

# What is PERS or ERS?

- ▶ PERS: Stands for “Personal Emergency Response System”, also known as ERS- “Emergency Response System”
- ▶ This system typically consists of a base unit and a wearable device transmitter, a button worn on the neck or wrist.



- ▶ When you need help, press your button, and talk to a response associate.
- ▶ They will call either one of your responders, or emergency medical. You will get help!

# History of PERS-

- Dr. Dibner, a professor of psychology at Boston University, first conceived of the idea to apply technology to summon help for the elderly in our communities in 1972.
- His patent for the “Automatic Alarm System” was filed and awarded in Nov. 2, 1972.
- The wireless push-button automatic alarm system became known as the “Personal Emergency Response System” or **PERS**



Pictured: Andrew S Dibner and his wife, Susan S. Dibner.

# For over 40 years, PERS have gotten people the help they need- Quickly!

- ▶ When you have a fall or a medical emergency, every second counts. Falls particularly are a serious problem among seniors.

4 out of 5

Four in five older adults has at least one chronic health problem and one in three have activity limitations associated with those conditions.



This year, 16 million seniors will fall and over 8 million will not be able to get up on their own, many of whom live alone.



The longer the lie time after a fall, the greater the incidence of serious preventable consequences, which can include the need for hospitalization, loss of independent living, and death

# Time Matters in any Medical Emergency!

67%

The mortality rate from falls has been determined to be 67% when lie times were more than 72 hours, as opposed to 12% when lie times were less than one hour.

62%

Of the patients found alive, 62% were hospitalized and approximately half required intensive care.

60%

Of the survivors, over 60% were unable to return to independent living.

**Prompt** access to help after falls can help prevent long lie times and can help **reduce** suffering and potentially hospitalization or death.



# How would you get help at a moment like this?

**13.3 million** people 65+ will fall this year

**1 fall/2.3 seconds** on average

**About HALF** of older adults who fall cannot get back up without help

That's over **36,000** older adults that will fall each day. What would you do if you found yourself as one?



# How does it work? And what systems are there? Home vs Mobile

## Home Based Unit:

- ▶ Maintain your independence in and around your home and yard.
- ▶ A personal medical alert button gives you fast access to a trained response associate, 24-7 with a two-way voice communication.
- ▶ For most, this is a great choice.

## Mobile Unit:

- ▶ There are instances where someone may need help out and about in the community.
- ▶ Using cellular signal and a variety of locating technology, the response center can dispatch help wherever you might need it.
- ▶ Mobile has opened up the ability to provide safety reassurance either at home, or further afield.

# What system is right for me?

- ▶ Home, land or wireless
- ▶ Is it really a landline?
- ▶ Standard vs fall detection

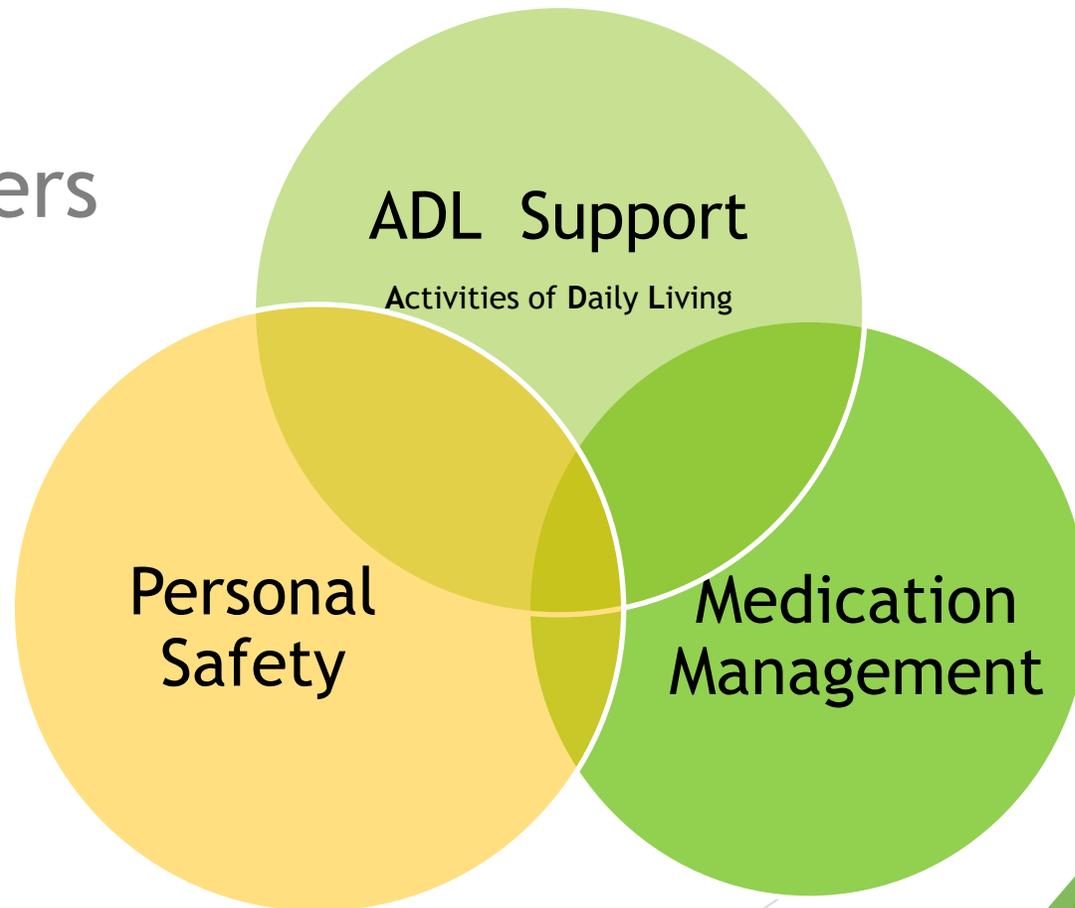


- ▶ Mobile: works on the AT&T or Verizon 4G networks
- ▶ AutoAlert Fall Detection Option
- ▶ Waterproof
- ▶ Charge lasts 5-7 up to 30 days



# Another key to your independence:

## Medication Dispensers



# Taking medication as directed is important: But sometimes keeping track of them all can be difficult...

54%

Over half of older adults are on multiple medications

3x

Older adults taking four or more prescription medications have a three times greater risk of falling.

23%

Up to 23% of admissions to nursing homes may be due to inability to self-manage their prescription medications at home<sup>1</sup>

1. According to 'A place for mom'



# Medication Adherence facts:

1 out of 10

Hospital admissions are the result of incorrect use of medications.

1 in 2

Seniors do not take medications as prescribed.\*

Missed-Medications costs

**1.3 Billion Dollars**

to the health care system



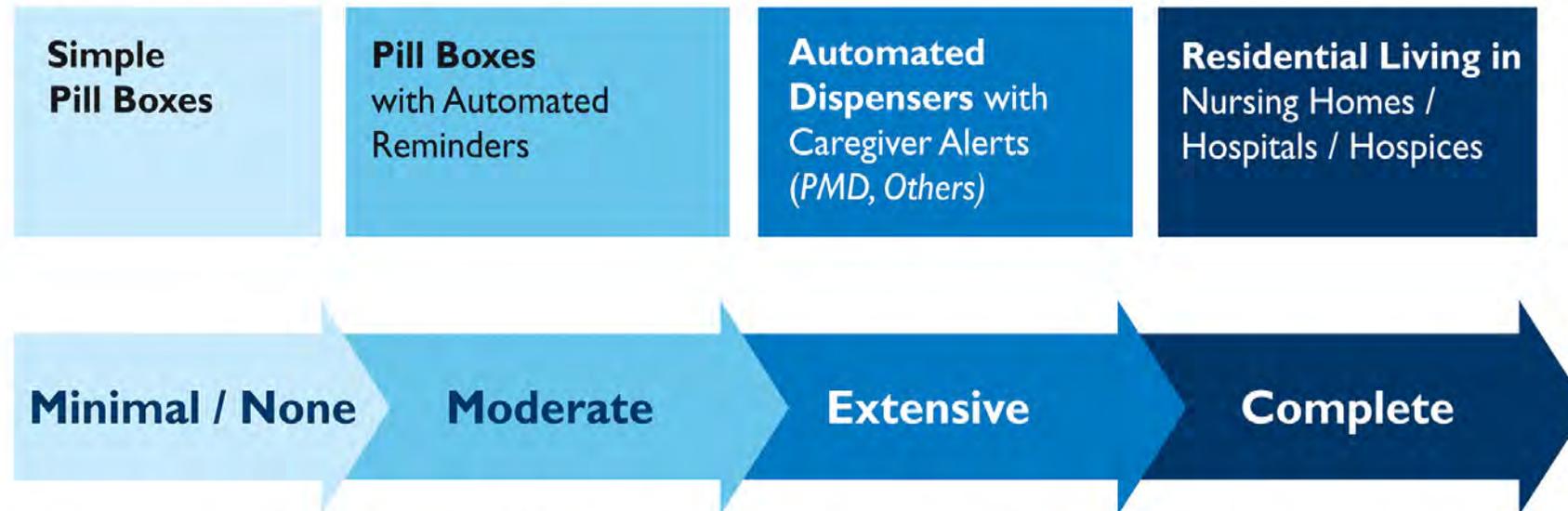
#1

Medication mismanagement is the #1 reason for nursing home admissions

(\*Factors can include memory issues, cost, vision impairment, understanding of Rx directions, side effects, etc.)

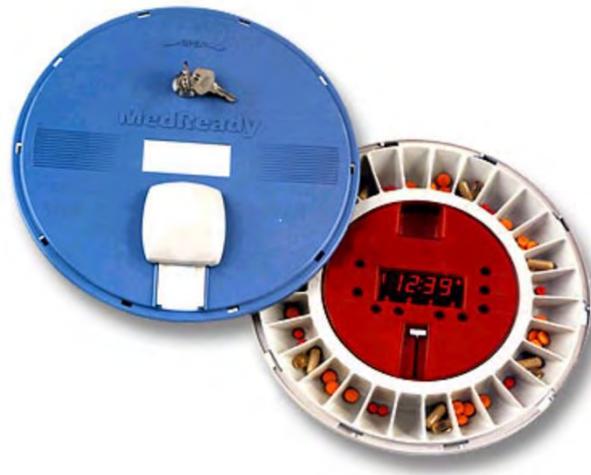
# How much help is needed?

## Options for managing medications



**Progression of need for support in medication management**

# Solutions to Medication Management: Pill Boxes with Automated Reminders Beeps & Lights when it's time to take your pills.



Med-Ready: 28 doses

# Automated Dispenser with Caregiver Alerts-



PMD: 60 doses

- Large capacity, holds up to 60 doses.
- Locked unit
- Visual and Audio Voice reminder
- Caregiver alert 90 minutes after missed dose
- Compliant packaging for direct Pharmacy support
- Web enabled
- 23 optional health reminder messages
- Flexible scheduling
- On-line reporting
  
- 98.6% Adherence to taking medications on time/ as directed

# Where do you want to be in 1- 2- 5- 10 years? We're here to help!

- “I don’t plan on falling again!”
- “Well I don’t need that yet”
- When you do need it; is it already too late to have something in place?
- I can think of a **1000** good reasons to have a medical alarm, and not one good reason not to—they work, and save lives everyday



# Columbia Medical Alarm, Inc

## Your local PERS provider



- ▶ Celebrating 30 years in business this year; operating in Oregon, and Washington.
- ▶ We take pride in quality and providing local service. Our installers come to you and set up your personal emergency response system for you in your own home.
- ▶ Much of our business is based on referrals: people have lots of good things to say about CMA!

**Columbia**  
**Medical Alarm, Inc.**  
*Personal Safety & Health Solutions*

Thank you for attending  
this presentation!

Q&A

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