

Fall Risk Self Assessment

CHECK ALL THAT APPLY

Have you had a fall in the past year?	
Are you 75 or older?	
Are you sometimes unsteady when you stand or walk?	
Do you sometimes have numbness, tingling, or pain in your feet?	
Do you sometimes use an assistive device to walk? (i.e. cane or walker)	
Do you sometimes feel dizzy when you stand up? (i.e. from bed or chair)	
Do you take 5 or more prescription medications?	
Do you have a history of depression, diabetes, hypertension, or osteoporosis?	
Do you have a history of stroke, dementia, or memory loss?	
Do you feel you should be more physically active than you are?	
Does your vision affect your ability to see where you are stepping?	
Do you sometimes have to rush to the bathroom? (frequent use of diuretics and/or laxatives)	
Do you have a known environmental hazard in your home? (stairs without rails, need for grab bar or railing, poor lighting etc...)	
Is your home cluttered so you don't have clear walkways? (i.e. electrical cords, throw rugs, boxes, or other items on the floor)	

The more check marks, the greater your risk for having a fall. Falls can be prevented. You can make changes to reduce your chances of falling. If you would like more information about how to prevent falls at home contact: (209)558-8698 or 1-(800) 510-2020.



Area Agency on Aging



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Stanislaus County Fall Prevention Resource Guide



Mission:

“To reduce the risk of falls and increase fall prevention awareness in a collaborative community effort through education, training, and implementation of best practice interventions for fall prevention.”

**For More Information Call:
(209) 558-8698 or
1-(800) 510-2020**

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Web Resources

AARP: <http://www.aarp.org>

City of Modesto Senior Services:

<http://www.modestogov.com/prnd/programs/recreation/seniors>

Fall Prevention Center of Excellence: <http://www.stopfalls.org>

Healthy Aging Association: www.healthyagingassociation.com

Home Safety Council Resources:

<http://www.homesafetycouncil.org>

Stanislaus County Aging & Veterans Services:

<http://www.agingervices.info>

National Center for Injury Prevention and Control (NCIPC):

www.cdc.gov/ncipc/preventingfalls

National Council on Aging: <http://nihseniorhealth.gov>

Falls are not an inevitable part of life, even as a person gets older. You can take action to prevent falls. Your doctor or other health care providers can help you decide what changes will help. The following guide is intended to provide you with resources to assist you in preventing falls. This is only a partial list of agencies in Stanislaus County, and the information provided does not reflect an endorsement by the Fall Prevention Coalition of Stanislaus County.

Medication Management



Managing medication can be very complex and confusing. There are some simple tools available to help you organize your medications to ensure you are taking them as prescribed. A weekly pill box organizer can be purchased at most pharmacies and are usually inexpensive.

Home Delivery /organization service: A few pharmacies offer a medication management service where they organize and place your prescriptions into trays or packages, and deliver them to your home every 1-2 weeks as needed. There may be a nominal fee for this service. Call for more information including insurance coverage and delivery area.

Carranza Pharmacy - Modesto (209) 538-2971

Coffee Plaza Pharmacy - Modesto (209) 522-3367

Model Pharmacy - Modesto (209) 522-1079

Note: Keep a record of your medicines. Make sure to list all the prescription and over the counter medicines and/or supplements you take. Bring it with you to all your medical appointments for review and update.

For a free wallet size medication card call (209) 558-8698

MEDICATION LIST			
Medication Name	Dosage		

*Shown is a smaller example than actual card size.

Medical Equipment

Durable Medical Equipment / Assistive Devices

Medical Equipment and Assistive Devices can help a person complete basic activities of daily living (i.e.; eating, dressing, toileting, bathing, etc.). These may include bath safety devices like a raised toilet seat, shower chair, special lift or bed rail, mobility aids like a cane or walker, special eating utensils, reachers, and dressing aids, just to name a few.

Many items are covered by medical insurance but some are not. Most insurance companies require a physician's order or prescription for such devices. Insurance agencies often contract with a specific vendor, so always check with your insurance before purchasing items.

How to get started: Ask Your Physician for a Prescription

There are several medical equipment stores that bill insurance, i.e.; Medicare/Private Insurance. Check listings for 'medical equipment' in the Yellow Pages. Ask your physician to fax your prescription (or you can take it) to a medical supply company that accepts your insurance.

For Medi-Cal clients:

Premiere Medical Supply - (209) 537-2882, Fax: (209) 537-0301

For Medicare Advantage plans:

Apria Healthcare - (209) 548-4400, Fax: (209) 543-1212

Medicare:

G7 Medical - 1-(866) 846-3336

Home Med-Equipment - (209) 521-2538

Note: This is not a complete list. Please refer to the Yellow Pages for more listings.



If You Have Had a Fall

Fall Coalition Recommendations:

1. **Ask your physician for an order for *Physical Therapy** for a "Safety/Fall Risk and Balance Assessment".
2. **Use a "Home Safety Checklist"** to evaluate your home environment and reduce fall risks.
3. **Work to improve your strength and balance** with a "Young at Heart" class or similar program - with your physician's approval.
4. **Be Smart** - use assistive walking devices, handrails, grab bars, and shower chairs to help you maintain your balance.

***Note:** If you are primarily homebound and outpatient Physical Therapy would be a hardship, you may qualify for "Home Health Physical Therapy". Be sure to request this from your physician if this applies to your situation.

Many falls can be prevented. You can reduce your risk of falling by making some simple changes:

FOUR things you can do to prevent falls: (Center for Disease Foundation)

- 1) Begin a regular exercise program
- 2) Have your physician / pharmacist review your medications
- 3) Have your vision checked
- 4) Make your home safer by:
 - Removing clutter from stairs and places you walk
 - Installing grab bars and hand rails where needed
 - Improving the lighting in your home

For more information about Fall Prevention and to obtain a **FREE 'Home Safety Checklist'** call the Stanislaus County **Senior & Caregiver Information line:**

(209) 558-8698 or Toll-Free: 1-(800) 510-2020

Emergency Response Systems

There are two basic types of personal emergency response systems: monitored and non-monitored. Monitored services include a monthly fee, a special device to connect to your phone, and a wireless pendant or bracelet that, when activated, calls out to an operator who helps direct assistance to you. There are several agencies that offer monitored emergency response systems. Call for prices for installation and monitoring fees.

Monitored:

Health Watch - (Visiting Nurses Association) (209) 571-8700

Lifeline - (DMC Foundation) (209) 576-3302

Response Link - 1-(800) 894-1428



Non-Monitored:

California Telephone Access Program (CTAP) Offers *free* phones for the visually or hearing impaired AND also offers a personal emergency phone for those who have a mobility problem and a vision and/or hearing impairment. The application must be verified and signed by your physician. For more information call: **(800) 806-1191** or go to: <http://www.ddtp.org/CTAP>.

For assistance with the application call the Senior & Caregiver information line **(209) 558-8698** or **1-(800) 510-2020**.

Cell Phones: The most basic is a working cell phone without service. All cell phones will call 911, so a family member's old phone can serve as an emergency phone. Just remember to keep it with you and to keep it charged.

In-Home Assistance

3. In-Home Supportive Services (IHSS) For persons who are aged, blind, or disabled, and are limited in their ability to care for themselves and cannot live safely at home without help. Services may include housekeeping, meal preparation, shopping, laundry, and personal care. This help may be provided to Medi-Cal eligible persons through In-Home Supportive Services (IHSS).

Who provides the services? Once approved, you may hire a relative or a friend, or find someone new to you. Adult Services can also assist you in finding a provider through Link2Care, the Public Authority. **(209) 558-4787**

To apply for In-Home Supportive Services call (209) 558-2637. Once eligible, a social worker will come to your home to discuss what help you may need and determine what costs, if any, you may have to pay for the services. The social worker usually conducts a needs assessment on the initial home visit.

4. Veterans Services Office (VSO): (209) 558-7380. Veterans may be eligible for Home Based Primary Care. Call for more information.

5. Respite

A. Family Caregiver Support Program (209) 558-8698. A break for non-paid family caregivers of a senior 60 or older, or Alzheimer's patient of any age. Care receiver must require assistance with some daily activities to qualify. Provides maximum of 30 hours annually of paid in-home assistance from contracted private in-home health agency. May opt for days at adult day care center for clients with Alzheimer's/Dementia.

B. Valley Caregiver Resource Center (VCRC):(209) 521-1794. For Adults with brain impairing conditions such as Alzheimer's, Stroke, and Parkinson's.

In-Home Assistance

In-Home Services

In-Home Services are services that are designed to keep the senior safe in their home. Tasks may include basic domestic chores such as vacuuming, dusting, laundry, meal preparation and clean up; personal care which may include tasks such as assistance with bathing, dressing, ambulation, medications; and paramedical tasks such as wound care.

There are a variety of public and private agencies that offer different levels of In-Home and/or Home Health services. In-home assistance can be costly when you pay privately. Insurance may cover short-term Home Health. Those with limited assets and income may be eligible for 'no cost' Medi-Cal and In-Home Supportive Services.

The options for In-Home Assistance are described below.

1. Private pay: Can range from \$15 - \$30/hour, often with 3-4 hours minimum per visit. For a list of private in-home agencies call the **Senior & Caregiver Info line at: (209) 558-8698** or **1-(800) 510-2020**.

Medicare often covers short-term home health for skilled nursing or therapy. Some insurances cover in-home assistance as caregiver respite for a live-in family caregiver. Check with your insurance to see if it will cover some or all of the costs.

2. Homemaker Program (Catholic Charities) Offers 2 hours of assistance with light housekeeping once every 2 weeks, to frail elderly aged 60 or older who live alone. There is no fee for the service but donations are encouraged. Limited availability; often a waiting list for services. For more information call: **(209) 529-3784**.

Physical Activity & Fitness Classes

Healthy Aging Association “Young at Heart”

- Tai Chi • Strength Training • Low impact Aerobics • Walking •
- Health Education • Fall Prevention • Medication Management

The Healthy Aging Association is a non-profit organization whose mission is to “help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices”. The Healthy Aging Association offers **FREE** fitness classes throughout Stanislaus County to adults 50 and older. **For a list of all the class locations call (209) 523-2800, or visit online at: healthyagingassociation.com**

Gyms

See ‘Exercise & Physical Fitness Programs’ in the Yellow Pages for local gyms & personal training.

Physical Therapy

See ‘Physical Therapist’ section in the Yellow Pages and check to see who accepts your insurance.

Senior Citizens Centers

Modesto: The City of Modesto offers a variety of activities and services in collaboration with community organizations, as well as through recreational and social programs. For the activity calendar call (209) 491-5944.

Oakdale Senior/Community Center: (209) 848-4390

Other Cities: Check with your city’s recreation department.

Swimming/Water Aerobics:

Burriss Pool—Modesto (Disabled and Seniors). For hours call (209) 577-5285.

Home Modification & Repair

Many public agencies offer housing rehabilitation and home modification programs to homeowners. The home must be located within the boundaries of that jurisdiction. Grant and loan programs are based on annual income limits and number of occupants in the household. Many of the grants and/or loans vary, and eligibility requirements differ depending on what city you live in. Call your city below for the details.

Ceres: (209) 557-2099.

Hughson:(209) 883-0811, Extension 6.

Modesto: (209) 577-5245.

Newman: No programs are available through the City of Newman. Newman is eligible under Rural Housing Programs. Please see that listing on page 7.

Oakdale: (209) 557-2099.

Patterson:(209) 557-2099.

Riverbank: (209) 863-7156.

Turlock: (209) 668-5610.

Waterford: (209) 557-2099.

Stanislaus County

Programs are available in the following areas: the communities of Denair, Empire, Grayson, Hickman, Keyes, Salida; the County pocket areas of the Airport Neighborhood, Robertson Road, Bret Harte, Shackelford; and the rural area known as Monterey Park Tract.

Offers grants and loans for repairs, modifications, and handicap accessibility to the home or mobile home. This program is administered by the Housing Authority, County of Stanislaus. Call (209) 557-2099.

Home Modification & Repair

Rural Housing Programs – U. S. Department of Agriculture

This program is available to low-income homeowners who live in rural areas of Stanislaus County, including unincorporated areas of Stanislaus County, and the following rural cities: Oakdale, Riverbank, Waterford, Hughson, Patterson, and Newman. Only portions of Salida are eligible. Modesto, Ceres, Turlock and the Empire area are NOT eligible.

Very low-income seniors, 62 years or older, may receive up to \$20,000 in a loan, a combination loan and grant, or a full grant to remove health hazards, or for modifications to the home. Call (209) 491-9320, Extension 101.

VOLUNTEER PROGRAMS:

Advancing Vibrant Communities

A faith-based non-profit organization that organizes volunteers from various churches throughout the county to help serve the needy in the community. Often assists with minor home repairs and yard work for those who have no other resources. Call (209) 544-9571.

DO IT YOURSELF/ HIRE CONTRACTOR or HANDYMAN

Home Depot

Offers individualized advice/instruction and periodic classes for many common repairs/modifications. Professional installation.

Modesto: (Carpenter Road).....(209) 491-0200

Ceres: (Hatch Road).....(209) 538-1820

Turlock: (Countryside Drive).....(209) 656-1911

Riverbank: (Squire Wells Way).....(209) 863-1370

Also look under 'Hardware' or 'Home Improvement' In the Yellow Pages.