



MEDICAL IDENTIFICATION AND ALERTS

MEDICAL IDENTIFICATION

Medical identification jewellery and phone apps provide an immediate alert to health and emergency services that you have a medical condition. The identification jewellery is usually a wristband or necklace engraved with your name, condition, medication and allergies.

MedicAlert

The MedicAlert medical IDs are globally recognised. MedicAlert offers an annual subscription that stores your personal medical record online. This may include a list of all medications, treatment plans, an advanced care directive and other health documents. The record can be accessed by emergency and healthcare workers.

There is a cost for the identification product (e.g. wristband) as well as the annual membership fee.

Find out more at medicalert.com.au

Apps

The SOS QR App stores medical and emergency information including emergency contacts, medical conditions and medications, allergies and the name of your GP or specialist. The app generates a QR code which can be saved on your phone's lock screen. Emergency and healthcare workers can scan your phone to access your emergency information. QR codes can also be purchased as stickers, magnets and wallet cards.

The app is a free download for smart phones. For a fee, you can also download the premium service which enables an SOS button to be added to the phone's lock screen. Once the SOS button is tapped it will automatically dial your primary emergency contact and send a text to your emergency contacts

with your GPS location. Find out more at sos-qr.com

CareMonkey is a free app and web-based service which allows you to store medical information for yourself and your family. Medical information and care instructions can easily be shared with childcare centres, sports clubs etc. Find out more at caremonkey.com

ICE Contacts (In Case of Emergency)

Many newer phones have the ability for emergency contacts and medical information to be added to the phone's lock screen.

For iPhone

1. Enter the 'Health' app which comes standard on iOS 8
2. Tap on 'Medical ID' on the bottom right hand of the screen and tap 'Create Medical ID'
3. Add allergies, medications and emergency contacts etc
4. Enable the 'Show when locked' option
5. To view your information tap 'Emergency' at the bottom left of the screen, then tap 'Medical ID'

For Android

1. Press the red phone image and swipe to the right
2. Add up to four ICE contacts

Another option is to take a photograph of written information you would like emergency or health workers to know, and save this image as your lock screen. See your phone user manual for further information.

There are other apps available in the Apple App Store and Google Play which display emergency details on your your phone's lock screen.

PERSONAL EMERGENCY RESPONSE SERVICES/PERSONAL ALARM CALL SYSTEMS

There are a large range of personal emergency response service alarms or alerts available. These can be useful for people who are at risk of falls or who may suffer from sudden onset of acute symptoms which would leave them unable to call emergency services.

The devices usually include a wearable button (e.g. pendant or wristband) which you can push in an emergency. When pushed, an emergency call will be sent to a monitored service or an emergency contact person. The devices work through your home telephone. Some services work in the home only, whilst others work outside the home.

Most services charge an installation fee, in addition to an annual subscription.

Things to consider when subscribing to a personal emergency response service:

- Do you want to use to use the personal emergency response service in your home, community or both?
- Who and how many people would you like to be contacted by the system? This may include family members, neighbours, close friends or a monitored service.

Consider if the people you wish to contact are close by, able to enter the house and if they can be contacted at all times during the day.

- Will it work during power outages?
- Is it easy to use? Is there support available to assist with set up? Will there be ongoing support?
- Do you need it to have fall detection sensors?
- Confirm with the provider how the system will work or change with installation of the National Broadband Network
- Confirm with the provider the battery life and cost of replacement batteries

- Consider the cost of the service as well as ongoing subscription costs

Further information about medical alarms can be found at:

- Personal Emergency Response Services Association - persa.com.au
- LifeTec Queensland- lifetec.org.au/education/fact-sheets/emergency-call-systems
- South Australia approved suppliers and alert systems - sa.gov.au/topics/care-and-support/financial-support/concessions2/personal-alert-systems-rebate

Talk to your GP or healthcare provider about whether a medical alarm would be suitable for you.

Rebates

You may be eligible for personal emergency response service installation in your NDIS plan or My Aged Care plan. People living in South Australia aged over 75 may also be entitled to receive a rebate under the personal alert systems rebate scheme.