**MemRabel™ Practical Help For People With Memory Issues**

**Instruction Manual**

**TabTimer.**
helps keep medications on time
www.TabTimer.com.au
1300 TAB TIMER (1300 822 846)
ABN: 99 137 415 948

MemRabel™ Is a high specification product designed to assist people with dementia, learning disabilities, cognitive disorders and people requiring memory prompts at various times of the day.

MemRabel™ Can record 4 memo's that can be programmed for playback at specific times of the day or same time same day weekly. Alternatively, an alarm beep can be programmed to activate instead of a voice memo. Voice memo's are accompanied by visual on-screen icons to aid recognition. Memo playback repeat time can be selected for 3, 6 or 9 minutes.

MemRabel™ Has an instant message recorder that can be used to leave a message for playback anytime.

MemRabel™ Displays a picture of the Sun during daylight hours and a picture of the Moon during night time hours. This is to aid people who may be confused and cannot associate daytime and night time.

MemRabel™ Can be used with a range of accessories to provide spoken warnings or information when an external device is triggered. For example, a door alarm switch can be used to remind a person to lock their door or to remember to take their keys when leaving the house.

MemRabel™ Has alarm outputs that can be used with accessory products such as a telephone auto dialler or radio pager. These products can be used to warn carers of potential problems such failure to respond to voice memos, wandering, illness or falls in the home.

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**In The Box:**

(1) Clock unit
(2) Wall mount bracket
(3) Fixing kit
(4) 6V 350mA power adaptor
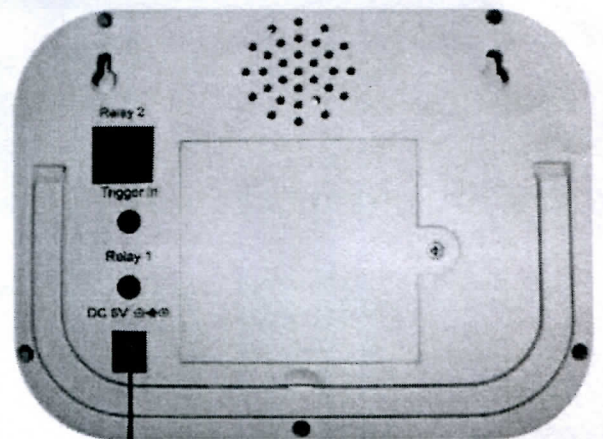(5) Phone jack cable x 2
(6) RJ45 cable
(7) Instruction manual

# Let's Bring Your MemRabel™ To Life

Your MemRabel is supplied with a mains power adaptor. Whenever possible this should be used to power the product. You will need 4 x AA batteries also. You can set up the MemRabel without batteries. This is unwise as all settings will revert to factory default when all power is removed for more than 60 seconds.

**DO NOT** plug in the mains adaptor just yet. Remove the battery compartment screw using a Phillips screwdriver (careful not to lose the screw) Insert the batteries as indicated in the battery holders. You will hear a single beep as the last battery is inserted. Replace the screw. Now you can plug the mains adaptor in if you wish. Clock time display will appear. If not, check you have inserted the batteries correctly.

Note: When the batteries require replacement then to avoid losing your settings you can either; change the batteries with the DC power adaptor plugged in, or make sure you change the batteries within 60 seconds to prevent losing your settings.
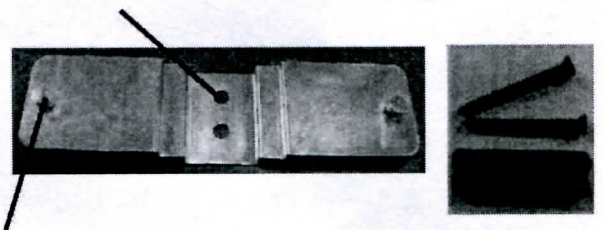
Insert the power adaptor jack plug here

## Installing the MemRabel™

For table-top mounting, gently pull out the stand at the rear of the unit. For wall-mounting, install the supplied metal wall mount.

Mark drill holes using bracket

Lugs slide into screw slots on back of clock. Remember to allow for plugging in power adaptor cable

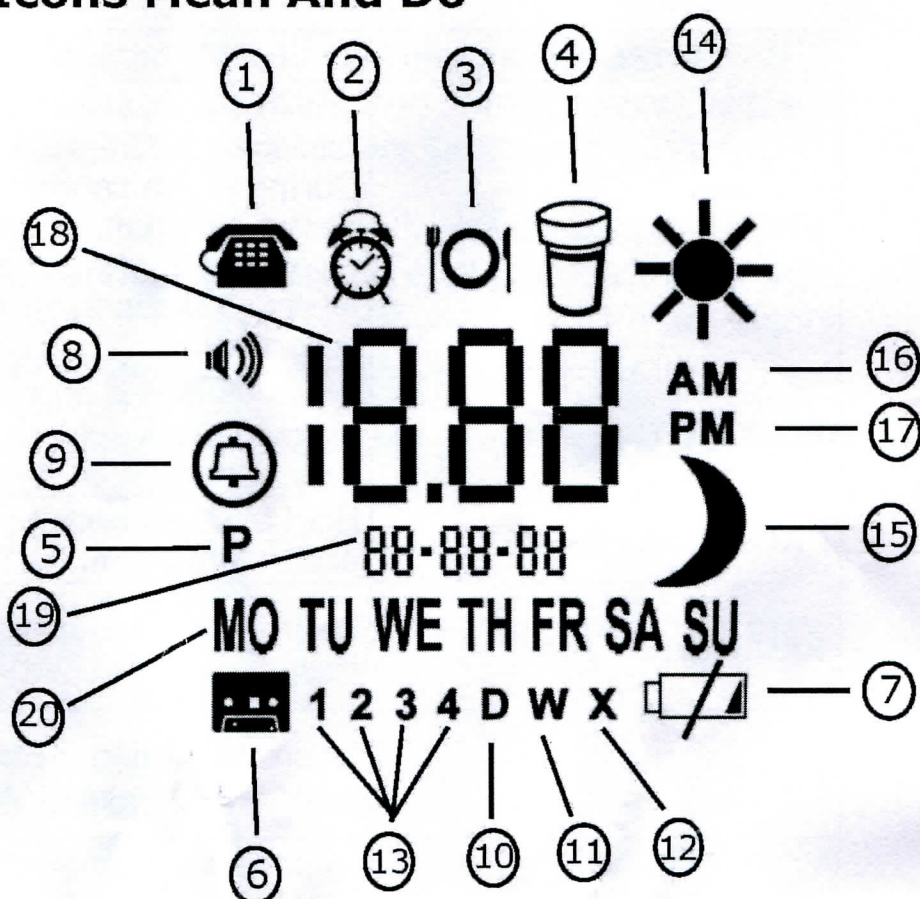## Let's Record & Play Back An Instant Memo.

Press and hold **RECORD** for 3 seconds 📼 starts to flash in the bottom left of display. You are recording. Speak in a clear voice towards the **MIC** hole. A distance of approximately 6" is best. When 📼 stops flashing recording has ended (12 seconds).

Press **PLAY** for message playback. Adjust the playback volume using the slide switch on the left hand side. Low, Medium or High. Message is stored until a new recording is made.
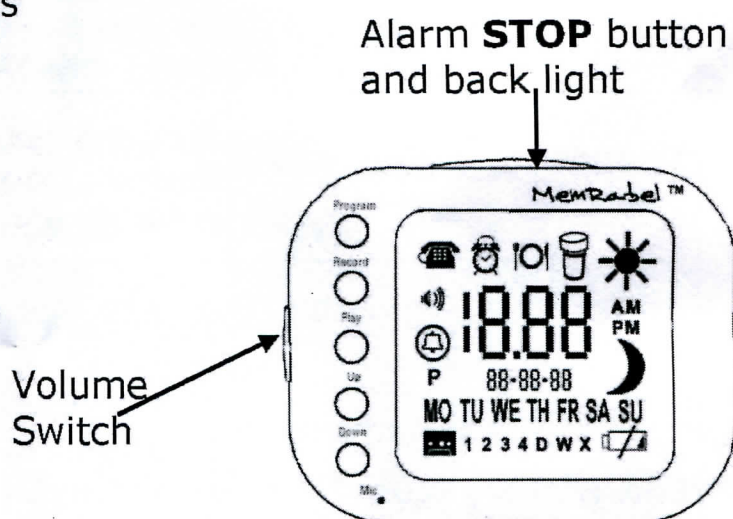
# What The Display Icons Mean And Do

Some icons are only visible during programming and during an active alarm. 1, 2, 3, 4 are selectable Icons to aid recognition of memo alarm. "Time to take your pills" would be accompanied by 4, pill box icon. Wake up alarm would be accompanied by 2, alarm clock. "Phone the doctor" with 1, telephone icon.

(1) Telephone icon - Flashes during alarm (if selected)
(2) Alarm clock - Flashes during alarm (if selected)
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(9) Timed alerts are alarm sound
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(15) Moon icon – Lit 18.00 to 06.00
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(19) Day/Month/Year digits
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Alarm **STOP** button and back light

Volume Switch

# What Things Are For And What They Do

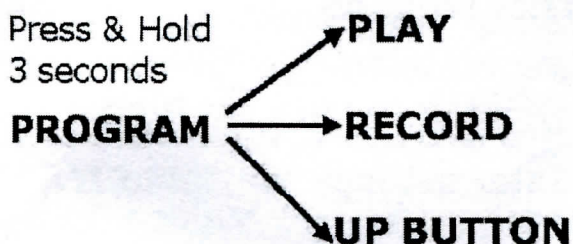| Button/Connector | Function | Info |
|---|---|---|
| **STOP** (top of clock) | Not in alarm, switches on backlight for 15 seconds. During alarm cancels alarm. When moon visible display will light during alarm. 5 seconds on 1 second off. | Must be pressed within selected alarm duration otherwise relay 2 is active. |
| **VOLUME** (left side) | Provides memo and beeper alarm volume selection. | High (Bottom) Medium (Middle) Low (Top) |
| **PROGRAM** | Hold for 3 seconds to access programming | Confirms selected setting during programming |
| **RECORD** | In programming gives access to memo setting | Not in programming press for 3 seconds to record instant message |
| **PLAY** | In programming gives access to time set | Not in programming, press to play back instant recorded message |
| **UP** | In programming gives access to trigger time on/off | Use to advance setting and scroll to next option |
| **DOWN** | In programming use to decrease setting | Use to decrease setting and scroll back. |
| **MIC** (Bottom of clock) | Use to record voice memo | Talk toward MIC at a distance of 6" |
| **Relay 2** (Connector rear) | Use to connect external devices, telephone auto dialler. | Provides volt free relay output if timed messages are not cancelled |
| **Relay 1** (Connector rear) | Use to connect external devices such as pager transmitter. | Output is active on every timed memo and trigger input activation. |
| **Trigger In** (Voice memo 4 only) | Provides input from other devices: Door contacts, pressure mats etc. | Connect N/O and N/C devices. Change of state triggers momentary action of relay. |
| **DC 6V** | This is where supplied power adaptor plugs in | Do not use any adaptor other than the supplied one otherwise permanent damage may result. |
| **Low Battery Icon** (In display) | Filled area reduces when batteries run down. Flashes when replacement due. | When batteries removed, new ones must be inserted within 60 seconds to retain settings |

# How To Access Programming

There are three groups of settings that you can make with the MemRabel. These are: Time & Date, Timed Memo's and Control of the Trigger input message (memo 4 only) and active time on/off.

Each group is accessed by pressing and holding in for 3 seconds the **PROGRAM** button. You then press **PLAY** for time, **RECORD** for memo and **UP** to set trigger input active time on/off (if used with an accessory sensor, otherwise ignore this group).

Press & Hold
3 seconds → **PLAY**          **SET TIME**

**PROGRAM** ⟶ **RECORD**      **SET AN ALARM MEMO**

**UP BUTTON**                **SET ACTIVE TRIGGER INPUT TIME ON/OFF**

## Let's set the Time & Date

Press and hold **PROGRAM** (3 seconds) **P** flashes in display.

Press **PLAY** - Hour digits flash. Use **UP** or **DOWN** buttons to set correct hour, notice as you advance through digits AM PM and Sun and Moon Icons change.

Press **PROGRAM** - Minutes flash. Use **UP** or **DOWN** to set correct time.

Press **PROGRAM** - Day of month flashes. Use **UP** or **DOWN** to set. As you change the date you will notice the day of week icons change. The correct icon will be displayed when the correct date, month and year is entered.

Press **PROGRAM** - Month flashes. Use **UP** or **DOWN** to set

Press **PROGRAM** - Year flashes. Use **UP** or **DOWN** to set

To confirm and save new settings and exit programming, press and hold in **PROGRAM** for 3 seconds.

Note: If settings are not saved and if no buttons are pressed for 6 minutes, MemRabel will exit programming automatically. No new changes will be saved.

**Display Light** To illuminate time display, press top button. Back light will stay on for 15 seconds then automatically go out.

# Setting Timed Alarms Voice & Beeper

When setting timed Memo's or timed Beeper Alarms, some thought is required. A message set to repeat daily at the same time should not be used for an appointment reminder as it could be confusing if the message were to play each day.

For an appointment, a weekly reminder would be selected. For daily medicine reminders or daily tasks, daily alarm would be selected. Memo alarms 1 - 4 can independently be selected for daily **D** or weekly **W** repeat. The option of no alarm **X** can be used to silence a stored alarm message and timed settings when it is not required.

## How To Set A Timed Memo

Press **PROGRAM** for 3 seconds. **P** flashes in display. Press **RECORD. 1** starts flashing in bottom of display to enter settings for Memo 1. To advance to Memo 2, 3, 4 use **UP/DOWN** buttons.

Press **PROGRAM**, Hour digits flashing. Use **UP/DOWN** to set Hour.

Press **PROGRAM**, Minute digits flashing. Use **UP/DOWN** to set Minutes

Press **PROGRAM**, **W** flashing in display. Use **UP/DOWN** to select **W**, alarm is repeated same time of day, same day weekly, **D** alarm is repeated same time daily, **X** alarm silenced. When selecting **W** use **UP DOWN** to select day of week for alarm.

Press **PROGRAM** 🔊 icon is flashing. Use **UP/DOWN** to select between memo alarm 🔊 or Beeper alarm ⏰ if beeper selected press **PROGRAM** then use **UP/DOWN** to select Icon type, if memo alarm selected press **PROGRAM** then press **RECORD**, record your 12 second memo. Check your memo by pressing **PLAY** button, re-record by pressing **RECORD** button again. For silent alarm, make no sound during recording.

Press **PROGRAM** Phone Icon flashes, use **UP/DOWN** to select icon type

☎          ⏰          |O|          🗑          ☐ No icon

Press **PROGRAM**, **3** is flashing in display. This is the time in minutes that the 12 second message will be repeated. You can select 3, 6 or 9 minutes. Use **UP DOWN** to select required repeat duration. This feature is linked with alarm output 2 and is the time delay before the output becomes active. If no external devices are used, no need to worry, just select the time duration for message playback.

To programme Memo's 2 - 4 press **PROGRAM** then repeat above sequences. Or, to save settings and exit programming press and hold **PROGRAM** button for 3 seconds.
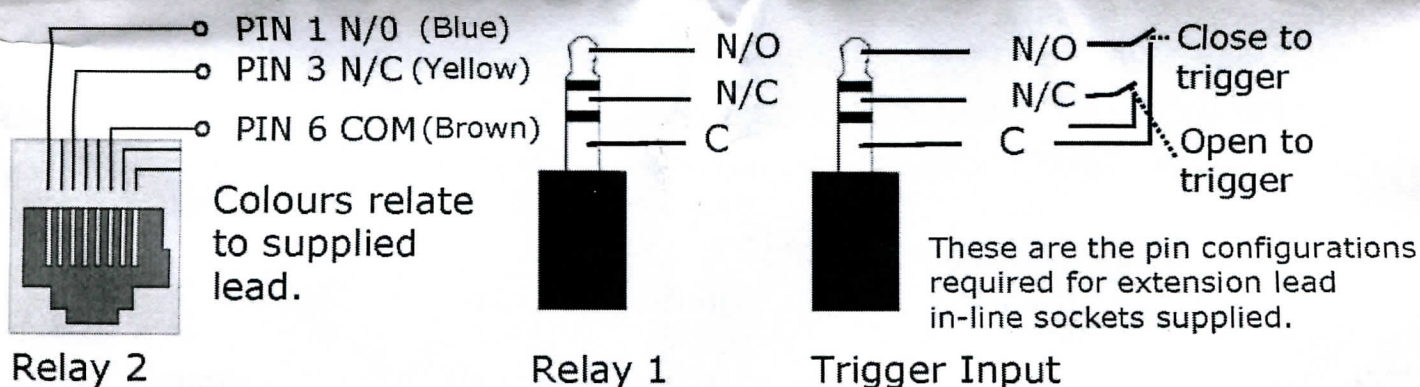
# Connections And The Trigger Input

MemRabel is equipped with connection ports that both allow external devices to trigger playback of a recorded memo (memo 4 only) and to make use of the two relay outputs, 1 and 2. The Trigger input and relay output 1 uses a stereo 3.5mm female socket. Relay output 2 is an RJ45 connector. The trigger input ONLY activates Timed Memo/Beeper 4 and can be programmed to be active at specific times only. If the MemRabel is used with a door alarm or bed sensor, for example, these types of alarms may only be required at certain times of the day. You may also want the Trigger Input to activate a silent alarm only, in which case simply make no sound during recording of timed Memo 4 (see page 6 for further details).

**RELAY 1.** Each time a memo alarm activates or when a trigger input is applied, **RELAY 1** provides a momentary volt free output (300mA load) max load. Pager transmitters or other devices can be connected to **RELAY 1.**

**RELAY 2.** If a memo is not acknowledged by pressing top **STOP** button, or a trigger input remains in reverse state (like a door left open) for longer than the selected alarm duration of 3, 6 or 9 minutes, **RELAY 2** will produce a momentary volt free output. Typically, a telephone auto dialler would be connected to **RELAY 2.**

PIN 1 N/0  (Blue)
PIN 3 N/C (Yellow)
PIN 6 COM (Brown)

Colours relate to supplied lead.

N/O
N/C
C

N/O — Close to trigger
N/C — 
C — Open to trigger

These are the pin configurations required for extension lead in-line sockets supplied.

Relay 2      Relay 1      Trigger Input

## Setting Trigger Input Active Time On/Off

Press **PROGRAM** (3 seconds) then press **UP** button Hours flash with **ON** shown in display. Use **UP DOWN** button to set Hour.

Press **PROGRAM** Minutes flash. Use **UP DOWN** button to set minutes.

Press **PROGRAM** Hours flash, **OFF** shown in display. Use **UP DOWN** button to set Hour

Press **PROGRAM** Minutes flash. Use **UP/DOWN** button to set minutes.

Press **PROGRAM** Use **UP/DOWN** button to select either **X** (feature is off) or **D** (feature is set for daily occurrence).

There is no need to press **STOP** button in response to trigger activated alarm.

# Software Reset - Declaration Of Conformity

In the unlikely event that an operational problem develops due to a software error, you can reset the unit.

## Re-setting all programming back to factory default settings

Open up the battery compartment and locate the small reset hole to the side of the battery compartment screw hole. Whilst power is still connected, insert a small pin into the hole and push.

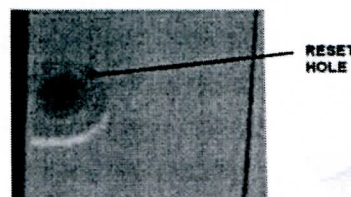Factory default settings:
Time: 12:00 AM
Date: 01-01-10
Instant memo: No recording
Timed memos: No recording
Timed memos Off/Daily/Weekly: Off
Timed memos alarm or voice: Alarm
Trigger input period: 24 hrs, Off



RESET HOLE

## EC Declaration of Conformity

We the manufacturers declare that the MemRabel device meets the essential requirements of all applicable current European Directives including the requirements for safety and EMC compliance.

CE Signed for and on behalf of Global Tech UK
Winfrith Technology Centre, Winfrith Newburgh, Dorchestor, Dorset, DT2 8ZB, UK.

This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general waste. This equipment should be taken to your local recycling centre for safe treatment.

Also ensure that batteries used in the device are disposed of in accordance with the manufacturer's instructions. Batteries should not be mixed with general waste.

Disposing of this product and batteries correctly will save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. If you are unsure of your national requirements with respect to disposal please contact your local authority, dealer or supplier for further information.