If You Have Had a Fall

Senior Fall Prevention Coalition Recommendations:

1. Ask your physician for an order for *Physical Therapy, for a “Safety/Fall Risk and Balance Assessment”.
2. Use a “Home Safety Checklist” to evaluate your home environment and reduce fall risks.
3. Work to improve your strength and balance with a “Young at Heart” class or similar program - with your physician’s approval.
4. Be Smart - use assistive walking devices, handrails, grab bars, and shower chairs to help you maintain your balance.

*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.

Many falls can be prevented. You can reduce your risk of falling by making some simple changes:

FOUR things you can do to prevent falls: (Center for Disease Foundation)
1) Begin a regular exercise program
2) Have your physician / pharmacist review your medications
3) Have your vision checked
4) Make your home safer by:
   - Removing clutter from stairs and places you walk
   - Installing grab bars and hand rails where needed
   - Improving the lighting in your home

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
Falls are not an inevitable part of life, even as a person gets older. 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 Fall Prevention Coalition of Stanislaus County.

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**Web Resources**

**City of Modesto Senior Services:**
http://www.modestogov.com/prnd/programs/recreation/seniors

**Fall Prevention Center of Excellence:** http://www.stopfalls.org

**Healthy Aging Association:** www.healthyagingassociation.org

**Home Safety Council Resources:**
http://www.homesafetycouncil.org

**Learn Not to Fall:** www.learnnottofall.com/

**Stanislaus County Aging & Veterans Services:**
http://www.agingservices.info

**National Center for Injury Prevention and Control (NCIPC):**
www.cdc.gov/ncipc/preventingfalls

**National Council on Aging:** http://nihseniorhealth.gov

**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.

Medical Equipment Retail Outlet - (209) 521-2538.

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

**Note:** This is not a complete list. Please refer to the Yellow Pages for more listings.
Hi, my name is Valerie Brey Mitchell. In 1993 I was a 36 year old single mom raising 2 children, when tragedy struck and changed my world forever. I was hit head-on by another car. Every limb was broken, I had internal injuries, the right side of my face needed reconstructive surgery and I had to have my leg amputated below the knee. After 2 months in Memorial Hospital, I was going to be sent to a convalescent hospital but my family wanted me home. I was bed ridden and could not even feed myself. A social worker informed my family about the IHSS program. What a blessing to find out I could be at home recovering with family. I now serve as vice-chair person on the IHSS Advisory Committee. The Committee is a wonderful & rewarding way of having a voice in the community. I invite you to attend a meeting and find out more about the IHSS Advisory Committee.

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.

**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 @www.stanlink2care.org or you may call (209) 558-1650.

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

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### Physical Activity & Fitness Classes

**Healthy Aging Association “Young at Heart”**

- Tai Chi
- Strength Training
- Low impact Aerobics
- Walking
- Health Education
- Fall Prevention
- Medication Management
- Green Bag
- Nutrition Education

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

#### Gyms

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.

#### 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 Center:** (209) 883-0811.
- **Modesto:** (209) 491-5944.
- **Oakdale Senior/Community Center:** (209) 848-4390.
- **Patterson Senior Center:** (209) 895-8180.
- **Turlock Senior Center:** (209) 668-5594.

#### Swimming/Water Aerobics:

Burris Pool—Modesto (Disabled and Seniors) (209) 577-5344.
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:**
AMR ALERT! Medical Response - (209) 634-5555
Apex Real Care Lifeline - (209) 525-9111
D.M.C. Foundation Lifeline - (209) 576-3302
Life Station - 1-(800)-884-8888
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 and/or hearing impairment. The application must be verified and signed by your physician. For more information call: 1-(800) 806-1191 or go to: http://www.ddtp.org/CTAP.

**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.

► Use the acronym I.C.E. in your cell phone under contacts as the contact person In Case of Emergency.

**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.

In-Home Assistance

4. **Respite**
   **A. Family Caregiver Support Program:** A break for non-paid family caregivers of a senior 60 or older, or Alzheimer’s patient of any age. 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. (209) 558-8698.

5. **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 with out 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.

You may hire a friend or family member to be your care provider.

**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. (209)558-2233.
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.

The options for In-Home Assistance are described below.

1. 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.

2. 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.

3. Veterans Services Office (VSO): Veterans may be eligible for Home Based Primary Care. For more information call (209) 558-7380.

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
Model Pharmacy
Modesto - (209) 522-1079

Note: Keep record of your medicines and bring it with you to all your medical appointments.
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. Call your city [below for the details.

**Ceres:** (209) 557-2099.
**Hughson:** (209) 883-0811, Ext 6.
**Modesto:** (209) 577-5245.
**Newman:** No programs are available through the City of Newman. Newman is eligible under Rural Housing Programs. Please see that listing on page 7.
**Oakdale:** (209) 557-2099.
**Patterson:** (209) 557-2099.
**Riverbank:** (209) 863-7156.
**Turlock:** (209) 668-5610.
**Waterford:** (209) 557-2099.

**Stanislaus County**

Programs are available in the following areas: the communities of Denair, Empire, Grayson, Hickman, Keyes, Salida; the County pocket areas of the Airport Neighborhood, Robertson Road, Bret Harte, Shackelford; and the rural area known as Monterey Park Tract.

Offers grants and loans for repairs, modifications, and handicap accessibility to the home or mobile home. This program is administered by the Housing Authority, County of Stanislaus. Call (209) 557-2099.

**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, and Newman. Only portions of Salida are eligible. 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) 491-9320, Extension 101.

**DRAIL - Disability Resource Agency For Independent Living**

(209) 521-7260

**VOLUNTEER 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.

**Neighborhood Support Services**

Offers communities, neighborhoods, and most importantly seniors a reliable and affordable option for the many odd jobs needed around their home. Call (209) 669-9559

**DO IT YOURSELF/ HIRE CONTRACTOR or HANDYMAN**

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