

SENIOR SAFETY

Keeping Seniors Safe and Independent at Home

Our Senior Safety Program is a Comprehensive Approach to Safety that Includes:

Fall Prevention

- Individualized program developed for each patient to improve balance, gait, mobility, and flexibility.
- Education on fall risks and complications.
- Assessment by a physical therapist.
- Assessment by an occupational therapist.

Medication Management

- All medications reviewed by an RN to look for medication interactions that may increase fall risk.
- Complimentary pill box to manage medications.
- Instruction, education, and monitoring; including any necessary lab work.

What can you do to remain safe in your home?

- Exercise regularly if not contraindicated by your doctor.
- Have your vision checked at least once per year.
- Consider modifying your home to make it safer.
- Remove any clutter, rugs and electrical cords that might pose a risk of tripping.
- Keep commonly used items within reach; don't climb to secure out-of-reach items.
- Use non-slip bath mats.
- Improve the lighting in your house.
- Have your medications reviewed by a health professional.
- Consider physical therapy to improve your gait and balance.

A Home Safety Screening

- Environmental assessment and expert advice on simple safety modifications.
- Medical equipment inspection to insure that it meets safety standards.

Improved Communication by Health Care Professionals

- Physicians located onsite at all Pinnacle offices.
- Detailed home record of visits and plan of care.

How do you know if you or your loved one needs Fall Prevention?

There is an increased risk of falls associated with the following conditions. Patients living with any of these conditions would benefit from an evaluation by a senior safety specialist.

Diabetes	COPD	Living Alone
Arthritis	Muscle Weakness	Vision Problems
Dehydration	Parkinson's	Pain on movement

- ✓ Over the age of 65
- ✓ Dizziness or lightheadedness
- ✓ Lack of sensation in feet or lower legs (Neuropathy)
- ✓ Taking more than three medications
- ✓ Suffered a fall in the last year or have fear of falling
- ✓ Must stop while walking short distances
- ✓ Inner ear problems or vertigo
- ✓ Uses assistance device for walking
- ✓ Cardiovascular disorder
- ✓ Unsteady while standing or have to lean on something while standing