

Senior Coalition of Stanislaus County

Fall Prevention

Resource Guide



STOP FALLS STANISLAUS COUNTY

Right Steps to Fall Prevention

Mission:

“To enhance the physical, mental, and social well-being, while reducing fall risk for seniors and persons with disabilities in Stanislaus County, in a collaborative community effort through advocacy, education, coordinated services and best practices for independence.”



Table of Contents

Physical Activity & Fitness Classes.....	3
Emergency Response Systems.....	4
Medication Management.....	5-6
Home Modification & Repair and Transportation	6-7
In-Home Assistance and Case Management.....	8-9
In-Home Supportive Services.....	10
Medical Equipment.....	11
If You Have A Fall.....	12

Web Resources

City of Modesto Senior Services:

www.modestogov.com/prnd/recreation/scc.asp

Fall Prevention Center of Excellence:

www.stopfalls.org

Healthy Aging Association:

www.healthyagingassociation.org

Learn Not to Fall:

www.learnnottofall.com

Centers for Disease Control and Prevention:

www.cdc.gov/ncipc/preventingfalls

National Institute on Aging:

www.nihseniorhealth.gov/falls

National Council on Aging:

www.ncoa.org/falls

Stanislaus County Aging & Veterans Services:

www.agingservices.info

Falls are not an inevitable part of the aging process. 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 Senior Coalition of Stanislaus County.

Physical Activity & Fitness Classes

Healthy Aging Association “Young at Heart”



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 60 and older and individuals with disabilities. **For a list of all the class locations call (209)523-2800 or visit online at: www.healthyagingassociation.org**

Tai Chi ~ Strength Training ~ Low Impact Aerobics

S.T.E.P.S. Mall Walking ~ Health Education ~ Fall Prevention

Green Bag ~ Nutrition Education ~ A Matter of Balance

Senior Citizens Centers offer a variety of activities and services in collaboration with community organizations, as well as through recreational and social programs.

Ceres Community Center: (209)538-5628

Hughson Senior Community Center: (209)883-4055

Modesto Senior Center: (209)341-2974

Oakdale Gladys L. Lemmons Senior Center: (209)845-3566

Patterson Hammon Senior Center: (209)895-8180

Turlock Senior Center: (209)668-5594

Senior Center Without Walls: 1(877) 797-7299

Swimming/Water Aerobics:

Burris Pool—Modesto (Disabled and Seniors) (209)577-5344

Other Options

Find A Gym Near You - Make sure to ask if they have experience working with older adults. 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.

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:

ALERT Medical Response - (209)634-5555

Apex Real Care Lifeline - (209)525-9111

Life Station - 1(800)884-8888

Alert 1 Response Link - 1(866)809-4066



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 or hearing impairment. The application must be verified and signed by your physician. For more information call **1(800) 806-1191** or go to: www.ddtp.cpuc.ca.gov/

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.

Be sure to add your local Police Department number to your cell phone for quicker response time, phone numbers vary based upon location of city.

File of Life: Keep medical information handy in your personal File of Life, that should go on your refrigerator for medical responders to easily access in case of an emergency.

For assistance with the CTAP application or for your File of Life form call the Senior & Caregiver information line **(209)558-8698** or **1(800)510-2020**.

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:

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
Hughson - (209)883-4911

Coffee Plaza Pharmacy:

Modesto - (209)522-3367

Delhi Drug:

(209)634-0061

Mid Valley Pharmacy:

Modesto - (209)552-7600

Note: Keep record of your medicines and bring it with you to all your medical appointments.

Drop the Drugs: Medication Disposal Program

Unsecured prescription medications left in your home could be susceptible to diversion, misuse, and abuse. The non-medical use of prescription drugs to get high ranks second only to marijuana as the most common form of drug abuse in America.

Service is free and anonymous. Find a location near you to dispose of pills, liquids, and over the counter medicine for confidential incineration. **NO syringes or needles.**

Drop the Drugs Disposal Box Locations:

(Located inside the lobby)
8:00 AM to 5:00 PM

Hughson: (209)883-4052 • 7018 Pine St.

Modesto: (209)523-7115 • 250 Hackett Rd.

Modesto: (209)572-9500 • 600 10th St.

Patterson: (209)892-5071 • 33 S. Del Puerto Ave.

Riverbank: (209)869-7162 • 6727 Third St.

Medication Management

Drop the Drugs Disposal Box Locations Continued:

Ceres: (209)538-5713 • 2727 Third St.
Oakdale: (209)847-2231 • 245 N. 2nd Ave.
Newman: (209)862-2902 • 1200 Main St.

Transportation



Need assistance finding the right transportation? MOVE staff can assist you with providing Travel Training, locating the best Volunteer Driver program, or showing you the way to get to medical appointments in the Bay Area. Call **(209)522-2300** for transportation that can change your life.

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. Many of the grants and/or loans vary, and eligibility requirements differ depending on what city you live in.

Cities Currently Offering Programs:

Modesto: (209)577-5211

Riverbank: (209)863-7156

Turlock: (209)668-5610

Call your city to see what programs are available:

Ceres: (209)538-5774

Patterson: (209)895-8020

Hughson: (209)883-4054

Oakdale: (209)845-3625

Newman: (209)862-3725

Waterford: (209)874-2328

Stanislaus County Housing Authority

Programs are available in the following areas: the communities of Denair, Empire, Keyes and some parts of Salida; the County pocket areas of the Airport Neighborhood and West Modesto.

They offer grants and loans for repairs, modifications, and handicap accessibility to the home or mobile home. Call **(209)557-2007**.

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, Newman, and Salida. 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)722-4119 extension 124.

Community 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**.

DRAIL - Disability Resource Agency for Independent Living

DRAIL enables you to live independently and will do that by supporting you with technology, helping you get connected to resources and services that clear the path towards optimizing your quality of life. Call **(209)521-7260**.

Society for disABILITIES: Maintains a durable medical equipment loan closet to assist individuals experiencing a temporary or permanent disability to obtain the equipment they need. If medical insurance does not cover the equipment that an individual needs or is taking too long to provide that equipment. We loan durable medical equipment to individuals that live in Stanislaus County free of charge. If you live outside of Stanislaus County we charge a nominal “cash only” deposit that will be returned to you once you return the equipment. Call **(209)524-3536**.

Do it Yourself/ Hire a Contractor or Handyman

Look under ‘Hardware’ or ‘Home Improvement’ In the Yellow Pages.

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.

In-Home Assistance Options

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 (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.

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**.

Veterans Services Office (VSO)

Veterans may be eligible for Home Based Primary Care. For more information call **(209)558-7380**.

In-Home Assistance

Respite: Family Caregiver Support Program

A chance for non-paid family caregivers of a senior 60 or older, or Alzheimer's patient of any age, to be relieved temporarily of their responsibilities. Care receiver must require assistance with some daily activities to qualify. Provides limited amount 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. For more information call **(209)558-8698**.

In-Home Supportive Services IHSS

The In-Home Supportive Services (IHSS) program provides in-home care for persons who cannot safely remain in their own homes without such assistance.



In order to qualify for services, the individual must be aged, blind or disabled and meet income eligibility requirements.

If eligible, a Social Worker will come to your home and do a needs assessment based on your medical condition, living arrangements and other available resources; monthly care hours are based on your needs.

To apply call (209)558-2637

Case Management

Multipurpose Senior Services Program

Comprehensive case management services for Stanislaus County residents who are age 65 and older, who receive Medi-cal benefits, are in frail health, and have an ongoing need for case management services. For more information call **(209)558-2246**.

In-Home Supportive Services (IHSS)

Impact Your Community

Get involved with the IHSS Advisory Committee!

By joining the IHSS Advisory Committee you can positively influence the lives of thousands of elderly and disabled members of our community! A link to the Committee's website can be found on the PA's website at www.stanlink2care.org or you may call (209)558-1650.

The In-Home Supportive Services Advisory Committee (IHSSAC) members are appointed by the Board of Supervisors to advise on matters related to the In-Home Supportive Services (IHSS) Program. The Committee is composed of current or former IHSS Recipients and Providers. The Committee also advises the IHSS Public Authority (PA) on matters related to its practices and procedures.

My name is Linda White; Bill, my husband, of almost 30 years, passed away recently. In 1988 Bill was diagnosed with Multiple Sclerosis (MS), he had the type that got progressively worse. The cause of MS is not known and there is no cure. As he struggled with the growing disability, I struggled with working and taking care of him. One day someone told us about In-Home Supportive Services (IHSS). I could get paid to take care of him and didn't have to work outside the home. The program saved our lives. He was able to get the care he needed, I was able to be his caregiver, and we got to stay in our own home. I joined the IHSS Advisory Committee because I wanted to make a difference for people that were in the same situation as we were. I will be forever grateful that we were able to have our years together, in our own home. That Bill was able to have the dignity to be cared for by someone who loved him.



Call to find out current openings on the IHSS Advisory Committee!



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 and/or Medicare:
Mobility Plus **(209)552-2244**

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

For Medicare Advantage plans: Call your Health Plan for provider information.

If You Have a Fall

Senior Coalition of Stanislaus County Recommendations:

1. **Use a “Home Safety Checklist”** to evaluate your home environment and reduce fall risks. Some ways to make your home safer include:
 - Removing clutter from stairs and walkways
 - Installing grab bars and hand rails where needed
 - Have adequate lighting in your home
2. **Exercise Regularly** - Work to improve your strength and balance with a “Young at Heart” class or similar program - with your physician’s approval.
3. **Be Smart** - use assistive walking devices, handrails, grab bars, and shower chairs to help you maintain your balance.
4. **Review Your Medications** - Have your doctor or pharmacist review all the medicines you take including over the counter medicines. Taking multiple medications increases your risk for a fall. As you get older, the way medicines work in your body can change.
5. **Have your vision and hearing checked regularly** - Have your eyes checked by an eye doctor at least once a year. Poor vision can increase your chances of falling.
6. **Ask your physician for an order for Physical Therapy**, for a “Safety/Fall Risk and Balance Assessment”.

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.

Source: U.S. Department of Health and Human Services | Center for Disease Control & Prevention

For more information about Fall Prevention and to obtain a **FREE** ‘Home Safety Checklist’ or ‘Fall Risk Self Assessment’ call the **Stanislaus County Senior & Caregiver Information line at:**

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

