store pre-installed.	A one off purchase price for the watch, plus a monthly subscription fee. Plus postage and maybe import duties <a href="http://www.empatica.com">www.empatica.com</a> .	<p><i>"You need a compatible smartphone, which you must keep within approximately 7.5m proximity of the watch"</i></p> <p><i>"My 16 yr has one and is very pleased with it. We had one false alarm when she clapped her hands at school, so she has learned to do a one handed clap! Expensive but worth it. You may need to pay import duties so make sure you factor this in"</i></p> <p><i>"Highly effective for any tonic or tonic clonic. Our daughter has nocturnal seizures and the water alert system has provided great peace of mind. Many seizures have been detected"</i></p> <p><i>I gpt one when they first came out and it was terrible. The battery charge only lasted a few hours. It wouldn't combine with the software. A total waste of money. But maybe the newer model is better".</i></p>
Apple Watch	For more information go to <a href="http://seizalarm.com/about/">http://seizalarm.com/about/</a> The watch can be purchased at stores like Noel Leeming. You need iPhone5 or above, and need to be running iOS8+.	Most of them seem to be priced between \$400.00-\$550.00	<p><i>"Has been known to send false alarms, so person needs to be able to switch it off."</i></p> <p><i>"I have an Apple Watch and it was expensive, but might just save my life one day."</i></p>
SAMI – The Sleep Activity Monitor	SAMi is a sleep activity monitor for people who need to watch for abnormal movements of an individual during sleep. When sleeping the audio-video information from a remote	Include postage and import duties  \$1470.91 approx	<p><i>"The SAMi sleep activity monitor and consensus is that we wouldn't look back. It does take quite a bit of tweaking to get sensitivity right but has given our child</i></p>

	<p>infrared video camera is sent to an app running on an device such as an iPhone or iPod Touch. The SAMi app records and analyses the video for unusual activity. When an unusual event is detected, an alarm is sounded, followed by live sound and video from the SAMi network camera. There are various international versions: Standard Sami 3 kit and JB Edition Sami 3-Ipdad kit</p> <p>There is also another option for NZ clients. If they have wifi in the home and have or can purchase an iOS device (iPad/iPod Touch/iPhone) of recent make, then only the SAMi camera is necessary. It comes with the appropriate wall plugs and is \$591 NZ approx. The postage to mail just the camera is \$80 NZ approx and the two kit options will be \$140 NZ approx.</p>	<p>\$2134.15 approx  <a href="http://www.samialert.com">www.samialert.com</a></p>	<p><i>greater independence whilst still being able to record and review seizure activity. The monitor does require good WIFI, or a modem can be used to boost this. When considering the monitor, it may also be beneficial to have an apple device dedicated to the recording, as this can take up quite a bit of space."</i></p> <p><i>"Watch out if your cat sleeps in or on the bed. It gave us a false reading and panic when the cat was on the bed moving around but the child was sleeping soundly"</i></p> <p><i>"We brought a Sami sleep alert. it was expensive, but worth every cent. The camera is mounted at the end of the bed. You have a separate iPad/phone/iPod you an watch activity live, continuous movement sets off an alarm and makes a noise. When we first got it we had the settings to sensitive, but after adjusting it's been brilliant."</i></p>
PulseGuard Pro	<p>PulseGuard Pro is a monitoring system designed to detect seizures that are associated with a rise or fall in a heart rate. The system has two components: a wrist/or ankle worn sensor, which communicates via Bluetooth with the PulseGuard tablet (a specially modified Apple iPad). PulseGuard is not a medical device. It is designed as a monitor for personal use. Ipad needs to be within a few meters to work.</p> <p>There is currently also another system named PulseGuard Pock-iT which is a much lighter version of PulseGuard on an iPod, this is supplied exclusively by our partner company Alert-iT, if you would like a quote for this, please contact them directly at: <a href="mailto:Sales@alert-it.co.uk">Sales@alert-it.co.uk</a> They will be happy to help you with this.</p>	<p>The cost of a PulseGuard system, \$2433.53 NZD (2018 pricing)  The cost of shipping is \$68.14  May be import duties no subscription fee's for PulseGuard, It is a one off payment  <a href="http://www.pulseguard.org">www.pulseguard.org</a></p>	<p><i>"We've had our pulseguard for a while now and it's been fantastic, I just wanted to also point out that one evening our son was in bed on his back when his alarm went off in the night, obviously we thought he was having a seizure but actually he was choking on his own vomit. Thank god the alarm picked up on this and alerted us. I would like to make a suggestion though as my mum sometimes has my son overnight but she is hard of hearing and can't hear the alarm, if possibly maybe some kind of vibrating device worn by the carer could essentially a Good idea?"</i></p>
MP5v2 Plus other monitors Bed Movement Monitor for Seizures	<p>The MP5V2 is equipped with software that allows automatic triggering of our recording Wi-Fi camera, useful for recording seizure data to show a specialist nurse or GP. Detects Irregular Bed Movements Such as Muscle Spasms. They have a number of different seizure monitor products.</p> <p>Sends Alert Signal to Pager ,Suitable for Babies to Adults Works with any Mattress. All models feature an adjustable delay control, used to allow a certain amount of movement before an alarm is generated. The bed sensor sensitivity level can be adjusted to compensate for patient weight, type of</p>	<p>Go to <a href="mailto:sales@easylinkuk.co.uk">sales@easylinkuk.co.uk</a> for quotes on prices for the different products  Postage \$100 approx <a href="http://www.medpage-ltd.com/Epilepsy-Bed-Movement-Seizure-Detection-Alarm">www.medpage-ltd.com/Epilepsy-Bed-Movement-Seizure-Detection-Alarm</a></p>	<p><i>"It's very easy to use and it has been a blessing! It is sensitive enough so that if I bounce my hand on the mattress for a few seconds, it sounds off. However, there is a delay of several seconds, so it doesn't go off every time by son turns over in bed"</i></p> <p><i>"Overall, I was satisfied with this product. My child's seizures were detected when she had her more violent ones. I do not recommend this for seizures with little physical movement. I caught many undetected seizures where the alarm did not go off."</i></p>



	bed base and mattress type. They have adaptors to suit so they would be compatible for NZ. They will send a questionnaire to find the most suitable monitor		
Emfit Seizure monitor (Tonic Clonic)  <b><u>Epilepsy NZ</u></b> <b><u>Loan these</u></b> <b><u>out for up to 3</u></b> <b><u>months .Free</u></b>	Emfits's tonic-clonic seizure monitor's use is for detecting and notifying a caregiver is a person experiences an tonic-clonic seizure that causes faster, continued body movements while in bed, Additionally, it can also monitor an individual's presence in the bed and will give notification if the monitored person leaves the bed or does not return to the bed within a preset time. There are no particular weight limits: sensitivity can be adjusted for a child 2-12 years, adolescent 12-21 years, or adult.	<a href="http://www.reidtechnology.co.nz">www.reidtechnology.co.nz</a> For more information email <a href="mailto:sales@reidtechnology.co.nz">sales@reidtechnology.co.nz</a> NZ \$1,201.75 (2018 pricing) incl GST Additional purchases if required EMFIT SafeBed Bed Occupancy Monitor NZ \$1,155.75 EMFIT SafeBed Exit Floor MonitorNZ \$1,155.75 incl GST	<i>We purchased the Emfit Movement Monitor for our 5 year old daughter after she had her 2nd seizure. Both of her seizures occurred in her sleep. I know this monitor is expensive, but I just want everyone out there to know it is worth every penny! “I actually just purchased this for my son 4yrs. He has partial/complex and tonic/clonic seizures. His convulsions are very small with very little/light movement of his right wrist. The monitor has picked up every seizure. This monitor is worth every penny!!” “I am 40 and have this monitor. I have nocturnal seizures and this wakes my husband up. We are both sleeping much better now.” “The Emfit can be either set as an alarm alert or a big red flashing light that would be in your room so it doesn’t wake the rest of the house but awakens you?”</i>
Door Bell Alarms	Check out the various features of doorbell alarms to see if this can be used for an adult that wants to have an alert system on their property.	Various prices	<i>“We purchased a door bell that has a 50 metre radius. Now when I want to potter out in the greenhouse in the garden I can press the button and my husband hears the ring and can come and help me out if I have a seizure. It makes me feel more independent”</i>
Techview Wireless 7” screen surveillance motion detector	Superior quality digital transmission up to 100m for flexible, no-fuss installation. The large 7” touch screen LCD gives you full control, and you can even connect up to 4 cameras (available separately). The monitor can be easily moved around thanks to the in-built rechargeable battery, which will power the unit for up to 2.5hrs at a time. Video is then easily recorded to an SD card (Not included). The camera	\$229 approx	<i>We use this inside for our son’s nocturnal seizures. He often has his seizures in the first few hours of falling asleep so we can have the monitor in the living room. The camera can be adjusted to pick up different motion. We normally have it plugged into the mains as it has limited battery power. Then if he is having a seizure and one of us goes in we can talk</i>

	itself is a solid weatherproof outdoor camera with built-in LED's for night vision, and a motion detector (PIR). This can be used to automatically trigger recording from motion detection, so reduce required memory and save review time when looking for events in the recordings. Of course all video is transmitted wirelessly, so you just need a power source nearby the camera. All power supplies are included, as well as mounting hardware for the camera. Purchase from Jaycar and other leading providers of monitors.		<i>into the camera to get another person to help if needed.(it beats shouting down the hallway for help)</i>
ORICOM TP170 Speaker Phone with Emergency Call Function	The phone's emergency pendant can be worn around your neck or wrist and should the user fall, feel threatened or be unable to reach the phone they just press the red button on the pendant or the SOS button on the phone. This activates the emergency call message which is sent to the users chosen numbers. The people alerted hear the pre-recorded message that assistance	phone NZ (04)233 9960 for a quote <a href="http://www.cts.co.nz/products/telephones/speciality-telephones/oricom-tp170.aspx">www.cts.co.nz/products/telephones/speciality-telephones/oricom-tp170.aspx</a>	
<b>Baby monitors -Epilepsy NZ Hire two models of baby alarms out for free for up to 3 months. Please phone 0800 374537 for more details on the models.</b>			
Oricom Baby Monitor and sensor pads	<a href="http://www.thesleepstore.co.nz/shop/safety/baby-monitors/oricom-babysense2">www.thesleepstore.co.nz/shop/safety/baby-monitors/oricom-babysense2</a> May need to buy both sensor pads and monitor. The sensor pads monitors the breathing and movements of the baby.	ORICOM BABYSENSE2 \$299.00 Monitor \$239	
Angelcare Baby Monitor plus  Angelcare WireFree V&S Movement	Angelcare combines a baby video and sound monitor with an under-the-mattress baby breathing Sensor Pad. You have the peace of mind knowing that you will be alerted if no motion is detected in the crib after just 20 seconds. Adjustable Movement Pad Sensitivity Allows you to select your desired movement sensitivity level. The AC417's touchscreen movement, video and audio monitor offers the only wireless breathing Sensor Pad in the market and features activity tracking, which reports on baby's movement levels. Rest assured knowing that you will be alerted if no movement is detected after 20 seconds	From \$399.00 Baby city  \$499.99approx	<i>"When you test the unit, get one a blankets and ever so lightly touch the mattress. Make sure to test the corners and the sides. Setting is up was easy, but do allow an hours to do so. This is because you will need to make sure a couple of things are done to have it set up correctly The cord comes with tracks that connect to make sure you have good wire management. You will run this from the centre of the bed to the edge then down to the ground to the base unit. Not hard just takes time". "I am a dad, that wants to tell others about this amazing product that have helped us during an already challenging and changing time. "</i>
Neebo	Wrist band worn by the baby up to 5yrs Tracks babies' heart rate and monitors breathing.	Rough guide price between \$400 and \$500. Plus post from America. <a href="https://neebomonitor.com">https://neebomonitor.com</a>	

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VTech various models with varying prices Safe & Sound Video & Audio Baby Monitor	There are basic and more involved monitors to pick from The VTech VM350 5" Digital Video Baby Monitor has high-resolution, 5-inch color LCD screen and automatic night vision on this digital monitor ensure you can see everything with full-motion video. It has: Up to 300m range, 9-level sound indicator, Sound activation mode, Automatic infrared night vision, Secure digital video and audio transmission, Full-motion video	\$130 approx (varies from shop to shop)	<i>"I got it from the warehouse. This was the basic model there are others available at different prices with more stuff. It's not fancy, but has a great volume and a small screen for upper chest and head shot. We have put in a second monitor"</i>
Tile's Bluetooth-powered tracking tags	Always losing things. There are a variety of different types of these. Ideal for locating things you lose e.g. phone, laptop, keys,	Prices vary from \$29 to \$50+ See trademe	
Pulse-oximeters	A pulse oximeter utilizes infrared and the blood's absorption of red light to estimate oxygen saturation levels. Once you clamp the device onto your finger, minute infrared beams are let off and reach the blood in your finger. The light that is not absorbed by your finger gets to the light detector. The oximeter measures the difference in light absorption between the deoxygenated and oxygenated blood in your veins to estimate its oxygen saturation. These small, yet versatile digital pulse oximeters can be with or without an alarm for your portable monitoring need.	Prices wide ranging depending on type	<i>For reviews on the best pulse oximeter go to <a href="https://www.cardiocritic.com/pulse-oximeters/">https://www.cardiocritic.com/pulse-oximeters/</a></i>
Blue light Glasses	<i>Wear glasses that block out the blue light from digital devices. Blue light blocking technology that can prevent headaches, blurry vision and other symptoms of digital eye strain.</i>	\$69.99 AUS plus postage	<i>"You turn the brightness down on your phone or some phones can be set up with Night Shift. I wear the glasses and have the night shift mode on at all times and it really helps!"</i>
GPSOS The GP1000 pendant The GP7.0 watch	<a href="https://gpsos.co.nz/">https://gpsos.co.nz/</a> This device can come as a necklace, or worn on the wrist or attached to a pouch on your belt. It has fall detection for if something does happen and you can't set the panic button off yourself after your fall. The pendant automatically sets this off and gives you the peace of mind that someone will know something has happened. It has a 3 to 7 day standby battery, Low battery notification life. Features are available to you whether you are at work, home or play. To support the product GPSOS provides specialised 24/7 monitoring services to ensure that if there is a problem, users simply press the button to call for help and the GPS locator will allow GPSOS's team to direct emergency services or loved ones to locate them quickly and easily. When you are in	Pendant -For a limited time if you sign up for a 24 month monitoring contract (2019) we will provide you with the pendant free of charge. The monitoring fee is \$1 per day (plus GST). This can be paid in advance fortnightly or monthly. The cost for geofencing is an additional \$10 per month (plus GST). Watch -For a limited time if you sign up for a 24-month monitoring contract (2019) they provide you with the watch at a discounted price of \$175 (plus GST). The monitoring fee is \$1 per day (plus GST). This can be paid in advance fortnightly or monthly. The cost for geofencing is an additional \$10 per month (plus GST).	<i>New product so limited reviews 'I'll be upfront, I work for this company. I'm also a client. I have mobility issues. The pendant allows me to get out in my garden knowing if I fall I'm not alone. The 2 way communication with the monitoring team allows me a security not even my cellphone can offer"</i>

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	cellphone or wifi coverage we will be able to locate you accurately within 10 meters of your actual location	The cost for vital signs monitoring is an additional \$20 per month	
Anti-suffocation Pillow	Anti-Suffocation Pillows. Designed to be breathable, practical and comfortable. Design specifications differ between companies. Gives families peace of mind that they are being proactive in putting things in place to try to minimise suffocation during seizures at night. *No medical evidence that they prevent SUDEP	Freight approx. approx \$30 \$45 <a href="http://www.doability.com.au/adults/sleep-safe-anti-suffocation-pillow">www.doability.com.au/adults/sleep-safe-anti-suffocation-pillow</a> Pillows approx. \$145.00 Sales info@doability.com.au If you purchase direct through website <a href="http://www.breathe-zy.com">www.breathe-zy.com</a> Junior pillow approx \$66 Adult \$100	"Given I have epilepsy, it is worth it, but seeming as I have to replace it every few months, it is a very expensive pillow!" "It has proven very helpful when I have night time seizures As well as when I sleep I often move about during my sleep having had a few seizures where I have rolled face down in my pillow having a pillow that doesn't impact what so often is a lower than average breath rate for me It really Is a Lifeline."
Livescribe Echo Smartpen	<a href="https://www.mentis.co.nz/livescribe-echo-smartpen">https://www.mentis.co.nz/livescribe-echo-smartpen</a> The Echo smartpen from Livescribe records everything the person can hear, say and write, and links audio recordings to their notes, so they can find what they need later by simply tapping on a word they have written. Handy especially for a person with memory difficulties, you can replay your meetings or lectures simply by tapping on your notes. Transfer notes and audio to your computer via USB cable and Livescribe Desktop will save everything for fast, easy access to what's important. <b>Send and share notes and audio recordings with others as a Podcast PDF or audio file.</b> The website has a video demonstrating how the product works. There is also a list of the system requirements and software for use of the product. The Echo smartpen also works only with Livescribe Dot Paper. Other sites with similar products <a href="http://assistive.dtsl.co.nz/default.aspx">http://assistive.dtsl.co.nz/default.aspx</a>	\$349.00 inc GST for the Smartpen. Included with the 2GB Echo Smartpen: 2GB Livescribe Echo Smartpen - holds approx. 200 hours of audio A starter A5 Livescribe Dot Paper notebook 2 x ink cartridges 1 x caps to protect the ink nib 1 x micro USB cable Interactive getting started guide, and Smartpen tips & tricks. You will need to go the website to see the costs of any extra accessories that are compatible with the pen.	"With having a memory problem the smart pen really helped me with my education. It was good being able to listen to the information the teacher had given us, that way you can write down lots more notes. It was also very helpful while listening to the recordings on the pen being able to slow down whoever is speaking."
Owlet sock	<a href="https://owletcare.com.au/collections/all-products">https://owletcare.com.au/collections/all-products</a> The Smart Sock comfortably wraps around your baby's foot to track heart rate, oxygen levels and sleep using clinically-proven pulse oximetry. The base station glows green to let you know everything is okay but notifies with lights and sounds if heart rate or oxygen levels leave preset zones.	Starting price (in 2020) \$430 NZ to \$708 plus shipping costs The Owlet App requires iOS 12 or higher and Android 5.0 or higher - Version 2 - Wifi required for Owlet App, HotSpot wifi NOT recommended - Measures 3.5" L x 3.5" W x .7" H - Weight: 1.3 pounds - BPA Free, Latex Free,	This sock does what it says it does. We have been using for four months now and this has helped us have a greater piece of mind knowing that we will be alerted if something is wrong. We have had no real issues with wifi or connectivity or battery life (using 12 hours a night- sick goes down to maybe 47% charge). I only wish there was a way to test that it's working because it's only ever alarmed once (i.e heartbeat test) for an even greater piece of mind). We had issues with sock placement at the start but quickly overcame by putting an actual sock on Bub after owlet and before onsie and then have never had an issue since <a href="https://www.productreview.com.au/listings/owlet-smart-sock-2">https://www.productreview.com.au/listings/owlet-smart-sock-2</a>



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Kitkal	For a safer independent living A specially designed tablet that helps intellectually impaired or seniors to stay socially connected with family/friends. There is no need for wifi. Send photos, messages, set up a calendar and video call, two-way check in request. Very simple and easy to use	For more information email <a href="mailto:jonathan@kitcal.nz">jonathan@kitcal.nz</a> or phone 021 08288048 <a href="http://www.kitcal.nz">www.kitcal.nz</a> Kitcal table \$690 , monthly plans run from \$39 or \$49 per month.	
BeSure	For a safer independent living. Gives peace of mind No wifi needed. Suitable for those intellectually impaired living alone or for seniors who are on their own. No cameras but sensors place around the home picking up heat changes, moisture, and movement. This way you can track any changes in behavioural patterns that may concern you. e.g wandering at night, not regularly showering or eating.	Contact <a href="mailto:info@besuresolutions.com">info@besuresolutions.com</a> 021 764547 456 Mt Eden Rd Auckland, 1024	
Alert it pulse companion	<a href="https://www.youtube.com/watch?v=YcDQ5FS6WtE">https://www.youtube.com/watch?v=YcDQ5FS6WtE</a> <a href="https://www.youtube.com/watch?v=mnSe1mQDBY0&amp;t=337">https://www.youtube.com/watch?v=mnSe1mQDBY0&amp;t=337</a> Use a discreet wearable armband sensor to alert caregiver to potential seizures. New to NZ 2021	To find out more Email <a href="mailto:sales@TeWanaLtd.co.nz">sales@TeWanaLtd.co.nz</a> or phone 021 108 288 048	
Companion mini	The smallest monitor of is kind on the market. A digital movement sensor for use with Tonic clonic. New into NZ 2021	To find out more Email <a href="mailto:sales@TeWanaLtd.co.nz">sales@TeWanaLtd.co.nz</a> or phone 021 108 288 048	

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## Alarms to Support Epilepsy Management

If you feel some sort of personal security alert is needed but not yet in the form of a personal medical alarm, you may decide to put in place these low tech-options first

- Prearranged morning and evening phone calls to a friend or family member who will be alerted if they don't receive these.
- Carrying a mobile phone in your pocket (even a cordless phone if you are within range of its base unit). Program the phone to dial a help number with the touch of just one (or any) key.
- When outside on a trip, if you have a smart phone download an ICE (In case of Emergencies) medical app and add in pre-set contact numbers. Should an event occur, members of the public or emergency services have access to your medical notes and pre-set contact numbers.
- Have an identity bracelet (Medic Alert or inscribed bracelet) or card in your wallet/purse that alerts members of the public or paramedics to any health conditions.
- Door Bells. The bell stays with one person while the other has the button to press in the case of an oncoming seizure (limited capacity for reach- only good around the garden and home)

### Before buying or renting a few questions to ask

**If I press my medical alarm button and an ambulance is sent, do I pay for it?** Most medical alarm companies will cover the cost of the ambulance; check this out before buying or renting. If they company don't cover the cost of an ambulance, then see if you can get support via a disability allowance or WINZ or become a St Johns member with a one off yearly fee and free emergency ambulance call outs.

**Is the alarm on the Ministry of Social Development accredited medical alarm suppliers?** Check out at [www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html#null](http://www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html#null)



**How reliable is the alarm company?** Ensure that the alarm company is on the panel of approved medical alarm suppliers for the Ministry of Social Development and research reviews. Make sure the company services its own products and does not contract out to a third party.

**What other devices/network connections do I need?** Do I need Phone coverage? Will I need a specific type of phone or internet system?

**How long shall I lease an alarm for?** If there is a try before you buy option? Always read the fine print around leasing. The company may supply a 12 month contract or more when you may only want it for a short amount of time.

**Will I qualify for a Disability Allowance funded medical alarm?** Speak to your GP to learn whether you qualify for funding. Check with work and income about your income and ask them if the alarm cost would be covered (fully or partially) by a Disability Allowance. Go to <https://www.govt.nz/browse/health/help-in-your-home/personal-medical-alarms/> for more help

### Alarms to Support Epilepsy Management *(This is only a small overview of alarm systems)*

	Details	 prices may alter
<p>St John's Medical Alarm Currently ministry of Social Development accredited medical alarm suppliers</p>	<p>For those that experience Tonic –clonic/ Atonic seizures who may injure themselves during the seizure. The alarm comes with a base unit and waterproof pendant. It includes a two way speaker for hands-free use when talking with the monitoring centre staff. It includes the cost of ambulance call outs. They have a range of alarms</p> <p>The Disability Allowance provides financial assistance for those with a physical disability or health condition that puts them at risk. ACC sometimes covers the cost of medical alarm services for patients recovering from accidents. You can discuss this further with your ACC Case Manager. You can also get a free trial period to use the alarm to see if it is right for you</p>	<p>Alarms work on a rental basis and for an extra pendant we charge \$7.50 as requested here is a list of costs;            Self-Funded            Weekly - \$19.93            Fortnightly - \$39.90            Monthly - \$86.38            Yearly - \$1036.62            WINZ Funded            Weekly - \$13.95            Fortnightly - \$27.90            Monthly - \$60.45            For more information or quotes <a href="mailto:enquiries@stjohn.org.nz">enquiries@stjohn.org.nz</a> 0800 502 323</p>
<p>Redwolf Medical Alarms Currently ministry of Social Development accredited medical alarm suppliers</p>	<p>The Oysta Pearl + provides the client with portable cellular device while going about their daily tasks. It will work wherever there is 2G cellular coverage across NZ. Red Wolf monitors the device for any alarm activations and will respond to these alarms, 24/7. To raise an alarm simply press the button, also has fall detection. The GPS coordinates are automatically sent from your Pearl +Medical Alarm device to help us identify your last known location. This will help Red Wolf Operators provide Emergency Services with the necessary information to pinpoint your whereabouts.</p>	<p>24 Month lease (includes device, sim + data plan, 24/7 monitoring) = \$84.50+GST per device per month            Red Wolf is also on the panel of approved medical alarm suppliers for the Ministry of Social Development, so when inquiring see if you are eligible for funding and a lower rate through a disability allowance.            For more information or quotes            0800 673 252 or <a href="mailto:medalarms@redwolfmonitoring.net.nz">medalarms@redwolfmonitoring.net.nz</a></p>
<p>Vital Call Medical Alarms Currently ministry of Social Development accredited medical alarm suppliers</p>	<p>VitalCall is a personal alarm device that can be worn as a pendant or bracelet. It is equipped with a button you press when assistance is required. A signal is sent from the pendant to a base unit, which in turn calls our response centre. Based on your requirements, our response operator will contact a family member, friend, neighbour or emergency services to provide the assistance you need</p>	<p>for information and quotes            0800 20 30 40 <a href="mailto:medical@chubb.co.nz">medical@chubb.co.nz</a>  <a href="http://www.vitalcall.co.nz">www.vitalcall.co.nz</a></p>
<p>Securely alarms</p>	<p>SECURELY's range of detectors, tailored to the needs of the user, can detect movement or lack of it and falls. Detectors can either be linked to a personal pager of an in-house caregiver or to our monitoring centre, which is monitored 24 hours a day. Also have bed sensors, pressure mat sensors, exit sensors, fall detectors and movement detector</p>	<p>Phone 0800 865 85 for a quote  <a href="http://www.securely.nz">www.securely.nz</a></p>

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ADT Security Ltd Currently ministry of Social Development accredited medical alarm suppliers	A never alone personal security alarm. If you experience any emergency in or around the home, you can call for help using your personal alarm by either: Pressing the HELP (red) button on the medical unit or Pressing the HELP (grey) button on your Wristwatch / Pendant for 2 seconds. The HELP (red) button will now flash slowly indicating the unit has called for help. The pendant is designed to work in any room in virtually any home. It has a range of up to 50 metres, so you may also work in your garden. Also waterproof	0800 111 238 <a href="mailto:adt.nevalone.nz@tycoint.com">adt.nevalone.nz@tycoint.com</a> for information and quotes <a href="http://www.adtsecurity.co.nz/nevaalone/">www.adtsecurity.co.nz/nevaalone/</a>
Medic Alert Alarm	Personal Medical Alarm, including the Wander Alarm (Geo Fencing), Personal Medical Alert, Personal Alarm Device, Elderly Personal Alarm, Personal Emergency Alarm, Wireless Personal Alarm, Personal Alarm Devices, Senior Personal Alarm, Fall detection, GPS Tracker and Patient Alarms. 4G Personal GPS Tracker Alarm GPS tracking Positioning & Location Finding – Google Maps location sent to nominated contacts Talking Pendant: full two-way communication is available through the pendant Automatic Fall Detection – alarm activates automatically when it senses a serious fall Geo Fencing – If a wandering patient or loved one breaks the invisible fence, caregivers are alerted Quad band – Works with All GSM SIM cards worldwide	\$485 + gst per Alarm with Free Nationwide Tracked Delivery (2019 pricing) <a href="http://www.medicalalertalarm.co.nz">www.medicalalertalarm.co.nz</a>
Lone Worker Alarms	Ideal for anyone at high risk, remote worker, duress or has medical issues, allowing freedom & independence, but always in touch with help when you need it – use it at the shopping mall, in the park, at home or business. With inbuilt location finding & GPS Tracker, whenever the Safety device is activated, it automatically sends your location to your emergency contacts cell phone. The personal alarm can also be located by your contacts in the event someone has gone missing or location unknown with GPS Tracking. The automatic fall detection gives wearers the confidence to know, that should they have a serious fall and not be able to respond, the personal alarm has fall detection and will automatically send an emergency SOS message to contacts without the need to press the button	Works with Spark 3G prepay or 'contract SIM cards- Not included. You will need to purchase separately. Vodafone Pendants available on request \$360 + gst including nationwide delivery (2019 pricing) <a href="http://www.loneworkeralarms.co.nz">www.loneworkeralarms.co.nz</a>
Pearl Advanced Help button pendant	Pearl Advanced is a specialised help button worn as a pendant, or clip-on pendant. It is designed to detect and summon help automatically if the wearer has experienced a fall, and also features a help button in case of an emergency. It uses a comprehensive algorithm to detect a fall and subsequent impact. The six stage algorithm is designed to ensure that a fall by a person will automatically summon help and that false activations are minimised. Pearl Advanced features a unique shake-to-cancel period. When a fall is detected, the pendant looks for significant movement which would automatically cancel an alert being sent to the base unit. If no movement is detected in this time period, Pearl Advanced then sounds a warning beep to signify it is about to send an alert for help.	For a more information or a quote phone 03 384 7788 Freephone New Zealand: 0800 84 77 88 <a href="mailto:sales@chiptech.co.nz">sales@chiptech.co.nz</a> <a href="mailto:info@chiptech.co.nz">info@chiptech.co.nz</a> <a href="http://www.chiptech.co.nz/products/telecare-products/pearl-help-buttons/pearl-advanced-fall-detection">www.chiptech.co.nz/products/telecare-products/pearl-help-buttons/pearl-advanced-fall-detection</a>
Freedom Medical Alarms Currently ministry of Social Development accredited medical alarm suppliers	After a fall, on in a medical emergency press the button on the pendant. Pendants are waterproof and have a range of up to 100m. Within seconds a trained emergency call taker will phone your home. You can talk to the call taker using the two way speakers on the base unit. If the call taker gets no response they will dispatch and ambulance. Family will also be notified.	0800 380 280 <a href="mailto:infor@freedomalarms.co.nz">infor@freedomalarms.co.nz</a> For information and quotes <a href="http://www.freedomalarms.co.nz">www.freedomalarms.co.nz</a>

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<p>GPSOS The GP1000 pendant The GP7.0 watch</p>	<p>This device can come as a necklace, or worn on the wrist or attached to a pouch on your belt. It has fall detection for if something does happen and you can't set the panic button off yourself after your fall. The pendant automatically sets this off and gives you the peace of mind that someone will know something has happened. It has 3 to 7 day standby battery, Low battery notification life. Features are available to you whether you are at work, home or play. To support the product GPSOS provides specialised 24/7 monitoring services to ensure that if there is a problem, users simply press the button to call for help and the GPS locator will allow GPSOS's team to direct emergency services or loved ones to locate them quickly and easily. When you are in cellphone or wifi coverage we will be able to locate you accurately within 10 meters of your actual location</p>	<p><b>Pendant -2019</b> For a limited time if you sign up for a 24 month monitoring contract (2019) we will provide you with the pendant free of charge. The monitoring fee is \$1 per day (plus GST). This can be paid in advance fortnightly or monthly.  The cost for geofencing is an additional \$10 per month (plus GST).  <b>Watch 2019</b>For a limited time if you sign up for a 24-month monitoring contract (2019)we will provide you with the watch at a discounted price of \$175 (plus GST).  The monitoring fee is \$1 per day (plus GST). This can be paid in advance fortnightly or monthly.  The cost for geofencing is an additional \$10 per month (plus GST).  The cost for vital signs monitoring is an additional \$20 per month <a href="https://gpsos.co.nz/">https://gpsos.co.nz/</a></p>
<p>Tracecare Currently ministry of Social Development accredited medical alarm suppliers</p>	<p><a href="https://nzmedicalalarms.co.nz/">https://nzmedicalalarms.co.nz/</a>  TraceCare GPS Medical Alarms are imported from the UK. The personal alarm system uses the latest GPS technology to enable your family to locate you anywhere. The device also has a fall detector and help is at hand at the press of a button. It is very easy to use and you do not need a smart phone for it to work.</p> <p>The TraceCare GPS Medical Alarm uses the latest satellite technology (GPS) to enable your family to find you if you need help. Your family just need to login to the user- friendly portal and locate you on google maps.</p> <p>The software also allows a user to have a 'geo-fenced' an area. Safe zones can be set up and if a user wanders outside the safe zone, an alert will be sent to the family. This feature is particularly useful for users who might wander and lose their way.</p>	<p>A TraceCare GPS Medical Alarm costs \$499.00 + GST.</p> <p>There is also a weekly cost of \$13.00 + GST. This covers license fee, access to the portal and all texts and emails to your friends and family.</p> <p>If you want to speak to customer support staff please call 0800 559 720 or email us at <a href="mailto:info@tracecare.co.nz">info@tracecare.co.nz</a></p>
<p>Buddi Tracecare Currently ministry of Social Development accredited medical alarm suppliers</p>	<p><b>On the accredited Winz alarms list.</b> Go to <a href="https://nzmedicalalarms.co.nz/">https://nzmedicalalarms.co.nz/</a>  How It Works  Mobile or lone workers can feel isolated or vulnerable. Our personal, discreet GPS alarm allows the worker to send an alert to a 24/7 monitoring station.  The GPS unit uses the Vodafone mobile network to send the location and open a one-way or two-way voice channel. The monitoring team can see where you are and assess if you need help.  There are three simple parts to the Alarm System - the clip, the wristband and the dock.  The clip must be carried when you're out-and-about.  It has an alert button which, when pressed, will send your location by using the latest GPS mobile technology.  The wristband is waterproof and designed to be worn at all times. It senses motion, detects falls and communicates wirelessly with the clip. By pressing the buttons, you can send an alert.  The dock charges the devices.</p>	