

# Daily Living system

## Reablement insight

Just Checking is a simple, web-based assessment tool that supports professionals in completing objective, evidence-based reablement assessments.

Specifically developed for reablement services, Just Checking's Daily Living system combines movement, door and activity monitoring to provide a clear summary of an individual's daily living activity, without the use of cameras or microphones.

### How does it work?

Using small wireless sensors placed carefully around an individual's home, Just Checking's Daily Living system allows practitioners to impartially observe an individual's movement around their home as well as their activities within certain rooms.

As an individual goes about their daily routine, the Daily Living system creates a clear summary of activity that you can view securely online. This information provides unbiased evidence of an individual's progress during reablement, supporting goal based assessments and alleviating conjectural concerns and reliance on third parties.

### Is it easy to install?

It only takes a few minutes to install Just Checking's Daily Living system.

There are no cameras or microphones, just discreet wireless movement, door and activity sensors with a plug-in hub. The sensors are simple to attach around the property and the hub will only need an electrical supply.

No internet connection is required as the system operates with a roaming mobile sim.

### Working with reablement

The Daily Living system enables care professionals to measure progress against agreed objectives and allow individuals to regain the confidence and skills required to carry out daily living activities lost due to age, circumstance, illness or injury.

Evidence from using Just Checking's Daily Living system allows care professionals to confidently make recommendations about what care an individual should be receiving, if any, and maximise long-term independence and quality of life.

### Just Checking and self directed support

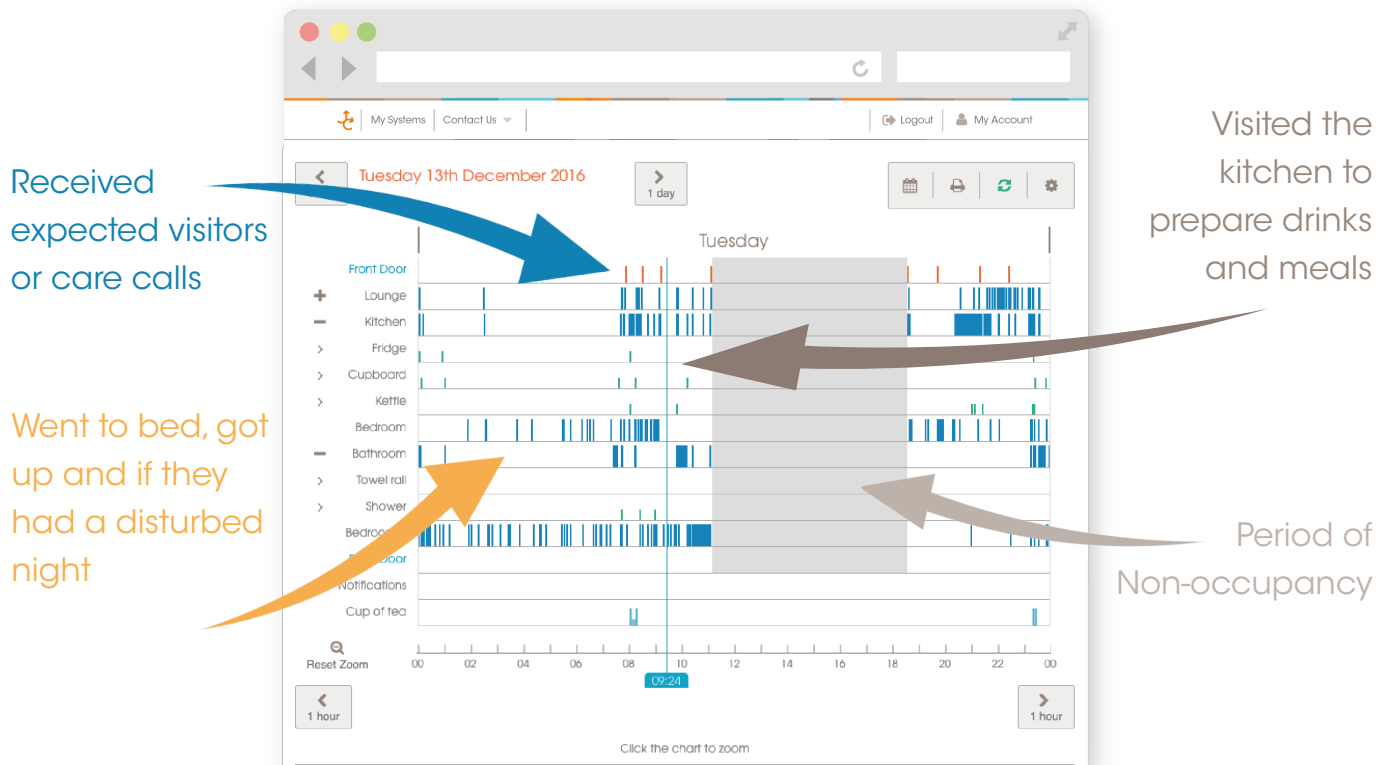
The Daily Living system has been developed to provide valuable, accurate and unbiased evidence of an individual's activity in order to identify a proportional level of care.

Just Checking supports the principle of safeguarding against the deprivation of liberty outlined in the Adults with Incapacity (Scotland) Act (2000).



## What can you see?

The Just Checking Daily Living system creates a clear activity chart that shows what rooms are visited, what activities have happened within that room and how long they have taken.



## The Daily Living system helps:

- Provide visibility and evidence of an individual's progress during reablement
- Manage caseload and prioritise assessments
- Ensure that care packages are appropriate for the individual
- Make decisions on evidence and confidently commission care packages
- Identify the appropriate assistive technology
- Care professionals apply a consistent assessment approach
- Prioritise time for better face-to-face care
- Keep assessments objective
- Reduce hospital admissions
- Reassure families

## Need more information?

Our customer support team are standing by between 8am and 5:30pm on weekdays.

**Just Checking Ltd.**  
The Mill, Brome Hall Lane  
Lapworth, Warwickshire B94 5RB

T | 01564 785100  
E | [info@justchecking.co.uk](mailto:info@justchecking.co.uk)

[www.justchecking.co.uk](http://www.justchecking.co.uk)

