

Preventing falls in the elderly



RESOURCES IN PENNSYLVANIA

Pennsylvania Healthy Steps Programs

Healthy Steps programs provide participants with education, screening, assessment, and intervention recommendations. See the PrimeTime Health website or contact your local Area Agency on Aging.

1

Healthy Steps for Older Adults

Healthy Steps for Older Adults provides free screening, education, and referral to help adults prevent falls and maintain their independence. Education includes: home safety, medication, nutrition, exercise, planning for and recovering from falls, as well as staying healthy and active.

2

Healthy Steps in Motion

Healthy Steps in Motion is an exercise program for older adults with varying levels of ability to help decrease the risk of falling. The program enables people to build strength, increase flexibility, and improve balance. It has multiple levels of challenge and includes an instruction book for exercising at home. Beginners are trained in a group setting by a certified instructor, then have the option to continue exercising in a group or home setting.

Home hazards evaluation

For further information and assistance with home safety, patients and health care professionals can contact their local Link to Aging and Disability Resources.

USEFUL CONTACTS IN PENNSYLVANIA

Pennsylvania Area Agencies on Aging

www.aging.state.pa.us/portal/server.pt/community/your_local_resources/17952

PA Link to Aging and Disability Resources

www.aging.state.pa.us/portal/server.pt/community/pa_link_to_aging_and_disability_resources/20788

Helpline: 1-866-286-3636

PA PrimeTime Health

www.portal.state.pa.us/portal/server.pt/community/health_and_nutrition/17886/primetime_health/616002

General information: 717-783-8975



Pharmaceutical Assistance
Contract for the Elderly

Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at alosafoundation.org.

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Home safety checklist

Go through the house carefully and follow this checklist. If you have a check in the “Needs Attention” column, see what you can do to fix the problem.

LOCATION	OK	Needs attention	Does not apply
Entrances			
Steps—is there a railing, and is it secure?			
Is the entrance well lit?			
Living room and bedrooms			
Can you turn on the lights upon entrance into the room?			
Are phone and extension cords away from all areas where you walk?			
Are floors clear of clutter, shoes, and dog toys?			
Do you have throw rugs?			
Kitchen			
Is the floor clear of clutter?			
Are items within easy reach?			
Bathroom			
Is there a night light in the bathroom?			
Does the shower or tub have non-skid surfaces (mat, decals, or strips)?			
Does the shower or tub have sturdy grab bars?			
Are floors kept dry and do they have a non-slip surface?			
Does the bathroom rug have non-skid backing?			
Are you able to get off and on the toilet easily?			
Stairways and hallways			
Can the stairway be lighted from the top and bottom of the steps?			
Is there a handrail, and is it solid and sturdy?			
Are steps in good condition?			
Have you removed small rugs or runners from your hallway?			
Outdoor areas			
Are walkways and driveways free of bricks and uneven surfaces?			
Are your hoses looped on a hose reel?			
Do you have stairway handrails?			
Do you have lighting to provide safe walking at night?			