

Safety Steps

It's impossible to prevent all falls, so it's important to take steps that will make you feel safer. Ask yourself two important questions:

If you fell tonight, how would you get up?

Contact your health-care provider about educational material and demonstrations on how to safely get up from a fall.

If you can't get up, how will you get help?

Philips Lifeline's medical alert service will call for the help you need, at the simple press of a button.

The Lifeline service can help you to feel more secure and confident to continue to live independently in the one place you feel most comfortable – in 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.

Are you at risk for falling?

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 life style.

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

Questions	Yes	No
1. Have you fallen in the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you often have difficulty seeing clearly?	<input type="checkbox"/>	<input type="checkbox"/>
3. When seated, do you have difficulty getting back up to a standing position?	<input type="checkbox"/>	<input type="checkbox"/>
4. When you stand up do you sometimes feel light-headed, dizzy or off-balance?	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
6. Are you depressed or feel "down" or "blue"?	<input type="checkbox"/>	<input type="checkbox"/>
7. Is it sometimes hard to walk because you feel stiff, weak or your feet hurt?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you sometimes make frequent or hurried trips to the bathroom?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you limit your activities because you are afraid you might fall?	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>

If you answered "YES" to any of the questions, you have an increased risk of falling; the more "YES" answers, the greater your fall risk. Take this checklist to your primary care provider and ask for help to remove or manage your fall risks. Also, see the back of this sheet to learn how Lifeline provides an added measure of safety by calling for immediate assistance at the touch of a button.

Refer to this code when calling: 74J

TriHealth Lifeline
513-569-5115

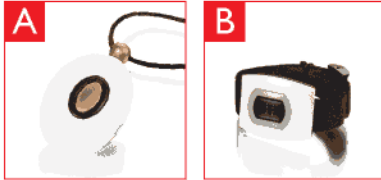
PHILIPS
Lifeline

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

Your Lifeline options

Step 1: Pick a Personal Help Button

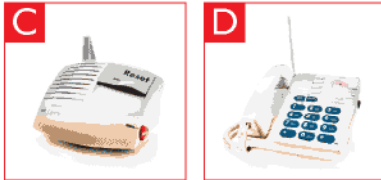
Choose between one worn around the neck or on the wrist.



Step 2:

Pick a CarePartner® Communicator

Choose the one that best meets your needs.



C. CarePartner Basic Unit

Works with your existing telephone and offers all the benefits of 24-hour personal response, with two-way voice communication.

D. CarePartner Telephone

A senior-friendly 2-in-1 unit that's a phone 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

Appropriate 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.

