

Epilepsy Support Devices and Apps

Things to consider before purchasing a Device or using an App

1. Speak to your specialist to see if he/she has any recommendations backed up by medical research.
2. Many devices are expensive so before purchasing contact the manufacturer directly and discuss the features of the device to ensure that it is suitable for your needs.
3. If you are considering an alerting system, does the device detect your particular seizure type? Different seizure types may be detected by different methods e.g. heart rate, oxygen levels, movement or perspiration.
4. What is the purpose of the device you require? For example, do you require it for: *Organisation and reminders for you, alerting others to your seizure activity, tracking and monitoring seizures for yourself or/and to share with Doctors (is this data secure?) or providing useful information to carers?*
5. Comfort and ease. Is the device comfortable to wear? Is the person happy to have the device on display?
6. Is the device/app suitable for any specific age?
7. Does the device need power to charge?
8. Does the device/app require wifi?
9. What is the capacity and distance it can track, record, alert and store information?
10. What else will the device need? *e.g. apps, monitors, smart phone, camera, specific watch, fitbit or Ipad*
11. How straight forward is the set up and is there a set up and installation cost?
12. What happens if the device breaks (insurance, warranty, replacement cover)
13. Cost. Is there a one-off cost/ subscription cost/monitoring cost? What is postage cost to NZ? Can you get some of the cost covered by WINZ benefit or a one-off personal funding payment/grant?
14. Is it compatible with NZ power outlets?



App Support for Epilepsy Management

(Note*There are many apps, these will vary with brand of phone)

Smart Phone + Smart Watch Apps can provide a wide range of options for monitoring and diary systems. These are often updated, and more Apps are always becoming available. There are currently far too many to list individually, so there is only a limited sample here. When looking for a Smart Phone or Smart Watch app, consider what you need. Simply doing a Google Search will provide you with the most up to date information on what the App can do. Some features are listed below...

- Monitoring of heart rate to identify / track seizures
- Smart Watch apps can notify family when you fall
- Notify Emergency Services if you are not able to respond
- Track your location and alert family when you leave boundaries
- Provide google maps location for family or emergency services to locate you
- Some Apps can graph your seizure activity for your neurologist

For specific alarm monitoring systems, there are a wide range of services throughout Aotearoa New Zealand. Try searching for your local provider of these services to arrange a face-to-face consultation. Alarm or Device Services and Seizure Monitors will cost money, so please contact your GP or the Ministry of Social Development to find out if you qualify for financial assistance.



Seizure Alarm - Service Providers currently available in New Zealand 2024

- TE WANA LTD <https://www.tewanaltd.co.nz/>
- ADT SECURITY NZ <https://www.adtsecurity.co.nz/health-and-wellness/nevaalone/>
- REID TECHNOLOGY <https://healthcare.reidtechnology.co.nz/products/emfit-tonic-clonic-seizure-monitor/>
- SEIZURE ALERT AUSTRALIA
https://www.seizurealertaustralia.com.au/?gclid=CjwKCAjwo4mIBhBsEiwAKgzXOIrfEDICmyffD_vmtAh_GxKWrB_gmLESn_zNwNWFNyBIYcgUXBiAazhoCLZkQAvD_BwE

There are more devices and alarms available with some descriptions on the following pages within this document.

- General Monitoring Devices **Page 4-7**
- Other Products – head protection **Page 8**
- Baby Alarm Monitors and Devices **Page 8-9**
- Community Alarm Devices **Page 10-13**

Devices to Support Epilepsy Management

	Details	 Prices may alter yearly. Contact the service provider for quotes	Snapshot of Some Feedback
<p>Companion Mini by Te Wana Ltd</p> <p>Epilepsy NZ has some Companion Mini devices for you to loan and trial</p>	<p>This small device is placed under bed mattress, monitoring movement caused by seizure activity. It sets off an alarm to the pager device held by the caregiver, alerting them to a nocturnal seizure event.</p> <p>Other products by Te Wana can provide pulse and breathing monitoring, and also door alarm or perimeter alarm depending on the needs of the person you are caring for.</p>	<p>If you contact MSD/WINZ regarding your caregiver allowance. This alarm can possibly be funded if you provide care and support someone for more than 4 hours.</p> <p>https://www.tewanaltd.co.nz/epilepsy-alarms</p>	<p><i>"restful sleep for parents/caregivers"</i></p>
<p>Inspyre Watch by Smart Monitor</p> <p>Inspyre Watch App</p>	<p>Smart Monitor provides monitoring and tracking solutions for people with chronic health conditions by using the Inspyre Watch. It provides continuous, portable monitoring of individuals with repetitive shaking motion. It instantly sends text messages and phone call alerts to specified number. It has a full product warranty for as long as your account remains active. You can access event history from the cloud service to download/share reports. You can call for help at the push of a button. There are free upgrades of all firmware & software changes. You can install the Smart monitor app to get more from the watch</p>	<p>You will need to go to the website to contact the manufacturer for a list of prices for the different subscription rates www.smart-monitor.com</p> <p>https://smart-monitor.com/inspyre/</p>	<p><i>"It does the job well but has a tendency to disconnect easily" Inspyre Watch App</i></p> <p><i>"Was loving it but it change the number it was calling from. Now for some reason it will not call me only text but I'm still grateful for the app" Inspyre Watch App</i></p> <p><i>"My mum is less stressed!"</i></p>

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Embrace Watch by Empatica	This is a watch that is designed to detect and alert for tonic-clonic (convulsive) seizures after 20 seconds and monitor physical activity and rest. The Embrace transmits data to a paired smartphone via a Bluetooth connection and has the ability to alert others via a text message and phone call when certain seizure types occur. Before purchasing Embrace, verify if you are able to download both the Alert and Mate apps. The apps are only available for download on phones/devices that have the Play Store/App Store pre-installed.	A one-off purchase price for the watch, plus a monthly subscription fee. Plus postage and maybe import duties www.empatica.com . https://www.empatica.com/embrace2/	<i>"You need a compatible smartphone, which you must keep within approximately 7.5m proximity of the watch"</i> <i>"My 16 yr has one and is very pleased with it. We had one false alarm when she clapped her hands at school, so she has learned to do a one handed clap! Expensive but worth it. You may need to pay import duties so make sure you factor this in"</i> <i>"Highly effective for any tonic or tonic clonic. Our daughter has nocturnal seizures and the water alert system has provided great peace of mind. Many seizures have been detected"</i> <i>I got one when they first came out and it was terrible. The battery charge only lasted a few hours. It wouldn't combine with the software. A total waste of money. But maybe the newer model is better".</i>
SAMi – The Sleep Activity Monitor	SAMi is a sleep activity monitor for people who need to watch for abnormal movements of an individual during sleep. When sleeping the audio-video information from a remote infrared video camera is sent to an app running on a device such as an iPhone or iPod Touch. The SAMi app records and analyses the video for unusual activity. When an unusual event is detected, an alarm is sounded,	Include postage and import duties \$1470.91 approx \$2134.15 approx www.samialert.com	<i>"The SAMi sleep activity monitor and consensus is that we wouldn't look back. It does take quite a bit of tweaking to get sensitivity right but has given our child greater independence whilst still being able to record and review seizure activity. The monitor does require good WIFI, or a modem can be used to boost this. When considering the monitor, it may also be beneficial to have</i>
	followed by live sound and video from the SAMi network camera. There are various international versions: Standard Sami 3 kit and JB Edition Sami 3-Ipad kit There is also another option for NZ clients. If they have wifi in the home and have or can purchase an iOS device (iPad/iPod Touch/iPhone) of recent make, then only the SAMi camera is necessary. It comes with the appropriate wall plugs and is \$591 NZ approx. The postage to mail just the camera is \$80 NZ approx and the two kit options will be \$140 NZ approx.	https://www.seizurealertaustralia.com.au/product-category/sleep-monitors/sami/?gclid=EAlaIQobChMlt5bw1lvRgg_MVjalmAh2BtAcPEAAYASAAEgIVgPD_BwE	<i>an apple device dedicated to the recording, as this can take up quite a bit of space."</i> <i>"Watch out if your cat sleeps in or on the bed. It gave us a false reading and panic when the cat was on the bed moving around but the child was sleeping soundly"</i> <i>"We brought a Sami sleep alert. it was expensive, but worth every cent. The camera is mounted at the end of the bed. You have a separate iPad/phone/iPod you can watch activity live, continuous movement sets off an alarm and makes a noise. When we first got it we had the settings to sensitive, but after adjusting it's been brilliant."</i>

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PulseGuard Pro	<p>PulseGuard Pro is a monitoring system designed to detect seizures that are associated with a rise or fall in a heart rate. The system has two components: a wrist/or ankle worn sensor, which communicates via Bluetooth with the PulseGuard tablet (a specially modified Apple iPad). PulseGuard is not a medical device. It is designed as a monitor for personal use. Ipad needs to be within a few meters to work.</p> <p>There is currently also another system named PulseGuard Pock-iT which is a much lighter version of PulseGuard on an iPod, this is supplied exclusively by our partner company Alert-iT, if you would like a quote for this, please contact them directly at: Sales@alert-it.co.uk They will be happy to help you with this.</p>	<p>The cost of a PulseGuard system, \$2433.53 NZD (2018 pricing) The cost of shipping is \$68.14 May be import duties no subscription fee's for PulseGuard, It is a one off payment www.pulseguard.org https://livingmadeeasy.org.uk/product/pulseguard-epilepsy-sensor</p>	<p><i>"We've had our pulseguard for a while now and it's been fantastic, I just wanted to also point out that one evening our son was in bed on his back when his alarm went off in the night, obviously we thought he was having a seizure but actually he was choking on his own vomit. Thank god the alarm picked up on this and alerted us. I would like to make a suggestion though as my mum sometimes has my son overnight but she is hard of hearing and can't hear the alarm, if possibly maybe some kind of vibrating device worn by the carer could essentially a Good idea?"</i></p>
GPS - SOS smart wristband	<p>GPS Tracker 4g Phone Watch SOS One Key Call Anti-wandering Tracker Sports Pedometer Bracelet Heart Rate Blood Monitoring</p>	<p>https://www.aliexpress.com/item/1005005583285427.html?src=google&aff_fcid=849fb50e36b9485aac7c398b2f6aad59-1700439955782-09061-UnaMJZVf&aff_fsk=UnaMJZVf&aff_platfor m=aaf&sk=UnaMJZVf&aff_trace_key=849fb50e36b9485aac7c398b2f6aad59-1700439955782-09061-UnaMJZVf&terminal_id=7f554d7c3d2a4925aec60c42ef82412a&afSmartRedirect=y</p>	

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<p>Emfit Seizure Monitor (Tonic Clonic)</p> <p>Epilepsy NZ loan these out for up to 3 months (no charge)</p>	<p>Emfits's tonic-clonic seizure monitor's use is for detecting and notifying a caregiver is a person experiences a tonic-clonic seizure that causes faster, continued body movements while in bed, Additionally, it can also monitor an individual's presence in the bed and will give notification if the monitored person leaves the bed or does not return to the bed within a preset time. There are no particular weight limits: sensitivity can be adjusted for a child 2-12 years, adolescent 12-21 years, or adult.</p>	<p>www.reidtechnology.co.nz moresales@reidtechnology.co.nz \$1,201.75 (2018 pricing) incl GST Additional purchases if required EMFIT SafeBed Bed Occupancy Monitor NZ \$1,155.75 EMFIT SafeBed Exit Floor Monitor NZ \$1,155.75 incl GST</p>	<p><i>We purchased the Emfit Movement Monitor for our 5 year old daughter after she had her 2nd seizure. Both of her seizures occurred in her sleep. I know this monitor is expensive, but I just want everyone out there to know it is worth every penny!</i> <i>"I actually just purchased this for my son 4yrs. He has partial/complex and tonic/clonic seizures. His convulsions are very small with very little/light movement of his right wrist. The monitor has picked up every seizure. This monitor is worth every penny!!"</i> <i>"I am 40 and have this monitor. I have nocturnal seizures and this wakes my husband up. We are both sleeping much better now."</i> <i>"The Emfit can be either set as an alarm alert or a big red flashing light that would be in your room so it doesn't wake the rest of the house but awakens you?"</i></p>
<p>The Night Watch</p>	<p>Seizure detection for nocturnal epilepsy</p> <p>The NightWatch consists of a comfortable wireless armband that closely monitors heart rate and motion while the wearer is lying in bed.</p> <p>When the NightWatch detects a potentially severe seizure, a warning is transmitted to a caregiver via a wireless signal to the armband's corresponding base station.</p> <p>The NightWatch detects various types of seizures with a high level of precision, including:</p> <ul style="list-style-type: none"> • Tonic seizures • Tonic-clonic seizures • Hypermotor seizures • Clustered myoclonic seizures 	<p>For information and quotes https://www.seizurealertaustralia.co.nz/product/nightwatch-seizure-detection/</p>	

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Anti-suffocation Pillow	Anti-Suffocation Pillows. Designed to be breathable, practical and comfortable. Design specifications differ between companies. Gives families peace of mind that they are being proactive in putting things in place to try to minimise suffocation during seizures at night. *No medical evidence that they prevent SUDEP. Available adult and junior sizes	https://www.seizurealertaustralia.co.nz/product/breathe-zy-anti-suffocation-pillow/	
Ribcap Lenny Beanie	For head safety wear – Alliedmedical.co.nz	https://www.alliedmedical.co.nz/products/orthotics-physio/upper-body/head-and-neck/ribcap-lenny-beanie/?gad_source=1&gclid=EAlaQobChMI1q2n4Z7RggMVwZBLBR2j-wpGEAQYBiABEgJHZPD_BwE	
Ribcap Kate SleepSafe Cap		https://www.alliedmedical.co.nz/products/shop-by-brand/ribcap/ribcap-kate-sleepsafe-cap/	

Baby Monitors

Epilepsy NZ loan two models of baby alarms for up to 3 months. Please phone 0800 37 45 37 for more details

Babysense7 + Secure870 Baby Monitor Pack	Two Oricom products in one Value Pack Because you can't watch over your baby around the clock, sleep with greater peace of mind while Babysense7 monitors the breathing movement rate of your sleeping baby. If your baby's breathing movement rate stops for 20 seconds or slows to below 10 breaths per minute a sound and visual alarm will occur. The system's non-touch sensor pads are positioned under the mattress to monitor your	Approx. 2023 pricing \$920.00 https://www.oricom.co.nz/products/babysense7-secure870wh-baby-monitor-pack	
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	<p>baby's breathing movements. The Babysense7 Value Pack combines the peace of mind of the Babysense7 Infant Breathing Movement Monitor with the quality audio monitoring of the Secure330. Babysense7 is intended for use as an Infant Apnoea Alarm.</p>		
Owlet Smart Sock 3 Baby Monitor	<p>Owlet Smart Sock 3 Baby Monitor</p> <ul style="list-style-type: none"> • Tracks baby's oxygen and heart rate in real-time with Owlet App • Measures sleep trends: total hours slept, number of wakings, sleep quality and more • Tells you when baby needs you as the Base Station and Owlet app notify you when readings leave "safe" zones. • Fits babies 0-18 months for both left and right feet • 16-hour battery + quick charge, get 8 hours in 20 min., and a full charge in 90 min. • Wireless charging on the Base Station. • The Smart Sock also integrates seamlessly with the Owlet Cam. 	<p>babies.co.nz</p> <p>https://www.babies.co.nz/owlet-smart-sock-3-baby-monitor.html?sku=OWLSS3-DROSE&gclid=EAlaIqobChMI7p7mw6TRggMVUoxLBR0ZiQ7QEAQYBSABEgI9SvD_BwE</p>	
Video And Audio Baby Monitor	<p>5 level sound indicator – talk back intercom – temperature sensor – auto night vision camera – wall mountable</p>	<p>thebabyfactory.co.nz</p> <p>https://www.babyfactory.co.nz/vtech-bm2700-video-and-audio-baby-monitor-69782</p>	
Neebo	<p>Wrist band worn by the baby up to 5yrs Tracks babies' heart rate and monitors breathing.</p>	<p>Rough guide price between \$400 and \$500. Plus post from America. https://neebomonitor.com</p>	

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Alarms to Support Epilepsy Management

If you feel some sort of personal security alert is needed but not yet in the form of a personal medical alarm, you may decide to put in place these low tech-options first

- Prearranged morning and evening phone calls to a friend or family member who will be alerted if they don't receive these.
- Carrying a mobile phone in your pocket (even a cordless phone if you are within range of its base unit). Program the phone to dial a help number with the touch of just one (or any) key.
- When outside on a trip, if you have a smart phone download an ICE (In case of Emergencies) medical app and add in pre-set contact numbers. Should an event occur, members of the public or emergency services have access to your medical notes and pre-set contact numbers.
- Have an identity bracelet (Medic Alert or inscribed bracelet) or card in your wallet/purse that alerts members of the public or paramedics to any health conditions.
- Door Bells. The bell stays with one person while the other has the button to press in the case of an oncoming seizure (limited capacity for reach- only good around the garden and home)

Before buying or renting a few questions to ask

If I press my medical alarm button and an ambulance is sent, do I pay for it? Most medical alarm companies will cover the cost of the ambulance; check this out before buying or renting. If they company don't cover the cost of an ambulance, then see if you can get support via a disability allowance or WINZ or become a St John member with a one-off yearly fee and free emergency ambulance call outs.

Is the alarm on the Ministry of Social Development accredited medical alarm suppliers? Visit <https://www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html>

How reliable is the alarm company? Ensure that the alarm company is on the panel of approved medical alarm suppliers for the Ministry of Social Development and research reviews. Make sure the company services its own products and does not contract out to a third party.



What other devices/network connections do I need? Do I need Phone coverage? Will I need a specific type of phone or internet system?

How long shall I lease an alarm for? If there is a try before you buy option? Always read the fine print around leasing. The company may supply a 12-month contract or more when you may only want it for a short amount of time.

Will I qualify for a Disability Allowance funded medical alarm? Speak to your GP to learn whether you qualify for funding. Check with work and income about your income and ask them if the alarm cost would be covered (fully or partially) by a Disability Allowance. Go to <https://www.govt.nz/browse/health/help-in-your-home/personal-medical-alarms/>

Alarms to Support Epilepsy Management

(This is only a small overview of alarm systems)

	Details	 Contact the provider directly for quotes
St John Medical Alarm - Currently Ministry of Social Development accredited medical alarm suppliers	For those that experience tonic –clonic/tonic seizures who may injure themselves during the seizure. The alarm comes with a base unit and waterproof pendant or watch. It includes a two-way speaker for hands-free use when talking with the monitoring centre staff. It includes the cost of ambulance call outs. They have a range of alarms, including mobile pendants that you can talk to St John through. Mobile alarms also provide your GPS location depending on cell tower coverage. The Disability Allowance provides financial assistance for those with a physical disability or health condition that puts them at risk. ACC sometimes covers the cost of medical alarm services for patients recovering from accidents. You can discuss this further with your ACC Case Manager. You can also get a free trial period to use the alarm to see if it is right for you	For information 0800 502 323 enquiries@stjohn.org.nz https://www.stjohn.org.nz/medical-alarms/medical-alarms/ Alarms work on a rental basis.
Vital Call Medical Alarms Currently ministry of Social Development accredited medical alarm suppliers	VitalCall is a personal alarm device that can be worn as a pendant or bracelet. It is equipped with a button you press when assistance is required. A signal is sent from the pendant to a base unit, which in turn calls our response centre. Based on your requirements, our response operator will contact a family member, friend, neighbour or emergency services to provide the assistance you need	For information and quotes 0800 20 30 40 medical@chubb.co.nz www.vitalcall.co.nz
Securely Alarms	SECURELY's range of detectors, tailored to the needs of the user, can detect movement or lack of it and falls. Detectors can either be linked to a personal pager of an in-house caregiver or to our monitoring centre, which is monitored 24 hours a day. Also have bed sensors, pressure mat sensors, exit sensors, fall detectors and movement detector	For information and quotes 0800 865 85 www.securely.nz

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ADT Security Ltd Currently ministry of Social Development accredited medical alarm suppliers	A never alone personal security alarm. If you experience any emergency in or around the home, you can call for help using your personal alarm by either: Pressing the HELP (red) button on the medical unit or Pressing the HELP (grey) button on your Wristwatch / Pendant for 2 seconds. The HELP (red) button will now flash slowly indicating the unit has called for help. The pendant is designed to work in any room in virtually any home. It has a range of up to 50 metres, so you may also work in your garden. Also waterproof	For information and quotes 0800 111 238 adt.nevalone.nz@tycoint.com www.adtsecurity.co.nz/nevalone/
Medic Alert	Your First Responder can.... <ul style="list-style-type: none"> • Notify an Ambulance service provider, be it St John, Wellington Free Ambulance or any other (including when travelling overseas) that you have a MedicAlert®. • The responding Ambulance Service can obtain your vital information while the Paramedic travels to the scene of the incident. • In New Zealand just dial 111 or the number on your MedicAlert® emblem, Ambulance services can then provide immediate and appropriate advice based on your known medical conditions and medications to your First Responder. 	For information and quotes https://www.medicalert.co.nz/content/why-medical-alert/Medical-Alarm.aspx
Lone Worker Alarms	Ideal for anyone at high risk, remote worker, duress or has medical issues, allowing freedom & independence, but always in touch with help when you need it – use it at the shopping mall, in the park, at home or business. With inbuilt location finding & GPS Tracker, whenever the Safety device is activated, it automatically sends your location to your emergency contacts cell phone. The personal alarm can also be located by your contacts in the event someone has gone missing or location unknown with GPS Tracking. The automatic fall detection gives wearers the confidence to know, that should they have a serious fall and not be able to respond, the personal alarm has fall detection and will automatically send an emergency SOS message to contacts without the need to press the button	For information and quotes https://www.loneworkeralarms.co.nz/ Works with Spark 3G prepay or 'contract SIM cards- Not included. You will need to purchase separately. Vodafone Pendants available on request \$497 + gst including nationwide delivery (2023 pricing)
Pearl Advanced Help Button Pendant	Pearl Advanced is a specialized help button worn as a pendant, or clip-on pendant. It is designed to detect and summon help automatically if the wearer has experienced a fall, and also features a help button in case of an emergency. It uses a comprehensive algorithm to detect a fall and subsequent impact. Pearl Advanced then sounds a warning beep to signify it is about to send an alert for help.	For information and quotes 03 384 7788 Freephone NZ: 0800 84 88 88 sales@chiptech.co.nz info@chiptech.co.nz www.chiptech.co.nz/products/telecare-products/pearl-help-buttons/pearl-advanced-fall-detection https://www.chiptech.co.nz/personal-help-buttons/pearl-advanced/

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Freedom Medical Alarms Currently ministry of Social Development accredited medical alarm suppliers	After a fall, on in a medical emergency press the button on the pendant. Pendants are waterproof and have a range of up to 100m. Within seconds a trained emergency call taker will phone your home. You can talk to the call taker using the two way speakers on the base unit. If the call taker gets no response they will dispatch and ambulance. Family will also be notified.	For information and quotes 0800 380 280 infor@freedomalarms.co.nz www.freedomalarms.co.nz
Tracecare Currently Ministry of Social Development accredited medical alarm suppliers	TraceCare GPS Medical Alarms are imported from the UK. The personal alarm system uses the latest GPS technology to enable your family to locate you anywhere. The device also has a fall detector and help is at hand at the press of a button. It is very easy to use and you do not need a smart phone for it to work. The TraceCare GPS Medical Alarm uses the latest satellite technology (GPS) to enable your family to find you if you need help. Your family just need to login to the user- friendly portal and locate you on google maps. The software also allows a user to have a 'geo-fenced' an area. Safe zones can be set up and if a user wanders outside the safe zone, an alert will be sent to the family. This feature is particularly useful for users who might wander and lose their way.	For information and quotes 0800 559 720 info@tracecare.co.nz https://nzmedicalalarms.co.nz/
Buddi Tracecare Currently Ministry of Social Development accredited medical alarm suppliers	How It Works: Mobile or lone workers can feel isolated or vulnerable. Our personal, discreet GPS alarm allows the worker to send an alert to a 24/7 monitoring station. The GPS unit uses the Vodafone mobile network to send the location and open a one-way or two-way voice channel. The monitoring team can see where you are and assess if you need help. There are three simple parts to the Alarm System - the clip, the wristband and the dock. The clip must be carried when you're out-and-about. It has an alert button which, when pressed, will send your location by using the latest GPS mobile technology. The wristband is waterproof and designed to be worn at all times. It senses motion, detects falls and communicates wirelessly with the clip. By pressing the buttons, you can send an alert. The dock charges the devices.	For information and quotes https://nzmedicalalarms.co.nz/

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