



A medical alert service can help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable – their own home. To find out if it is the right time to consider a medical alert service for yourself or someone you care for, answer the following simple questions. For each question, check the box to the right if your answer is “Yes.”

## Things to ask yourself:

Yes

1. Are you alone for several hours during the day and/or night?

2. In the past year, you have fallen or been afraid of falling in your home?

3. Have you been hospitalized or been to the emergency room in the past year?

4. Do you have one or more chronic health conditions, such as: heart disease, stroke, COPD, osteoporosis, diabetes, arthritis?

5. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?

6. Are you required to take several daily medications?

7. Do you require assistance with at least one of the following activities: bathing, toileting, dressing, meal preparations, etc.?

8. Would a medical alert service provide peace of mind for your loved ones?

9. Is it important for you to continue living independently?

**Total Checked “Yes”:**

### 6 – 9 Yes Answers

This high score indicates a serious risk for a fall or other medical incident, suggesting that a medical alert service may be strongly advised. Call the VHC Senior Health Department at 703.558.6859.

### 3 – 5 Yes Answers

This score indicates there is a risk for a fall or other incident, suggesting that a medical alert service would be helpful and should be considered. Call the VHC Senior Health Dept. for information at 703.558.6859.

### 1 – 2 Yes Answers

Share the results of this assessment with your healthcare provider and together develop a plan that addresses:

1. Minimizing risk for falls
2. How to get up from a fall
3. What is best to do if I can't get up from a fall?