

Cassius.



*Technology to help
you stay well at home*



Cassius offers innovative care technology to enable you to live independently.

Cassius can help you stay safe and well at home should you need extra help and support. If you are about to be discharged from hospital, it can also help you get home quickly and safely.

Suffolk County Council is working with partners to provide personalised technology to assist you wherever you are and provide you and your support network with peace of mind, real-time information and a monitoring and response service, if it is needed.

Our technology can help with many aspects of life including personal safety and security, daily reminders, keeping track of your whereabouts, helping you find your way around or keep you in contact with friends or family.



Cassius Sensors

Sensors are small devices which can detect your movements and can help you live independently in your own home. The sensors do not use camera, video, or microphone.

They can be used in rooms or on doors and can alert your carers if there is a change to your routine or regular activity. For example, it can show when you go out and return home so that your carers know you are safe. They can also show if a door is accidentally left open, for example a fridge door, and can alert you or your carer.

There are additional devices available for use alongside the sensors to offer additional safety at home, such as sensor plugs, which can show if electrical appliances are being used. Press Me Buttons can be placed around the home to call for help quickly should you need it. The sensors can also be used alongside a falls sensor, which detects if you have fallen to the floor. This is particularly useful for people that are not able to tolerate a wearable device.

There are a variety of alerts that can be set up with the sensors to notify carers, friends or family and they can be customised to individual needs.

The information from the sensors is available to be viewed securely, by your carers in the Alcove Online Portal or on the Alcove Connect App - and can provide them with a summary of your daily living activity. The sensors require internet connection but you will also receive a 4G router to ensure they can be connected.



Cassius Fall Wearable

The Cassius Falls Wearable is an attractive, tear-drop shaped device which you can wear around your neck as a necklace, attached to your keys or on a belt loop. It will allow you to call for help if you need it – either at home or when out and about - and will give you the confidence to carry on with your day-to-day life.



It also has a falls detector installed in it and can automatically raise the alarm should you have a fall. It can be linked to a monitoring centre who will make sure you get the help and support you need, should you need it. It does not need internet to work but has an inbuilt SIM card. The Falls Wearable may not be suitable for people with a Pacemaker or an Implantable Cardioverter Defibrillator (ICD).

Cassius Digital Reminder Clock

The Cassius Digital Reminder Clock provides picture reminders for daily routines that can include reminders to take your medication, to drink more or to have a wash.

It has a large display screen that shows the date, time and day, including whether it is morning or evening and this can be displayed either in a digital style or as an analogue clock. The reminders can be customised to your needs and you can set as many reminders as you like. The reminders can be set to suit your needs at set times - for example these can appear daily, weekly, monthly or one off. The clock will show the reminder on the screen so you can see it and a notification sound will also announce when the reminder is on the screen so you can hear it.



Video Carephone

The Video Carephone is an easy-to-use tablet that allows you to make two-way video calls with your family, friends and carers in one tap. By simply touching a picture on the screen, you can make or receive a video call.

Friends and family can make calls to you through the Alcove Online Portal and the Alcove App. The people you are calling can call you securely through the portal or app.

It can also be used to set reminders, receive messages and there is also the option to access the Internet via a browser. It comes with a SIM Card installed so you do not need internet access in your home.



Video Carephone Falls Button

The Video Carephone can be linked to a Bluetooth Falls Button so you can raise an emergency call quickly if you need to. It can be worn as a necklace, watch strap or belt clip. This device has been designed to be used in the home and, should a fall occur it automatically makes a voice call to your emergency contact through the Video Carephone.



It is therefore most suited for people who spend the majority of their time at home. The Falls Button needs to be within the range of the Video Carephone for the call to be raised, so it is best suited to those who are comfortable with wearables.

Cassius Alexa

Alexa is a virtual assistant, or smart speaker device that recognises voice commands and responds where necessary. It can be used for voice searching and replies verbally to requests.

Alexa can play music, make to-do lists, set alarms, stream podcasts, play audiobooks, and provide weather, traffic, news and other information using voice commands. You and your carers can also set reminders on your Alexa. The Alexa Show also has a screen that provides sound and visuals.



You can make video calls on your Alexa if your carers, friends and family have compatible devices. Alexa can also be used by carers to check-in and check-out during a visit to you. This can provide reassurance that a visit has occurred and can support care planning. You can also use the Alexa to turn lights or electrical items on, provided they are connected to the internet via smart plugs or bulbs, which can also be provided to support more independent living.

Cassius Digital bed and chair mats

The digital bed and chair mats are placed on your bed or chair under a sheet or cushion. The mats will send information to your carers on their phone or computer, alerting them if you get up or have not returned to your chair or bed. These need internet to work but 4G routers can be provided to ensure you are connected. Should the digital alarms not be suitable, there is a battery operated version that sounds an alarm and sends an alert to your carer through a pager.



Cassius Smartwatch

The Cassius Smartwatch is a standard watch with an analogue or digital display and also allows you to call for help in an emergency, either at home or when out and about, giving you the confidence to carry on with your day-to-day life.

It monitors movement throughout the day, split into eight time frames, alerting friends, family or carers if there has been reduced movement, which may indicate a fall has occurred.

It can be linked to a monitoring centre that will make sure you get the help and support you need, should you need it. The Smartwatch does not need internet to work as it has an inbuilt SIM card.

The watch can also let your carers know where you are should you get lost or if you are unable to tell them where you are, using a GPS locator built in. There is the facility to add geofencing - a feature that provides a geographical boundary and sends an alert should you move out of this area.

The Smartwatch may not be suitable for people with a Pacemaker or an Implantable Cardioverter Defibrillator (ICD).



Useful Information

The Cassius service is for people over the age of 18 who may need additional support to live independently in their own home.

Our staff can help you explore any technology that may be useful to you if you are leaving hospital or if you are at home.

The technology and associated monitoring and response service (if applicable) is free for everyone initially and for up to six weeks, while you need extra support. However, there may be an ongoing charge for the service once this period has ended.

If you have eligible needs then you may be entitled to funding, following the initial free period, or if you already have support from Adult Social Services at Suffolk County Council. We will discuss your needs and explore any ongoing technology and packages you require. If you are eligible then you will be financially assessed to determine how much if anything you would need to contribute to any ongoing costs. The maximum you would pay is £5.66 per week (plus a £9 per month admin charge if you have savings over our financial threshold).

If you are not eligible or choose to access the Cassius service on a private basis then you can access it here www.yourcassius.com. Please note that not all products are available through this route access.

To find out more about your eligibility to receive Adult Social Care services, including technology, please go to www.suffolk.gov.uk/Cassius-Eligibility

Or for more information please contact: Customer First on **0808 800 4005** (free from landlines and most mobiles).

Opening hours are Monday to Thursday 8am to 5:20pm, Fridays 8am to 4:25pm (excluding bank holidays).

The logo for Cassius, featuring the word "Cassius" in a bold, sans-serif font. The letters are colored: 'C' is pink, 'a' is purple, 's' is blue, 's' is purple, 'i' is blue, and 'u' is purple. A vertical blue line is positioned to the right of the 'u'.