

# Are you at risk for falling?

Use this survey to assess risk of falling for yourself, or on behalf of a loved one.

The possibility of a fall worries most older adults and their families. And for good reason! Falls are the most common cause of nonfatal injury for seniors, often causing hospitalization and interfering with an

independent lifestyle. To find out if the time is right to take steps to minimize your fall risk, answer the following 10 simple questions. For each question, check the box to the right if your answer is "Yes."

Questions	Yes
1. Have you fallen in the last 12 months?	<input type="checkbox"/>
2. Do you often have difficulty seeing clearly?	<input type="checkbox"/>
3. When seated, do you have difficulty getting back up to a standing position?	<input type="checkbox"/>
4. When you stand up, do you sometimes feel lightheaded, dizzy or off-balance?	<input type="checkbox"/>
5. Do you take four or more medications each day, including remedies from the health food or drug store?	<input type="checkbox"/>
6. Are you depressed, or do you feel "down" or "blue"?	<input type="checkbox"/>
7. Is it sometimes hard to walk because you feel stiff or weak or because your feet hurt?	<input type="checkbox"/>
8. Do you sometimes make frequent or hurried trips to the bathroom?	<input type="checkbox"/>
9. Do you limit your activities because you are afraid you might fall?	<input type="checkbox"/>
10. At home, is it sometimes difficult to move around safely because items you need are hard to reach or have to be carried down the stairs?	<input type="checkbox"/>

**Total checks**

## Safety Steps

It's important to take steps to minimize your fall risk. Although not all falls can be prevented, research shows that many falls can be avoided. Taking this survey can be a good first step in falls safety.

## Ask yourself two important questions:

1. If you fell tonight, how would you get up?
2. If you can't get up, how will you get help?

## Philips Lifeline can help

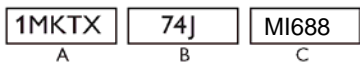
Philips Lifeline's medical alert service provides quick access to help with the simple press of a button. The Lifeline service can help you feel more confident to continue living independently in the one place you feel most comfortable – your own home.

**Important note:** This self-assessment is useful in developing a preliminary picture of your fall risk, but it's important to contact a trusted health professional for a more comprehensive assessment and recommendations.

Please share the results of this self-assessment with your healthcare provider and ask for help to minimize your fall risk.

For more information, call:

University of Michigan  
Visiting Care Lifeline  
(734) 477-7229  
[www.umvn.org/Lifeline.asp](http://www.umvn.org/Lifeline.asp)



# With Lifeline, help is just a press of a button away

## Your Lifeline options

### Step 1: Select a Personal Help Button

Choose between a pendant or wrist style.



### Step 2: Select a Communicator

Choose the one that best meets your needs.



#### CarePartner Basic Unit

Working with your existing telephone, this unit offers all the benefits of 24-hour medical alert service, along with two-way voice communication.



#### CarePartner Telephone

This senior-friendly unit is both a telephone and a two-way communicator with enhanced features, including:

- High-volume speaker, handset and ringer control
- Ability to record medication and appointment reminders to help you stay on schedule

## How Philips Lifeline works

# 1

### Summon help

When you need help, just press your **Personal Help Button**, which activates the CarePartner Communicator.



# 2

### Professional intervention

Your **CarePartner Communicator** then dials the Lifeline Response Center and establishes two-way voice communication.



# 3

### Personal response

Within seconds, a **Lifeline Response Associate** accesses your profile and quickly assesses the situation.



# 4

### Closed loop

The Associate then contacts a neighbor, loved one or emergency services, based on your specific needs.

The Lifeline Response Associate will follow up to ensure that help arrived.

