



## Smart Watches

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Modern beanie helmet or cap

**Please note:** Monitors and alarms don't guarantee safety or detection of all seizures, but they can provide peace of mind and help a great deal for some people. Epilepsy Action Australia does not stock or sell these products. There are also other products available. For additional information or advice about these products, please contact the company directly.

## SMART WATCHES

### SmartWatch Inspyre™

<http://smart-monitor.com>

The SmartWatch Inspyre™ by Smart Monitor continuously monitors movements and will detect abnormal or repetitive shaking motion that may be experienced during a tonic clonic seizure. The watch sensitivity can be changed, so that even smaller movements may be detected.

The wearer needs to have a smart phone (both Android and iPhone compatible) on their person or within a few metres of the wearer. Alerts go out within seconds after detecting patterns of abnormal movement and are sent as text messages which include the GPS location of the wearer. Some of the watches features include the following:

- Instant SOS alerts via text or phone call to the designated contacts
- GPS location tracking to see where the wearer of the watch is at any time
- Reminders such as medication or appointments.
- An emergency button that can be activated if the wearer feels unwell or experiences a warning before their seizure. This alerts the emergency contacts by either phone call or text.

For more information go to [Smart Monitor FAQs](#)

PLEASE NOTE: the watch is not water proof, only splash proof. It is best to keep the watch as dry as possible to ensure that it continues to work properly.

**Costs** There are ongoing monthly fees for each model (bronze, silver or gold). Please contact Smart Monitor for more information on price, delivery and shipping charges. To place an order please visit <http://smart-monitor.com/order/>.

Make sure you enter the **Promo Code EPAAU15** when placing your order.

## Fact Sheet: Seizure Safety Products

### Embrace - Empatica

<https://www.empatica.com/>

Empatica offer an Embrace2 watch like device to detect seizures and an Alert App to notify others of a seizure. Embrace2 has sensors used to monitor movement patterns and physiological signals that may be associated with tonic-clonic seizures. Embrace2 collects physiological data using its sensors and will trigger an SMS and phone call to caregivers when an unusual pattern in movement and physiological signals is detected.

These are compatible with iOS and Android devices.

You can check your entire day at a glance and can customise it to suit your needs and behaviour.

In order to use Embrace2 you will need:

- A compatible smartphone/tablet
- Alert App
- Mate App
- A subscription plan
- An internet connection

To answer your questions about Embrace2 go to [Empatica](https://www.empatica.com/)

**Costs** Embrace2 is \$249 USD plus shipping and the monthly plan. Please note delivery can take up to two months.

When ordering, please ensure you use the **code EAA2017**, at the checkout.

### Apple Watch Series 4

<https://www.apple.com/au/apple-watch-series-4/health/>

Apple Watch Series 4 inspires you to live a healthier life by helping you manage everything from everyday stress to calories burned. At the same time, it monitors your heart rate and lets you know if it detects something of concern. You can get notifications for low and high heart rates and it has fall detection and emergency SOS.

**Falls** - With the accelerometer and gyroscope, Apple Watch Series 4 can detect that you've fallen. When an incident like this occurs, a hard fall alert is delivered, and you can easily initiate a call to the emergency services or dismiss the alert. If you're unresponsive after 60 seconds, the emergency call will be placed automatically. Your emergency contacts will then be notified and sent your location.

**Emergency SOS** - Emergency SOS allows you to quickly get help. It calls 000, notifies your emergency contacts, sends your current location, and displays your Medical ID badge on the screen for emergency personnel.

**Costs** From \$599



# Fact Sheet: Seizure Safety Products

## APPS

### My Medic Watch App

<https://www.mymedicwatch.com/>

My Medic Watch apps allow people who are vulnerable to falls, epilepsy or people with a chronic illness to get immediate care and assistance if they fall or have a seizure.

- My Medic Watch app detects a fall or seizure using Smartwatch sensors and an accurate algorithm.
- The app then sends notification and your GPS location to nominated caregivers based on workflows of escalation.
- All caregivers are sent update of the progress, keeping everyone informed and reassured.

Included in the subscription is access to real time data of all your medical episodes.

**Costs** Free

### SeizAlarm App

<http://seizalarm.com/>

SeizAlarm is a user-friendly iPhone and Apple Watch app which allow people with epilepsy and other seizure disorders to alert emergency contacts automatically when seizure-like motion is detected or manually if they need immediate help or think they might need help soon.

**Costs** Free

PLEASE NOTE: There are many seizure alarm apps available and these will constantly change. It is wise to do some research and see what best suits your needs.

## NIGHT TIME MONITORING

### SAMI Alert

<http://www.samialert.com/>

The SAMi Alert system is an infra-red camera setup for night time monitoring. It can monitor sleep activity for caregivers and individuals who need to be watched carefully for unusual movements at night.

A SAMi system setup in a bedroom will provide you with time-stamped recordings of movements at night – and can sound an alert for you if anything unusual is detected. SAMi can be configured to silently record these, or you may want to set it to sound an alarm. This is a great option as this system will give you a comprehensive insight into any nocturnal seizure events. PLEASE NOTE: SAMi Alert does not work with Android devices.

**Costs** Costs start at \$650 for basic camera and the kit is from \$1490, plus shipping. For Australian purchase go to SAMi Alert If you order a kit everything you need will be included. Otherwise you will need:

- to have an iPhone or iPod (iOS device).
- the free SAMi app from the iTunes store.
- the SAMi infrared camera.
- a Wi-Fi router.



## Fact Sheet: Seizure Safety Products

### PulseGuard®

<https://pulseguard.org/>

The majority of seizure alert devices are designed to alert when repetitive or continuous movement is detected, however some people experience seizures with little or no movement or sound.

The PulseGuard monitor is designed to detect heart rate variations that commonly occur just prior to, or during a seizure. It is designed for nocturnal use or personal care tasks such as showering as the sensor is in the form of a bracelet that can be worn on the ankle or wrist, and is fully waterproof. This can be used for all ages as children as young as newborns can have the sensor strapped to their thigh.

There is a tablet that must be kept within 10 metres of the device and a pager that enable the alarm to be heard in a separate room.

This product is not yet available in Australia but can be purchased online and shipped. There is a monthly fee which includes lifetime warranty and 24/7 technological support.

### Epi Assist

[www.epiassist.com.au](http://www.epiassist.com.au)

Free Call 1800 684 422

NDIS Provider

The Emfit Epileptic Sensor Mat is a bed monitoring system that will monitor a sleeping adult or child's convulsive seizures from under the mattress. The Emfit Safe-bed is the first alarm that detects both the person's tonic-clonic seizures which occur in bed and the person's bed-exit with the same sensor. New, patented sensor technology detects all of a person's movements while distinguishing normal movements from seizures with muscle jerks.

Emfit Safe-bed also notices the presence and absence of a person. It alarms when the person has the clonic phase of a tonic-clonic seizure and when the person leaves the bed and does not return within a pre-set time. It has an audible alarm with adjustable volume and dry-contact relay output for connection to a nurse call system such as the BluePhone system sold by Epi-Assist.

**Costs** Start from \$949.00

## FALLS / PERSONAL MEDICAL ALARMS

### Keep Track GPS

<https://www.keeptrackgps.com.au/collections/telstra-personal-alarms-mobile-alerts>

Phone 08 9521 4325

NDIS provider

This personal alarm system offers a fall detection feature, that sends text messages to five contacts. When it detects a fall, it will beep for a short time before sending the SMS and then beginning the help call sequence, great for access to emergency contacts.

The personal alarms enable the user to activate an emergency text message via a single push of the SOS button. Up to 5 nominated mobile numbers are sent an alert text message notifying the recipient of the emergency and GPS location. The personal alarm system works off its own sim card using the full Telstra mobile network which gives the widest coverage in Australia of 99% of all populated areas. Cards from Aldi which offers 98% coverage have mostly the same coverage footprint as Telstra customers, they can use their devices in most of the same places.

This is an Australian company which offers good customer service.

**Costs** \$439

## Fact Sheet: Seizure Safety Products

### Lifeminder

[www.lifeminder.com.au](http://www.lifeminder.com.au)

Free Call 1800 684 422

NDIS No: Provider

The Life Minder is a personal medical alarm that is attached to either a cord, key ring or in a pouch on a belt.

**Fall Detection.** The 'Life Minder' automatically detects a fall and contacts pre-programmed numbers sending 'Falls Alert' SMS and GPS location using Google maps, and enables hands-free two-way conversation. This feature is vital for the Frail and Aged, and people living with epilepsy. The activation depends on the height and angle of the fall, if a beep is not heard the SOS button can be pressed.

The 'Life Minder' is water resistant and can be worn in the shower. It operates like a mobile phone and requires the sim card to be in credit to enable communication.

**Costs** A once only cost of \$397.00

### LiveLife ®

<https://livelifealarms.com.au/>

Free Call 1800 936 774

The Live Life Mobile Alarm is a waterproof pendant you can wear wherever you go. When in need of help you press the button, and the pendant will text and call up to 5 emergency contacts [can include 000]. Any number can be programmed. There are no monthly monitoring fees. No need for the wearer to check prepaid, mobile credit.

Each text message will show their location on Google Maps using the built-in GPS. When the call from the pendant is answered they can speak and listen 'hands free' through their pendant.

**Automatic fall detection** is also built in, meaning when a serious fall occurs the pendant will send out 'fall alert' texts. At any time, a family member, caregiver or health professional can call the pendant and speak to the wearer. For more information go to [LiveLife FAQ's](#)

**Costs** \*\*For invoicing and quote requests related to NDIS and home care package funding please follow the link <https://livelifealarms.com.au/ndis/>. For general public and independent purchases an order can be placed online [www.livelifealarms.com.au/product/order-mobile-alarm](https://livelifealarms.com.au/product/order-mobile-alarm) or place an order over the phone.

### Drop Support

<https://www.dropsupports.com/>

This is a new product designed to make it safer for people who have falls and drop attacks. The Drop Support harness is a unique, upper body harness that wraps around the user's waist, chest and torso, with an attached central handle running the length of the torso.

The support handle, located on the back, sits vertical and provides the assistant with a better means of controlling and managing the user's directional motion. The added support straps over the shoulder's and chest area help the assistant to better manage and stop forward falls. Another benefit of the Support Handle is that it sits higher up the back and is more accessible when the user is seated.

Designed and produced by someone who has a family member with epilepsy - and drop attacks (tonic and atonic seizures), Drop Support is unique in that it secures the user's whole upper body, with one centralised point of contact.

Drop Support aims to try to support those that are unable to support themselves, by providing family members, caregivers, and practitioners another means of supporting their loved ones during a fall.

**Costs** Prices start from \$99.99 USD

For 30% discount [Australian users] use the **Promo Code: DROP30**

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# Fact Sheet: Seizure Safety Products

## PROVIDERS

### DoAbility

<http://www.doability.com.au>

1300 122 355

NDIS Provider

DoAbility sells or rents various alarms and alert systems, with some that can be activated by the wearer and some that are activated by unusual movement (like jerking or a fall). They can often provide advice on their products and help you find something to suit your needs. You can find their products here: <https://www.doability.com.au/adults/alarms-and-alerts/bed-chair-alarm-pads>

DoAbility also stock the Breathe-Zy pillow. The Breathe-zy Anti-Suffocation Pillow is designed to be breathable, practical and comfortable, whilst assisting in the prevention of SUDEP. The whole of the surface of the pillow is breathable, not just certain areas. This ensures that regardless of sleeping style, you are always in a safe and secure position. <https://www.doability.com.au/adults/breathe-zy-anti-suffocation-pillow>

PLEASE NOTE: This does not guarantee 100% protection from SUDEP.

### The Independent Living Centre

<http://ilcaustralia.org.au>

1300 885 886

The Independent Living Centre provides information and advice on various products to assist those living with epilepsy. They do not stock products and are not NDIS providers but are a very useful source of information and list a lot of products available on their website (including where to get them). Their general enquiries number is 1300 885 886 or you can find them here: [http://ilcaustralia.org.au/search\\_category\\_paths](http://ilcaustralia.org.au/search_category_paths)

They do also have state-based contact numbers.

If you call them they will be able to talk you through the various options and assist you in determining what product may best suit your needs.

### Tunstall Health Care

<https://www.tunstallhealthcare.com.au/products>

1800 603 377

Tunstall has been developing innovative connected healthcare products for almost 60 years. They have a wide variety of products including fall alarms and seizure sensor products. They include:

**Emfit sensor:** This monitors a person with epilepsy while they sleep. Patented sensor technology detects all of a person's movement in bed and is able to differentiate normal movements from epileptic seizures. It consists of a sensor, a control unit and a radio transmitter. Epilepsy sensor monitors more than just vibration - reduces false calls

The bed sensor is extremely thin and contains no embedded wires or switches. An alarm can then be raised through a local audible alarm if there is a carer nearby.

The Emfit sensor kit costs \$3,064.05 and this does not include postage or installation costs.

**Find-Me Tunstall Watch:** A cellular personal emergency response system, panic alert, GPS tracker and fall detector all in one, the watch offers an unobtrusive duress alert device for those who may feel vulnerable in the community. With open voice communication, the wearer can also speak directly with the operator. Each watch is supplied with a pre-configured SIM card and will operate where there is mobile network coverage.

**Costs** These watches can be rented or purchased. The outright cost is \$529.10

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# Fact Sheet: Seizure Safety Products

## FOR BABIES

### Owlet Baby Sock

<http://www.owlcare.com/>

[03] 9588 0999

This wireless Smart Sock fits snug on your baby's foot and monitors their heart rate and oxygen levels while they sleep. Owlet is intended to provide peace of mind. It is not intended to diagnose, treat, alleviate, cure, or prevent any disease or condition.

Take some of the pressure off yourself by enlisting an extra pair of eyes to watch over your baby while they sleep.

**Costs** \$429.99

### Snuza® Hero Movement Monitor

<https://www.snuza.com/stores/> Search for a retailer or online store near you



The Snuza® Hero baby monitor is a wearable device which attaches to your baby's nappy and monitors abdominal movement.

The Hero detects the slightest of movements and will alert you if abdominal movement is weak or less than eight movements per minute. If there is no abdominal movement for 15 seconds it will vibrate in an effort to rouse your baby to resume abdominal movement. Often the vibration is enough to rouse the infant and Hero will revert to monitoring mode. However, after three vibration/rousing incidents, a Rouse Warning will alert you that movement has stopped for 15 seconds on three occasions. If an additional 5 seconds of no abdominal movement is detected a sharp audible alarm will sound.

**Costs** Prices start from \$130.00

### Edan Hand Held Pulse Oximeter

<https://amamedicalproducts.com.au/collections/pulse-oximeters/products/edan-h100b-hand-held-pulse-oximeter>

1800 626 292

Some seizures have little or no movement or sound and can only be detected with oxygen desaturation. This Pulse Oximeter can be used for continuous monitoring and delivers accurate and reliable oxygen saturation and pulse rate measurements for adult, paediatric and neonate patients.

**Costs** Prices start from \$395

## COOLING CLOTHING

### Personal Cooling Products

<http://www.coolhats.com.au/>

1300 820 708

From a range of neck tie cooling collars to a range of unique Australian designed Cool Hats with magic Cool Pads, Chill Sleeves, Cool Cloths, Chilly Pashmina Cooling Towel Wraps.

**Costs** Prices vary according to product but range from \$13.00 to \$35.00

### Nikki G's Temp Control Clothing

<http://nikkigs.com.au/>

admin@nikkigs.com.au

Nikki G's Temperature Control Clothing ® assists children and adults with neurological conditions balance their own body temperature. This is the only proactive temperature regulating technology which continuously balances temperature changes day and night, reducing overheating and temperature swings.

## Fact Sheet: Seizure Safety Products

Nikki G's products have been successful for many with epilepsy and other neurological conditions. All products are handmade to order and can be adapted in size and colour to meet specific needs. The benefits can be felt all year round keeping cool during the summer but storing and releasing heat back during the colder months. Products include comforters, bedding, children's and adults clothing. This is an Australian company.

### MODERN HELMETS - BEANIES & CAPS

#### Dejay

<http://www.dejay.com.au/ribcap/>

NDIS Provider

Feel safer and confident with your fashionable soft protection helmet. Dejay Medical have a range of baseball caps and beanies to help protect your head whilst still looking fashionable! They also have many other safety products on their site. This is an Australian company. Contact Dejay for purchase prices.

#### WILA Innovations

<http://www.wila-products.com.au/products/head-protectors>

02 9674 5315