

HOME SAFETY CHECKLIST

In case of a fall: call 9-1-1 or non-emergency (480) 503-6500

FLOORS

- Rugs can be a trip hazard. Remove all rugs or ensure that the rugs have double-sided tape or a non-slip backing.
- Keep items off the floor. Pick up all the papers, books, towels, magazines, boxes, cords, or other objects that are on the floor.

STEPS AND STAIRWAYS

- Keep the stairs and steps clear of any items. Ensure shoes, magazines, books, or other objects are away from steps and stairways.
- Ensure that steps and stairways have appropriate lighting. If necessary, have a nightlight or appropriate lighting installed.
- Ensure that handrails are secure and are not loose.

ASSISTIVE DEVICES

- Ensure that you always have your rollator and/or walking device accessible to you.
- Consider purchasing a medical alert device in the event of an emergency.

KITCHEN

- Keep the items that you use most often on the lower shelves.
- If you have a step ladder, ensure it is stable and not loose. Ensure that the step ladder that you are utilizing has a handle to grab onto. Never use a chair or other piece of furniture as a ladder.

BATHROOMS

- Ensure you have a non-slip mat in the shower/tub.
- It is recommended that you have grab bars near your shower/tub and toilet.

BEDROOMS

- Ensure that appropriate lighting is within hand-reach of the bed.
- Ensure that appropriate lighting is in pathways from your bedroom to other rooms within the house.

FALL RISK ASSESSMENT

Please circle “Yes” or “No” for each statement below.			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total -----		Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.	

SOURCE:



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Name of Care Facility:

 **KEEP THIS SHEET**

HEALTH HISTORY QUESTIONNAIRE FOR EMERGENCY PRE-HOSPITAL CARE PROVIDERS

All questions contained in this questionnaire are strictly confidential and will become part of your medical record.

Name:	M <input type="checkbox"/> F <input type="checkbox"/>	DOB:
Emergency Contact or POA:		
Phone Number(s):		
Name of Doctor:	Advance Directive/DNR: <input type="checkbox"/> Yes <input type="checkbox"/> No	

Insurance Plan:	ID#:	Group#:
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PERSONAL HEALTH HISTORY

Infectious Diseases: <input type="checkbox"/> Hep C <input type="checkbox"/> HIV <input type="checkbox"/> TB <input type="checkbox"/> Meningitis <input type="checkbox"/> MRSA <input type="checkbox"/> CDIIF
Current History: <input type="checkbox"/> Hypertension <input type="checkbox"/> Stroke/TIA
<input type="checkbox"/> Diabetes <input type="checkbox"/> Cardiac
<input type="checkbox"/> CHF/COPD <input type="checkbox"/> Dementia/Alzheimers

List any additional current or past medical problems including cancer:

List your prescribed drugs and over-the-counter drugs including blood thinners

1	8	15
2	9	16
3	10	17
4	11	Blood Thinners
5	12	1
6	13	2
7	14	3

Allergies

1	4	7
2	5	8
3	6	9

Do you have trouble walking and use walker, cane or wheelchair? YES NO

Are you on Hospice? YES NO

UNDERSTANDING THE RISK

According to the World Health Organization, falls are the second leading cause of accidental or unintentional injury deaths worldwide. Among older populations, falls are particularly prevalent, with one in three individuals aged 65 and older experiencing a fall each year. Understanding these statistics emphasizes the importance of taking proactive measures to mitigate fall risks.

COMMON CAUSES OF FALLS

Your Muscle Weakness and Balance Issues:

As we age, muscles may weaken, and balance may deteriorate, increasing the likelihood of stumbling or falling.

Medication Side Effects:

Certain medications can cause dizziness, drowsiness, or other side effects that contribute to falls.

Vision Impairment:

Reduced vision or untreated eye conditions can hinder the ability to navigate one's surroundings safely.

Environmental Hazards:

Slippery floors, uneven surfaces, poor lighting, and clutter can create hazardous conditions within the home.

Chronic Health Conditions:

Conditions such as arthritis, osteoporosis, or neurological disorders can impact mobility and increase fall risk.

VISION IMPAIRMENT

Vision impairment significantly heightens the risk of falls, making it imperative to implement targeted strategies for fall prevention. The below provides practical guidance tailored to address the specific challenges associated with impaired vision. From environmental modifications to assistive devices and regular eye care, a comprehensive approach is essential to enhance safety and well-being for individuals with vision deficits.

Environmental

- **Optimize Lighting:** Ensure well-lit environments, minimizing shadows and glare that can be disorienting. Use higher wattage bulbs, install task lighting in critical areas, and consider motion-activated lighting to enhance visibility.
- **Remove Obstacles:** Keep walkways clear of clutter, furniture, and other obstacles. This facilitates safe and unobstructed navigation, reducing the risk of tripping.

Regular Eye Exams and Corrective Measures

- **Routine Eye Examinations:** Maintain regular eye check-ups to monitor and address changes in vision. Timely adjustments to corrective lenses can significantly improve visual function and reduce fall risk.
- **Corrective Measures:** Ensure individuals with vision impairment have the appropriate corrective measures, such as glasses or contact lenses. Maintain these measures in good condition to optimize visual clarity.

Assistive Devices and Strategies

- **Mobility Aids:** Encourage the use of appropriate mobility aids, such as canes or walkers, to provide additional support and enhance stability.
- **Sensory Aids:** Utilize sensory aids, like auditory signals or tactile cues, to provide information about changes in the environment. This can include textured flooring near stairs or auditory signals at intersections.

MEDICATION MANAGEMENT

Medications play a crucial role in managing various health conditions, but some can contribute to an increased risk of falls due to side effects such as drowsiness, dizziness, or impaired balance. Regularly reviewing your medication regimen is essential for maintaining overall health and preventing falls.

Assessing Medication Side Effects:

- **Drowsiness:** Review your medications for any that may cause drowsiness. Common culprits include certain pain medications, sedatives, and antihistamines.
- **Dizziness:** Identify medications known to induce dizziness, especially those prescribed for high blood pressure or heart conditions.
- **Balance Impairment:** Be aware of medications that can affect your balance, such as some antidepressants or antipsychotics.

Consulting Your Healthcare Provider:

- **Regular Medication Reviews:** Schedule regular appointments with your healthcare provider to review your medication regimen. This allows for adjustments based on your health status and potential side effects.
- **Communication is Key:** Inform your healthcare provider of any changes in your health, including over-the-counter medications, supplements, or herbal remedies you may be taking.
- **Avoid Self-Adjustment:** Never make changes to your medication regimen without consulting your healthcare provider. Abruptly stopping or altering doses can have adverse effects.

Pharmacist Consultation:

- **Utilize the Expertise of Pharmacists:** Consult with your pharmacist about potential side effects and interactions between medications. Pharmacists can provide valuable insights and guidance.

Educate Yourself:

- **Medication Information Sheets:** Read and understand the information sheets provided with your medications. Familiarize yourself with potential side effects and precautions.
- **Ask Questions:** Don't hesitate to ask your healthcare provider or pharmacist about any concerns or uncertainties regarding your medications.



FALL RECOVERY FOR CAREGIVERS

After calling 911...

1

Greet the crew at the entrance and communicate the optimal entry point for the crew to the patient.

2

Clearly state the reason(s) emergency response was requested in accordance to State House Bill 1157.

3

Have the patient's completed 'Health Questionnaire' and, if applicable, their DNR order available.

4

Present the series of interventions performed for the patient in accordance to State House Bill 1373.

5

Remain with the Fire Crew until their need for assistance is no longer needed.

