

Mitch's Story

Mitch is a 21 year old man who enjoys watching sports, action movies, hitting the gym, and hanging out with friends.

And while he lives at home with his mum and step-dad for now, he's looking forward to moving out.

He also lives with a disability.

At the age of 19, while at a party with friends, Mitch dove into a pool and sadly broke his neck in three places. After this accident, Mitch was declared quadriplegic, having only minimal movement in his neck and arms.

Mitch became reliant on assistance from carers for many tasks, including meals and personal care. Despite this enormous impact on his life, he continued to maintain a positive outlook, and wanted to stay proactive, realising that "...you can't just lay there and just suffer".

Mitch continued physiotherapy and exercise, eventually regaining some movement in his hands. As a result he could begin to take a more active role in his own care. Following this breakthrough, Mitch was keen to continue regaining his independence.

“ I can press my emergency button and I'm guaranteed that there will be someone to help me

– Mitch



The solution

Upon returning home from hospital, the Princess Alexandra Spinal Unit referred Mitch to a transition care program that provided him with a Tunstall emergency alarm, reducing his need for round-the-clock carers while providing him with peace-of-mind that help is available if he needs it.

With limited movement, Mitch required a tailored alarm solution that would accommodate his disability. In addition to his personal pendant, worn around the neck, Mitch's wheelchair was customised with a jellybean button, enabling him to easily activate his emergency alarm in any situation, from anywhere in his home. The jellybean button is ideal for people with limited mobility as it has a larger surface area and is sensitive enough to recognise the slightest touch.

When the alarm is activated in an emergency, it dials Tunstall's 24-hour monitoring centre, putting Mitch in contact with a care consultant, who can



aid him by assessing the situation and contacting his emergency contacts to assist, such as a carer or family member.

In addition to the Tunstall service, Mitch also uses the HouseMate Home Control app to remotely control electrical devices such as the lights, air conditioner and television from his iPad, enabling Mitch to have greater independence and feel less reliant on his family and friends.

The results

Now, Mitch feels safer, more independent, and confident that he can manage more things on his own. He also knows that if anything does happen and he needs help, it's always available.

Mitch says, "If I have a spasm or need something when no-one is around, I can press my emergency button and I'm guaranteed that there will be someone to help me at any time that I need it."

Mitch is also appreciative of Tunstall's ability to provide tailored solutions, having customised Mitch's wheelchair with the larger, more sensitive

jellybean button, to make it easier for him to press with his limited mobility.

"If I'm falling out of my chair I've got two options—I can press the jellybean button on my wheelchair controller or the pendant around my neck to activate the emergency alarm," says Mitch.

"The connected care technology helps me to be independent and it makes me feel safe knowing there is someone to get me help if I need it."

Thanks to all his assistive technology, Mitch can envision a more independent future, living on his own with minimal assistance from carers, as any young adult would wish.

Mitch also hopes to become a motivational speaker and inspire people of all ages through his story, reminding people that although life may not turn out the way you thought it would, with a positive attitude you can still do great things.

Mitch's assistive technology is accessed through self-directed support funded via Your Life Your Choice.

For more information about Tunstall Healthcare's connected health solutions, visit www.tunstallhealthcare.com.au or call us on 1800 603 377.



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