

If You Have a Fall

1. **Evaluate your home** by using a “Home Safety Checklist” to assess your home environment and reduce fall risks. Some ways to make your home safer include these guidelines:
 - Remove clutter from stairs and walkways.
 - Install grab bars and handrails where needed.
 - Have adequate lighting in your home.
2. **Incorporate regular exercise (see page 3):** Work to improve your strength and balance with a “Young at Heart” class or similar program - with your physician’s approval.
3. **Use assistive devices (see page 7):** Walkers, canes, handrails, grab bars, and shower chairs help you maintain your balance.
4. **Review your medications (see page 5):** Have your doctor or pharmacist review all the medicines you take, including over the counter medicines.
5. **Monitor your vision and hearing regularly:** Have your eyes checked by an eye doctor at least once a year. Poor vision can increase your chances of falling. An audiologist will check your level of hearing.
6. **Always tell your doctor if you have fallen** since your last check up, even if you did not sustain any injuries from the fall.
7. **Ask your physician for a referral to a physical therapist** for a Fall Risk Assessment.
8. **If you are 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.

Web Resources

Fall Prevention Center of Excellence - www.homemods.org

Healthy Aging Association - www.healthyagingassociation.org

National Council on Aging - www.ncoa.org

Centers for Disease Control and Prevention (CDC) - www.cdc.gov

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Fall Prevention Resource Guide



STOP FALLS STANISLAUS COUNTY
Right Steps to Fall 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 Information line at (209) 558-8698

Senior Coalition of Stanislaus County

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.”

Why We Created This Guide

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.

TABLE OF CONTENTS

Physical Activity	3
Emergency Response	4
Medication Management	5
Transportation & Visitation	6
Medical Equipment	7
Home Modification & Repair	8 - 9
In-Home Assistance	10 - 11
If You Have a Fall	12
Web Resources	12

PHYSICAL ACTIVITY

Engagement in physical activity is an essential component of fall prevention. Activities such as walking and gentle exercises reduce the risk of falls by improving strength, balance, coordination, and flexibility.

Ways to Become Active:

Healthy Aging Association's Fitness Classes

Classes are offered for older adults over 60 years of age throughout Stanislaus County to help improve function, maintain independence, increase quality of life, and to reduce the risk and number of falls.

Programs & Services

- Young at Heart Strength Training
- Tai Chi & Tai Ji Quan: Moving for Better Balance
- Line Dancing for Exercise
- Young at Heart S.T.E.P.S. Walking Challenge



Call Healthy Aging Association at (209) 525-4670 for more information or to find a class near you!

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 Community Senior Center (209) 883-4054
- Modesto Senior Center (209) 341-2974
- Oakdale Gladys L. Lemmons Center (209) 845-3566
- Patterson Hammon Senior Center (209) 895-8180
- Turlock Senior Center (209) 202-3872
- Well Connected Front Porch 1 (877) 797-7299
- Swimming/Water Aerobics in Modesto
 - Burriss Pool (Disabled and Seniors) (209) 577-5344

EMERGENCY RESPONSE

There are two basic types of personal emergency response systems (monitored and non-monitored) that can help an individual who has had a fall and needs assistance.

Monitored services may 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.

Apex Care (209) 525-9111
 LifeStation (844) 719-0964
 Alert 1 (888) 520-7586
 Response Link..... (866) 802-3676
 Life Alert..... (800) 813-3104

- If you have a home based security system, check with your provider to see if they offer a monitored emergency response system for preventing falls.
- Utilize smart watch settings to detect falls and initiate an emergency response if you have a fall.

Non-Monitored services such as a working cell phone is the most basic option for an emergency response system is a working cell phone to call 911 or a family member in the case of an emergency. Keep it charged and with you at all times.

- Activate the voice features on your smart phone such as "Hey Siri" or "Hey Google" to assist you if your phone is out of reach.

File of Life

Keep medical information handy in your personal **File of Life**, which should go on your refrigerator for medical responders to easily access in case of an emergency. To receive a **File of Life** magnet call **(209) 558-8698**.

FILE OF LIFE®

Name: _____ Sex: M F
 Address: _____
 Date of Birth: ____/____/____

EMERGENCY CONTACTS

Name: _____ Home Phone #: _____
 Address: _____
 Relation: _____ Work Phone #: _____
 Name: _____ Home Phone #: _____
 Address: _____
 Relation: _____ Work _____

MEDICATION MANAGEMENT

Older adults are more at risk of falls if they are taking multiple medications. Review your medications with your provider often. 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 pills into trays or packages (dosette box or blister pack) and deliver them to your home as needed. Call your local pharmacy for more information, including insurance coverage and delivery area.

Coffee Plaza Pharmacy (209) 522-3367
 Carranza Pharmacy (Hughson) (209) 883-4911

Medication Disposal Program: Drop the Drugs

Unsecured prescription medications left in your home could be susceptible to diversion, misuse, and abuse. Stanislaus County Drop the Drugs program 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.

Disposal Box Locations

Ceres, 2727 Third St.(209) 538-5713
Hughson, 7018 Pine St. (209) 883-4052
Modesto, 250 Hackett Rd. (209) 525-7115
Modesto, 921 Oakdale Rd..... (209) 567-4480
Newman, 1200 Main St. (209) 862-2902
Oakdale, 245 N. 2nd Ave. (209) 847-2231
Patterson, 33 S. Del Puerto Ave..... (209) 892-5071
Riverbank, 6727 Third St. (209) 869-7162
Turlock, 244 N. Broadway (209) 668-5550
Waterford, 320 'E' St. (209) 874-2349

Help Protect Our Environment

Water contamination due to medications being flushed down the toilet or drains creates significant threats to our environment. Please dispose of medications safely and properly.

TRANSPORTATION

Transportation can help older adults in continuing to live an active and independent life. If transportation is a barrier to an older adult remaining active and involved in the community, there are organizations available to assist.

MOVE Transportation

Need a Ride? MOVE staff can assist with providing Travel Training to teach how to use public transit, locating the best Volunteer Driver program, or showing you the way to get to medical appointments in the Bay Area. Call (209) 672-1143 for transportation that can change your life.

Stanislaus Regional Transit Authority (StanRTA)

Fixed route and ADA paratransit - StanRTA available throughout Stanislaus County. ADA paratransit services provide door-to-door service 365 days/yr within 3/4 mile of standard routes. Must be pre-qualified by MOVE to use ADA service.

Medivan Service - Monday-Friday to Bay Area medical facilities from Modesto Transit Center. Open to the public.

Dial-A-Ride - Monday-Friday curb-to-curb transit services for the general public in Oakdale, Patterson, and Riverbank.

Customer service (209) 527-4900. Website www.StanRTA.org

VISITATION

Many older adults who have had a fall tend to reduce their activities because they are afraid of having another fall, as a result they become isolated and end up increasing their risk of falling due to decreased activity.

Friendly Visitor Program - Project Hope

Friendly Visitors are volunteers who come to your home for social visits and support. Visits are usually twice a month for at least one hour. Activities may include reading together, playing cards, having coffee and conversation, playing games, or going for walks. Call Project Hope at (209) 558-8698 to learn more.

MEDICAL EQUIPMENT

Durable Medical Equipment and Assistive Devices can help a person complete basic activities of daily living and protect against falls. Items may include safety devices such as a raised toilet seat or shower chair, bed rail, and mobility aids such as a cane or walker. Some items are covered by medical insurance.

Most insurance companies require a physician's order or prescription. Always check with your insurance provider or Medicare Health Plan before purchasing items.

Here are some mobility resources:

Mobility Plus of CA Phone: (209) 552-2244

Medical Market Phone: (209) 409-8427

Modesto Mobility Center, Inc. Phone: (209) 577-1069

Society for disabilities

Maintains a durable medical equipment loan closet to assist individuals experiencing a temporary or permanent disability. If you reside in Stanislaus County they just need a doctor's note to waive the deposit, if you reside outside of the county, there will be an out-of-county fee. All medical equipment is subject to availability, call (209) 524-3536 to confirm equipment availability.

Disability Resource Agency for Independent Living (DRAIL)

DRAIL advocates for persons with disabilities and works with their support team to reach their individual goals. DRAIL's six courses are, Assistive Technology Advocacy Services, Housing Search Assistance, Independent Living Skills, Individual and System Change Advocacy, Information and Referral and Peer Support. DRAIL also provides Community Center workshops and other programs for more information please visit www.drail.org

California Connect

Provides FREE, specialized telephones, accessories, and equipment to Californians that have difficulties hearing, seeing, moving, speaking, or remembering. The program also offers the California Relay Service (CRS), which connects people who are Deaf or speech-disabled (Speech to Speech/STS) with people who are hearing. Call 1-800-806-1191 for more information.

HOME MODIFICATION & REPAIR

Home modifications reduce fall risk and help older adults stay independent in their homes. Many public agencies offer housing rehabilitation and home modification programs to homeowners. Various community organizations and businesses offer resources or services as well.

CITIES CURRENTLY OFFERING PROGRAMS

Modesto: (209) 577-5211 Riverbank: (209) 863-7126
Turlock: (209) 668-5610 Patterson: (209) 895-8020

Stanislaus County Housing Authority - Home Repair Program

is designed to repair or eliminate conditions that present critical health and safety hazards and to make homes more accessible.

They offer grants and loans for repairs, modifications, and handicap accessibility to the home or mobile home. Programs are available in the following areas: Denair, Empire, Keyes; some parts of Salida; the County pocket areas of the Airport Neighborhood and West Modesto. To learn how to apply, call (209) 557-2007.

U.S. Department of Agriculture - Rural Housing Programs

provide grants to elderly homeowners to remove health and safety hazards. This program is available to very low-income seniors, 62 years or older who live in the following rural cities: Hughson, Grayson, Newman, Oakdale, Patterson, Riverbank, and Waterford. Non-eligible areas are Modesto, Ceres, Salida, Turlock and Empire. Homeowners may receive up to \$20,000 in a loan, a combination loan and grant, or a full grant to repair, improve, or remove health and safety hazards. For more information on how to apply, call (209) 491-9320.

Advancing Vibrant Communities is a faith-based non-profit organization that organizes volunteers 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 for more information.

HOME MODIFICATION & REPAIR

Home Safety Services is focused exclusively on making the home a safer place in the most practical manner possible, servicing the Central Valley. Visit www.homesafety.net or call 1 (888) 388-3811 for more information.

Dignity At Home - Fall Prevention Program

Healthy Aging Association in collaboration with the Stanislaus County Area Agency on Aging (AAA) provides in-home environmental assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.

To qualify for the program individuals must be at least 60 years of age or disabled and be at risk of falling or have had a fall.

To get the process started, contact the Senior Information Line at (209) 558-8698.



"Falls are not a normal part of aging. You can keep on your feet and avoid the risk of a fall. Take steps to stay safe and independent longer."

Centers for Disease Control and Prevention (CDC)



IN-HOME ASSISTANCE

In-Home Services are designed to keep seniors safe in their homes. Tasks may include basic activities of daily living, 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.

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.

Private Pay

Can range from \$27-\$45/hour, often with 3-4 hours minimum per visit. 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.

For a list of private in-home agencies, call the Senior & Caregiver Info line at: (209) 558-8698 or (800) 510-2020.

Catholic Charities - Homemaker Program

Provides light housekeeping services for Stanislaus County seniors. Priority is given to seniors who are at risk of losing their independence, frail or disabled either permanently or temporarily, those who are isolated, persons 60 years or older, and those of low income. There is no fee for the service, but donations are encouraged.

For more information, call (209) 396-6954.

Veterans Service Office (VSO)

Veterans and surviving spouses may be eligible for "Aid and Attendance" or Housebound benefits. For more information, call (209) 558-7380.

IN-HOME ASSISTANCE

Family Caregiver Support Program - Respite

A free program for unpaid family caregivers of an older adult aged 60 or older or Alzheimer's patient of any age. Respite relief is provided up to 50 hours per year. Services are provided by qualified home care agencies to include homemaking, personal care, and in-home supervision. For more information, call (209) 558-8698.

In-Home Supportive Services (IHSS)

The In-Home Supportive Services (IHSS) program is for older adults and persons with disabilities who are Medi-Cal eligible, are limited in their ability to care for themselves, and cannot live safely at home without help. IHSS provides a wide range of assistance to meet your individual needs to help assure that you can live safely at home. Services may include shopping, housekeeping, meal preparation, laundry, & personal care. If eligible, a social worker will go out to your home to discuss what help you may qualify for and determine what costs, if any, you may have to pay for the services. The social worker will usually conduct a needs assessment during the initial home visit. You may hire a friend or family member to be your care provider. IHSS also has a care provider registry service if you need help finding a care provider. For more information or to apply for services, please call (209) 558-2637.

CASE MANAGEMENT

Multipurpose Senior Services Program (MSSP)

Comprehensive case management services for Stanislaus County residents who are age 65 and older, who receive Medi-Cal benefits, are in frail health, and willing to accept care management services. For more information or to apply, call (209) 558-8698.

PACE Programs

Local organizations provide the Program of All-Inclusive Care for the Elderly (PACE) which is a full-service option for seniors. Central Valley PACE (209) 724-6000
WelBe Health (888) 530-4415