ONLINE
PORTAL
GUIDE

TextCare®

Simple graphs, easy assessments, peace of mind

Your TextCare Online Portal provides you with simple activity graphs for each sensor that you are using.

Movement, temperature, sound and light levels are colour coded across each room sensor graph, to make the data easy to interpret.
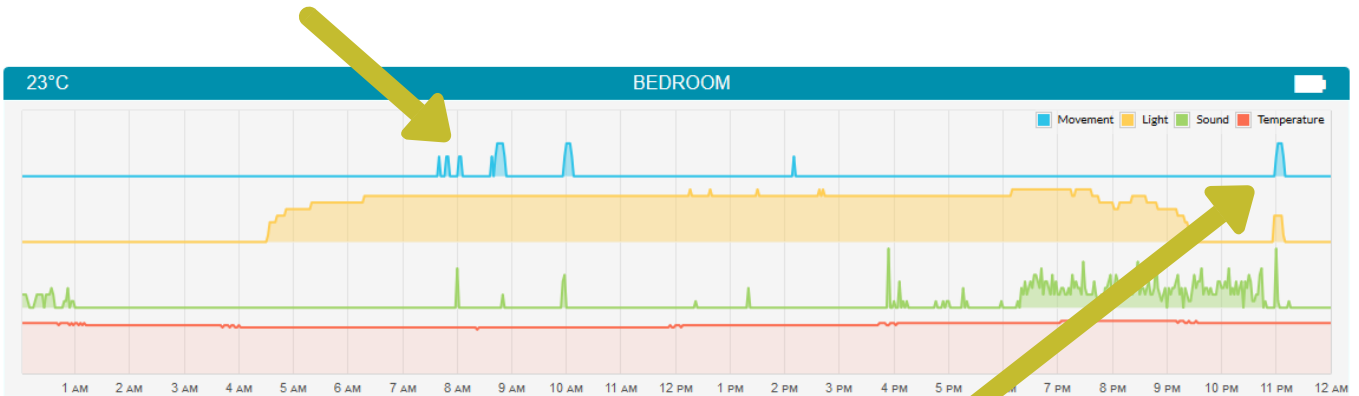
Door, visitor and pendant sensors also have their own activity graphs. Data from the visitor sensor is only available to view on the Online Portal. No text reporting is available.

The Online Portal is updated every two minutes with monitoring data and shown across 24-hour graphs. Data from each day is stored to allow you to assess routines and capabilities over time. Using this information, you will be able to determine where extra help might be needed thoughout the day or night.

TextCare®

Have they got out of bed in the morning?

Check for movement in any of the rooms. Movement can be seen by peaks on the blue line on each room sensor graph. If you know what time they are usually up in the morning, you can set an alert to text you if there is no movement at this time in the morning.
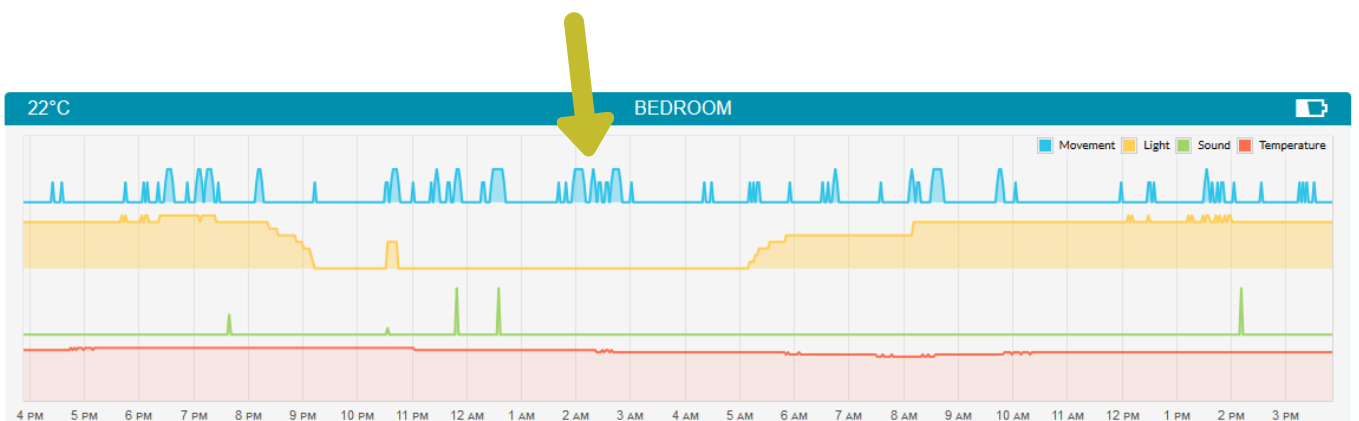

What time have they gone to bed?

Check for the last movement in any of the rooms being monitored.
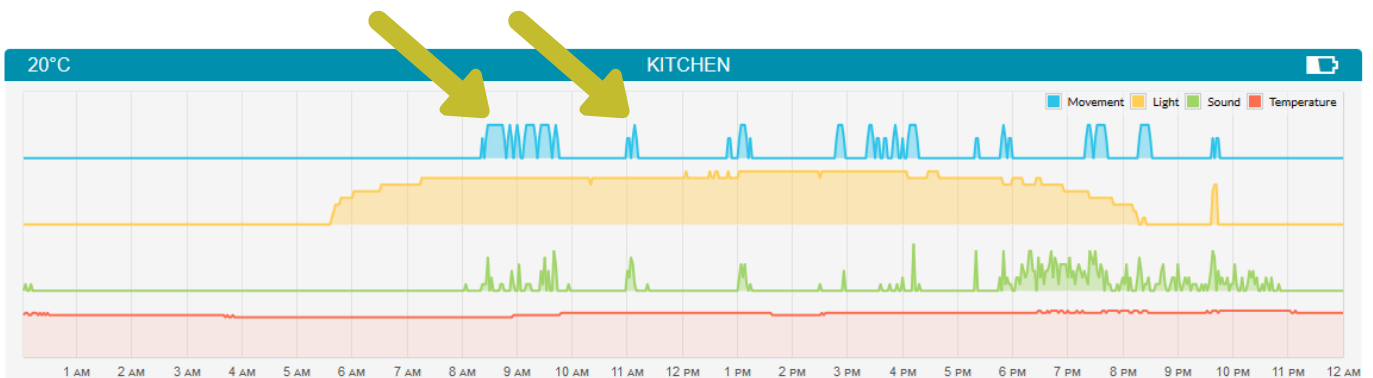
Are they sleeping during the night?

Ideally you will have a room sensor in the bedroom to spot movement during the night. However, movement in any room would be an indicator that a person is up and moving around. High light levels at the same time as movement may support this as it would indicate that a light has been switched on.
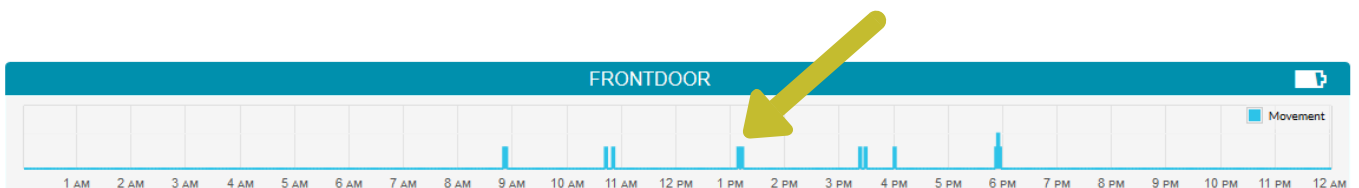
Are they eating and drinking?

Visiting the kitchen can be a good indicator for whether a person is eating and drinking regularly. If you have a room sensor in the kitchen, you can see how many times they visit throught the day by looking at the movement peaks on the blue line on the corresponding graph.

Placing a door sensor on the fridge can also indicate that they are eating and drinking. Door sensor movement is shown as blue line bars on the corresponding door sensor graph.
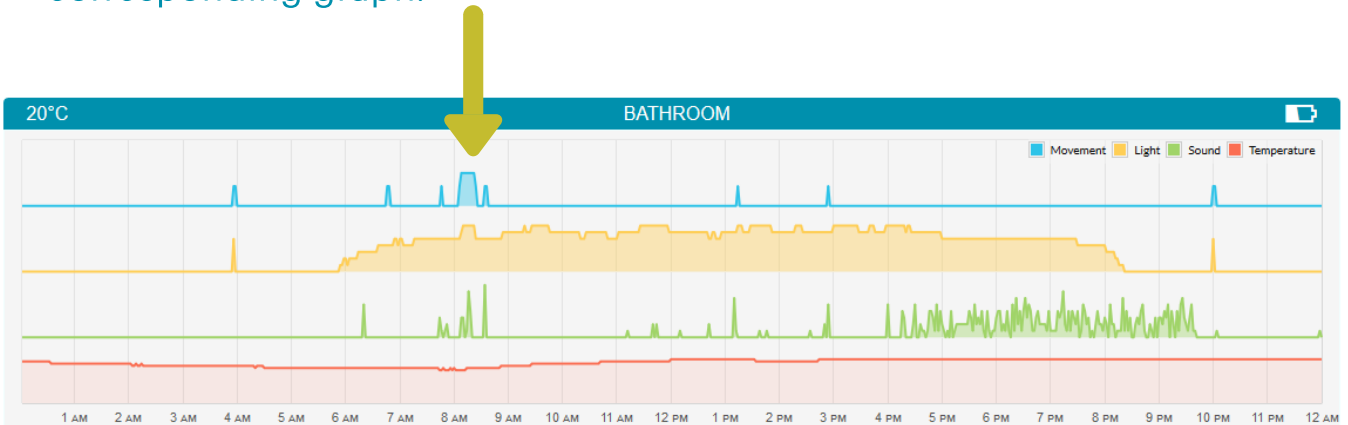

Are they opening pill boxes or medicine cabinets?

Door sensors can be placed on any door or object that you would like to monitor for movement, such as pill boxes or medicine cabinets.

Are they taking care of personal hygiene?

Visiting the bathroom can be a good indicator that a person is looking after their personal hygiene. If you have a room sensor in the bathroom you can check for movement peaks on the blue line on the corresponding graph.
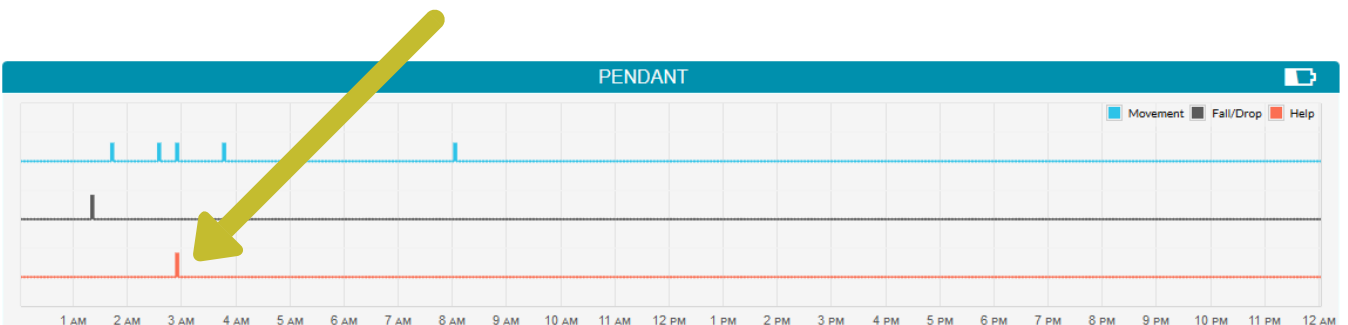

Are they feeling unwell?

Unusually fequent trips to the bathroom could be an indicator that they are not feeling well. If you have a room sensor positioned in the bathroom, look for frequent movement peaks on the graph.
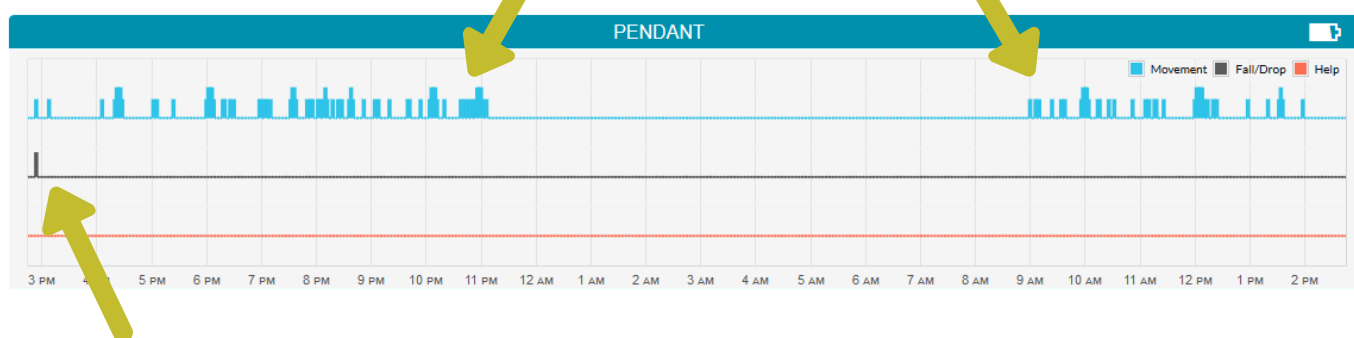
Has the help button been pressed?

The pendant sensor graph will show each time the help button has been pressed, by displaying a red bar line. A text alert can be setup to tell you each time the button is pressed.

Are they remembering to wear their pendant sensor?

The pendant sensor has a built in movement sensor that will tell you if it is being carried or worn. Check the blue line on the pendant sensor graph for regular blue bar lines, which represent movement. If you notice that the Pendant Sensor is not being carried, you can setup an alert to tell you if there has been no movement during a certain period, such as in the morning.
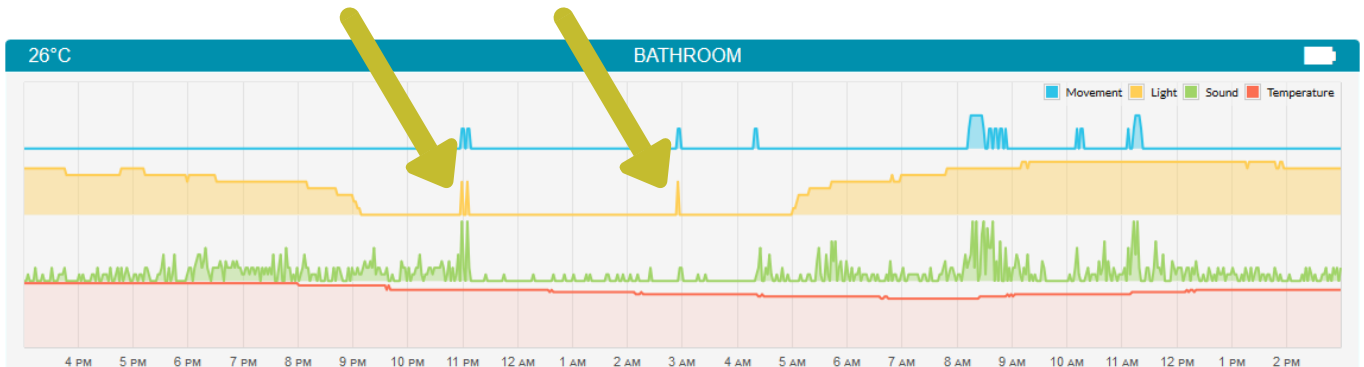

Has a fall been detected?

The pendant sensor graph will show each a fall has been detected by displaying a black bar line.

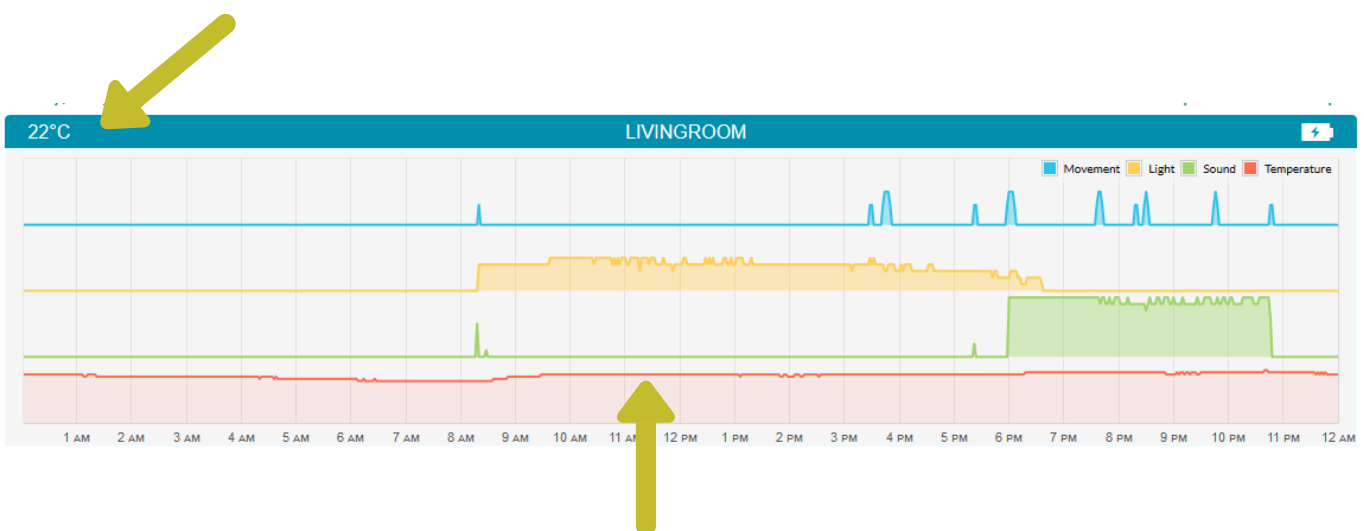## Is there sufficient lighting to prevent trips and falls?

Light levels can be read from any room sensor graph by looking at the yellow line. Hover your mouse along the yellow line to read the light level at each hour throughout the day or night. Higher light levels may help to prevent trips and falls. This is particularly important in the winter months when natural light levels can be low. If you notice that lights are not being switched on when they should, you may find a solution in automatic light sensors (not available from TextCare).

Light levels indicate that the light was switched on in the bathroom during visits in the night.
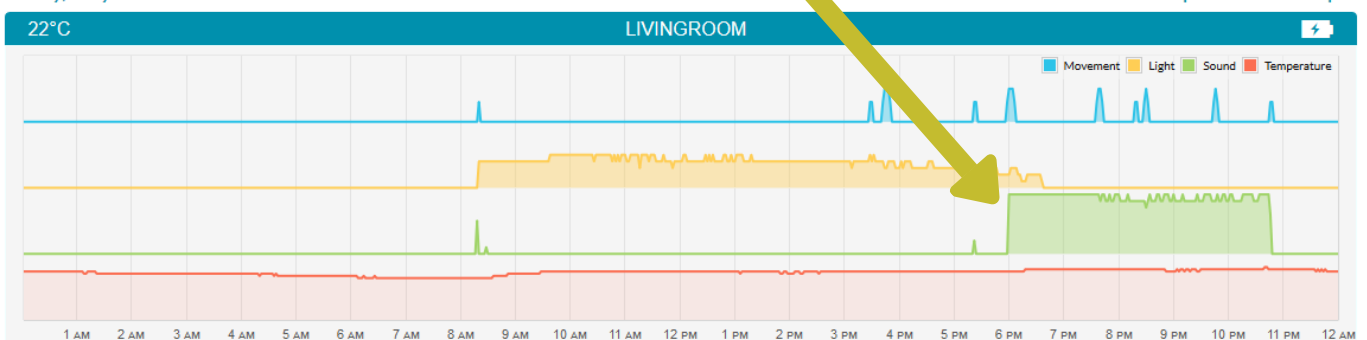

Is their home a comfortable temperature?

The temperature is monitored by each room sensor. The current temperature of a room is displayed on the top left corner of each room sensor's graph. To check that the home has been a comfortable temperature throughout the day or night, simply hover your mouse along the red line to vew the temperature for each hour. If you are worried about the temperature dropping too low or rising too high, you can set an alert to inform you of these occurrences.
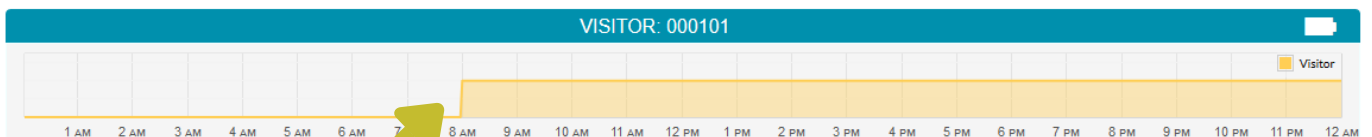
Are they mentally stimulating themselves throughout the day?

High sound levels can indicate that a person is watching television, listening to the radio or having a conversation with someone (this could be confirmed with a visitor sensor). If sound levels are continuously low in all rooms, it could indicate that a person is sitting in silence and thereore not providing themselves with the mental stimulation that they need.
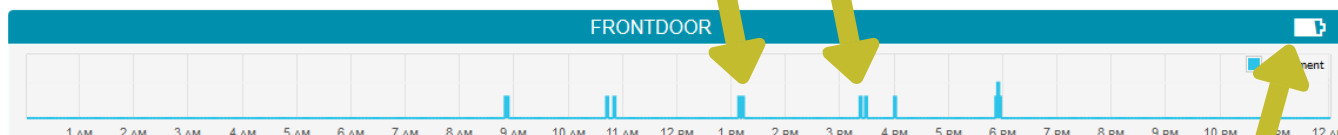

Has a visitor arrived when expected?

Visitor sensors are automatically detected by the main sensor when they are in range. Each visitor sensor will have its own graph on your Online Portal, which will appear when the visitor sensor has been detected. The time that the visitor has entered the property can be seen by the yellow line rising up on the graph. It will stay up until the visitor sensor leaves the property.

Has a door been opened?

The door sensor graph will show a blue bar line every time the door has been activated by door movement.

Do the batteries have enough charge?

Battery charge levels are shown for each sensor on the top right corner of their individual graphs.

Assessing routines and capabilities

By determining normal routines, you can setup alarms which will alert you if something out of the ordinary has happened. The data will also provide evidence for care planning, ensuring that homecare visits are received at appropriate times for the individual.

To assess routines over time, simply click on 'Previous' on the top right of the graphs screen. This will enable you to see monitoring data from each 24-hour day and note down regular occurrences of activity.