



Central Ohio Trauma System

FALL PREVENTION COMMUNITY RESOURCES

A Resource to Assist Older Adults

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Adena Health System, Berger Health System, Columbus Division of Fire, Columbus Medical Association, Columbus Public Health Department, Coshocton County Memorial Hospital, Doctors Hospital, Dublin Methodist Hospital, Fairfield Medical Center, Fire Chiefs Association of Central Ohio, Franklin County Commissioners, Franklin County Coroner's Office, Franklin County Fire Chiefs Association, Genesis Health Care System, Grady Memorial Hospital, Grant Medical Center, Knox Community Hospital, Madison County Hospital, Marietta Memorial Hospital, Marion General Hospital, Medflight of Ohio, Memorial Hospital of Union County, Morrow County Hospital, Mount Carmel East, Mount Carmel New Albany Surgical Hospital, Mount Carmel St. Ann's, Mount Carmel West, Nationwide Children's Hospital, The Ohio State University Hospital East, The Ohio State University Medical Center, Pike Community Hospital, Riverside Methodist Hospital & Southeastern Ohio Regional Medical Center.

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This resource list represents many services and opportunities available within Central Ohio, but should not be considered a complete document of all available resources. The contents of this resource list will be updated periodically.

The Central Ohio Trauma System does not endorse the services, products or views of the resources included in this resource list, and make no warranty either expressed or implied as to the quality or suitability of the products or services listed.

If there is a health care emergency, call 9-1-1 without delay.

For more information on the Fall Prevention Resource List, please contact the Central Ohio Trauma System at (614) 240-7419 or visit us online at www.goodhealthcolumbus.org/cots/index.html.



Overview

The Central Ohio Trauma System (COTS) maintains a Regional Trauma Registry that collates trauma data from 23 Central Ohio hospitals. COTS Registry data tells us that the elderly in our community are disproportionately affected by fall-related injuries. Falls are the leading cause of injury-related hospitalization in the region, and the majority of people admitted to a hospital with a serious injury as a result of a fall are older than age 65. Males are hospitalized more than females for fall-related injuries, and Whites are hospitalized at a rate of 6 to 1 compared to Blacks. Since 2002, the top three zip codes for fall-related hospitalization in the region are 43229, 43081 and 43207, followed closely by 43068, 43235, 43214, 43230, 43123 and 43026.

The interesting “thing” about fall-related injuries is that they are usually preventable. That is to say that there are interventions that could have been taken by the person who fell---or someone on their behalf---that could have lessened the intensity of the fall and/or prevented the fall altogether.

Falls generally result from the interaction of numerous internal and external fall risk factors. It is rare for a fall to result from one risk factor. Significant risk factors include prior history of falls, poor mobility (difficulties with gait and balance), muscle weakness, diseases and long term illnesses (e.g., depression, arthritis, osteoporosis, Parkinson’s Disease, high or low blood pressure), visual impairment and the use of psychotropic and/or multiple medications. Additional risk factors include being fearful of falling, clothing, footwear and environmental/situational hazards (being in a hurry, no handrails on stairs/in the bathroom, unsecured throw rugs). As the number of risk factors increase, so does the likelihood of falling. ¹

This guide is intended to serve as a resource for older adults in Central Ohio who are at risk for falls. It is also intended to assist others, who by virtue of family ties, friendship or duty, look to minimize fall risks for an older adult in our community.

1 Handbook of Injury and Violence Prevention. Doll, L.S.; Bonzo, S.E.; Mercy, J.A.; Sleet, D.A.; Haas, E.N. (Eds.) New York: Springer Publishing: 2006.



The agencies listed in this resource guide are included voluntarily because they offer programs and services that may help to prevent falls among the elderly. As a disclaimer, COTS is not affiliated with these organizations and makes no guarantees on their behalf. Not all of the agencies in this guide offer all services, and some services are dedicated to certain demographic groups.

Section 1: Agencies & Services Listed Alphabetically

The following agencies can be contacted to obtain information and to help identify community resources for a comprehensive range of services for older adults and their caregivers.

2-1-1 Ohio

2-1-1 is a simple, easy-to-remember number to call when you need help or access to human services. Just dial: 2-1-1. It is a free 24-hour service so you get the help you need when you need it. It will immediately forward you to the local 2-1-1 center where you will talk to a LIVE person. The center will then direct your call to the appropriate agency.

Area Served: More than half of all Ohio counties – call for more information.



Alzheimer's Association, Central Ohio Chapter

(614) 457-6003 & 24/7 Helpline: (800) 272-3900

www.alz.org/centralohio

The Alzheimer's Association interdisciplinary team, which includes an occupational therapist, provides free home assessments to help families dealing with memory loss to develop a safe environment for their loved ones. Eligibility: Persons with memory loss and their caregivers who are experiencing unsafe conditions in the home.

Area Served: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Morrow, Perry, Pickaway, Pike, Ross & Union Counties

American Red Cross of Greater Columbus

(800) 959-6989

www.columbus.redcross.org

The American Red Cross of Greater Columbus offers an easy-to-use medical alert service designed to reduce the risk of living alone. Eligibility: This service is available for anyone.

Area Served: Ohio

Arthritis Foundation Central Ohio - Home Assessment/Fall Prevention Program

(614) 876-8200

www.arthritis.org/chapters/central-ohio

The Arthritis Foundation, Central Ohio Chapter, provides the expertise of occupational therapists to help individuals maintain their safety and ability to complete activities of daily living. Occupational therapists, upon request, visit the homes of Central Ohio residents with arthritis. This service is **FREE**. During the visit, the occupational therapist will:

- Assess the ability to cook, bathe and dress
- Identify any physical barriers in the home
- Recommend adjustments and modifications in the home
- Teach the resident to use self-help devices
- Teach the resident to protect his or her joints and conserve energy

Eligibility: Home assessments are available to anyone with arthritis. Durable medical equipment is provided to individuals earning less than 200% of the federal poverty guidelines.

Area Served: Athens, Belmont, Coshocton, Delaware, Fairfield, Fayette, Franklin, Guernsey, Hocking, Knox, Licking, Madison, Marion, Meigs, Monroe, Morgan, Morrow, Muskingum, Noble, Perry, Pickaway, Ross, Union, Vinton & Washington Counties



Bureau of Vocational Rehabilitation

(614) 466-4575

www.rsc.ohio.gov

The Bureau of Vocational Rehabilitation assists individuals with getting back into the workforce or remaining in the workforce. Services include assistance with hearing aids and other hearing devices; some financial assistance is available. Eligibility: Seniors in need of assistance getting back into the workforce.

Area Served: Delaware, Fairfield, Franklin, Licking, Pickaway & Ross Counties. Additional offices located throughout Ohio.

Central Ohio Area Agency on Aging (COAAA)

(614) 645-7250 or (800) 589-7277

www.coaaa.org Email: coaaa@coaaa.org

Services include *Older Americans Act*, *Franklin County Senior Options* (Franklin County residents, call Franklin County Office on Aging directly at 614-462-6200), Medicare outreach, volunteer guardian, caregiver support, A Matter of Balance program, a speakers bureau and PASSPORT. PASSPORT services include homemaker, transportation, personal care services, home-delivered meals, emergency response systems, adult day services and case management. COAAA is the only agency that enrolls for PASSPORT.

PASSPORT Eligibility: Seniors 60 years of age or older, who meet financial requirements and have qualifying ADL/IADL functional impairments, as well as other admission criteria. PASSPORT is available in all eight counties serviced by the COAAA. Call for details on other programs offered by the COAAA.

Area Served: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway & Union Counties

Central Ohio Parkinson Society

(614) 486-1901 or (866) 920-6673

www.centralohioparkinson.org

Resources, including support groups, are available to individuals with Parkinson's Disease and their families. There are a few classes in the Franklin County area for individuals with Parkinson's Disease. Classes include: Tai Chi, Alexander Technique and Speech Therapy.

Eligibility: Any individual or family member affected by Parkinson's Disease.

Area Served: Central & Southeast Ohio



City of Columbus, Department of Development – Chores Program

(614) 645-8526

<http://development.columbus.gov/Neighborhoods andResidents/housing/homeowner/chores.asp>

The Chores Program assists seniors and disabled persons with minor repairs to their homes. These repairs must be for the safety or health of the senior or disabled person. Eligibility: Seniors 60 years of age or older or physically disabled; the homeowner; a resident of the City of Columbus; and with income at 80% or less or HUD area median income as defined by the U.S. Department of Housing and Urban Development (HUD) guidelines. The home repair must be \$1,000 or less including supplies and labor, and must be for the safety or health of the senior.

Area Served: Columbus, Ohio

Columbus Speech & Hearing Center (CSHC)

(614) 263-5151 / (614) 263-2299 TTY

www.columbusspeech.org

Older Adult Outreach Program provides audiology and hearing aid services on a limited basis at four senior recreation centers in Columbus. The program is funded by the Franklin County Office on Aging—Senior Options Program. Services include: Adult audiology & hearing

aid services, Tinnitus Program, Speech Pathology Parkinson's Disease Support Group, and a Comprehensive Program for the Deaf (vocational rehabilitation services). Eligibility: Seniors 60 years of age or older who meet financial qualifications.

Area Served: Franklin County & surrounding Central Ohio area.

Delaware General Health, Council for Older Adults

(740) 363-6677 or (800) 994-2255

www.delawarehealth.org or www.growingolder.org

Residents who currently live in Delaware County who are 60 years old or older, and have identified need are eligible to be enrolled in the SENIOR CHOICES Program. The Senior Choices services include chore services, counseling, emergency response system, home delivered meals, home repair, homemaker services, medical transportation, personal care, nursing services and other various services. Eligibility: Delaware County residents age 60 and older with an identified need; this program is not based on income.

Delaware General Health also offers A Matter of Balance: Managing Concerns about Falls;

(740) 368-1700 www.delawarehealth.org

A Matter of Balance includes eight, two-hour small



group sessions led by a trained facilitator. The program emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

Area Served: Delaware County. Call for specific program details.

Economic and Community Development Institute (ECDI): Home Repair Program

(614) 559-0115 www.ecdi.org

ECDI provides home maintenance assistance to senior-citizen and disabled homeowners who would not otherwise be able to afford services. ECDI's Home Repair Program provides funding to cover the work necessary to correct substandard, unsanitary or deteriorated conditions which have been identified by the Program Manager as creating an imminent danger to health and safety. ECDI may pay for the cost of repairs up to \$6,000 based on qualifications and availability of funding. Eligibility: Homeowners who meet age and income requirements. Please call for more information.

Area Served: Franklin County (no waiting list), City of Columbus (may be over a year long waiting list)

Eye Care America – Seniors EyeCare

(800) 222-EYES (3937) www.eyecareamerica.org/eyecare/care/senior-eyecare.cfm

The Seniors EyeCare Program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. The program raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care—with no out-of-pocket cost. The Seniors EyeCare Program is designed for people who:

- Are age 65 and older
- Have not seen an ophthalmologist in three or more years
- Do not belong to an HMO or the VA

Eligibility: Call (800) 222-EYES (3937) toll-free, 24 hours a day, seven days a week to determine eligibility.

Area Served: United States

Falls Prevention Program, Delaware General Health District

(740) 368-1700 www.delawarehealth.org

The Fall Prevention Program is a free program that includes a home assessment, a personal health assessment and classes designed to help avoid falls. The Delaware Fall Prevention Program will send experts into the homes of older residents to assist them



in preventing falls. The Council for Older Adults funds the home and personal health assessments. Eligibility: Delaware County residents age 60 and older.

Area Served: Delaware County

Franklin County Office on Aging - Senior Options

(614) 462-6200 www.officeonaging.org/fcso

Call for information and access to community services including: homemaker, home delivered meals, personal care assistance, transportation, emergency response systems, adult day services, incontinence supplies, nutritional supplements, durable medical equipment and home repair. Eligibility: Persons 60 years of age or older, who are a resident of Franklin County and have a demonstrated unmet need for service. Social worker, healthcare, and law enforcement professionals may submit referrals online. Once a referral is made, a Senior Options case manager will follow up with the client.

Area Served: Franklin County

Gerlach Center for Senior Health

(614) 566-5858

www.ohiohealth.com/body.cfm?id=1542

Services include The Balance & Mobility Clinic of Columbus (please see below), comprehensive geriatric medical consultation, adult day health program (Heritage), support for caregivers, health and wellness education programs, and exercise programs.

The Balance & Mobility Clinic of Columbus – Fall Prevention

Services Provided:

1. An in-home assessment with a physical therapist prior to the clinic appointment:
 - Physical therapy assessment of the individual
 - Home safety screening
2. A 60-70 minute clinic appointment with a geriatrician and physical therapist to:
 - Review medications
 - Review body systems
 - Conduct a computerized balance assessment
 - Identify risk factors that can lead to balance difficulties, falls and subsequent injuries



- Review test results. Information will be provided and assistance for implementing individualized treatment recommendations will be provided.
- Provide specific recommendations for fall prevention strategies both in and outside the patient's home; e.g. ramps, stairs, lighting, etc.
- Provide referrals to other health professionals as needed.

Eligibility: Most services for the Gerlach Center are provided for adults 50 years of age or older, or for caregivers. The Balance & Mobility Clinic of Columbus is open to anyone concerned with balance and mobility issues and/or falling. A referral from a primary care physician is preferred. To participate in the Balance & Mobility Clinic appointment, the patient must be weight bearing on their lower extremities. It is recommended that a caregiver attend the appointment with the patient.

Area Served: Ohio

LifeCare Alliance

(614) 278-3130

www.lifecarealliance.org

Services include:

- **Meals on Wheels:** Delivers nutritious meals to homebound older adults and chronically ill residents 365 days a year.
- **Senior Community Dining Centers:** Provide hot, nutritious lunches at more than 25 locations in Central Ohio. Transportation is available to most locations.
- **Help-at-Home:** Assists with activities of daily living that homebound individuals cannot accomplish alone. The homemakers perform light housekeeping and run errands for clients.
- **Foot Care Clinics:** Specialize in assessment of the feet. The nurses test for loss of protective sensation, teach diabetic foot care protocol and the principles of maintaining healthy feet as one ages. The feet are evaluated for proper shoe size and fit to accommodate clients' special needs. Toenail trimming is offered, and counseling is provided for foot care problems and referrals made when necessary.
- **The Cardinal Health Visiting Pharmacist:** Helps homebound clients manage their medicines by conducting a thorough review of all prescriptions, over-the-counter medications and herbal preparations.



- **A Matter of Balance:** Programs are offered periodically. Refer to Delaware General Health for details on this program.

Eligibility: Eligibility is need-based. Call for details on specific programs and centers.

Area Served: Franklin County. Select services are offered in surrounding counties; call for more information.

Licking County Aging Program

(740) 345-0821 or (800) 452-0097

www.lcounty.com/lcap

Services include home services, nutrition, transportation, MediCARES and social/educational/recreational activities. **Eligibility:** Persons age 60 and older; 55 and older for the social activities.

Area Served: Licking County

Meals on Wheels - Older Adult Alternatives of Fairfield County, Inc.

(740) 681-5050 or (866) 654-9830

www.alternativesforolderadults.org

Services include home delivered meals, transportation, minor home repair, in-home personal care, lifeline personal response system, mental health services and many others. **Eligibility:** Persons age 60 and older.

Area Served: Fairfield County

National Association of Home Builders (NAHB) - Certified Aging in Place Specialist (CAPS)

Help Line (800) 368-5242 ext. 8154

www.nahb.org/CAPSinfo

Email address: CAPSinfo@nahb.com

Building Industry Association (BIA) of Central Ohio:

(614) 891-0575 www.biahomebuilders.com

Certified individuals have been taught the strategies and techniques for designing and building attractive, barrier free living environments for aging-in-place. Aging-in-place can be defined as living in one's home safely, independently and comfortably, regardless of age, income or ability level.

How to Find a Certified Aging in Place Specialist:

There are numerous CAPS designees throughout Central Ohio that can be found using NAHB's contact info. Most CAPS designees are also members of the BIA.

Area Served: NAHB – United States;
BIA of Central Ohio – Central Ohio



Netcare

(614) 276-CARE (2273) www.netcareaccess.org

Netcare's older adult specialist provides mental health and substance abuse assessments for determining the client's mental health and substance abuse needs. Clients are referred to older adult programs in the community as needed. Eligibility: Netcare has a *No eject; No reject* policy. No one in need is turned away.

Area Served: Franklin County

North Central Mental Health Services (NCMHS)

(614) 299-6600 / Senior Hotline: (614) 294-3309
www.ncmhs.org/ElderFocus.htm

Help and support are available 24 hours a day to older adults who may feel lonely, neglected or troubled by a difficult family situation. Trained volunteers answer the Senior Hotline to provide caring support and assistance to older adults and those who care for them. Eligibility: NCMHS serves anyone in need of professional support.

Area Served: Franklin County

Northwest Counseling Services - Caregiver Consultation Program

(614) 273-2957 www.northwestcounselingservices.org

Caregiver Consultation is available at no charge for families and friends concerned about older loved ones. A licensed social worker/Caregiver Consultant, assists with stress management, understanding health conditions, understanding resources, and making housing and long-term care decisions. Consultations are available at Northwest Counseling Services, at the caregiver's location or over the telephone, and can be arranged for daytimes, evenings or weekends. Eligibility: Either the caregiver and/or care receiver must reside in Franklin County.

Area Served: Franklin County

OhioHealth Bexley Fall Prevention Clinic (FPC)

(614) 338-8833 www.bexleyprimarycare.com

Services Provided:

- Evaluation by a physician addressing medically related falls risk factors
- Evaluation by a physical therapist addressing strength, balance, and safety with walking related to fall risk
- Home safety evaluation



- Referral to follow-up OhioHealth fall prevention specific physical therapy either in a home health setting (HomeReach) or outpatient setting (Neighborhood Care)
- Follow-up physician appointment.

Eligibility: Seniors with a history of falling or who feel at risk for falling are eligible. Registration and insurance verification will occur prior to clinic appointment.

Area Served: Ohio

Prevent Blindness Ohio

(800) 301-2020 or (614) 464-2020 www.pbohio.org

Provides access to donated comprehensive eye exams, follow-up care, education and eyewear to adults who are uninsured or underinsured and income is within 200% of the federal poverty guidelines. The person must be linked with a participating social service agency to access services.

Eligibility: Income level as stated above, and must be linked with a participating social service agency to access services.

Area Served: Ohio

Rebuilding Together Central Ohio

(614) 258-6392 www.rtcolumbus.org

Rebuilding Together Central Ohio repairs homes to provide a warm, safe and dry living environment for low

income homeowners. With an emphasis on families, elderly and those living with a disability, Rebuilding Together Central Ohio provides renovation services so that homeowners may live with independence and dignity. All repairs are FREE for the homeowner.

Eligibility: Adults age 60 or older and/or who meet income guidelines. Owner must have occupied the house for three or more years and it must be a single family structure in sound condition; no rentals, double or mobile homes.

Area Served: Franklin County

Riverside Trauma Services

(614) 566-3462

Offers the *Matter of Balance Program* including eight, two-hour small group sessions led by a trained facilitator. The program emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

Area Served: Ohio



STAY UA

(614) 583-5114 or (614) 551-1832 STAYUA@uaoh.net

STAY UA is a partnership between the City of Upper Arlington's Fire Division and the Reverend John R. Glenn Foundation. The program's mission is to help older adults and residents with disabilities stay safely in their homes. The program helps link members of the community with resources and services that they may not have known were available to them. STAY UA also works to improve the quality of life of older adults, the elderly and disabled. Eligibility: All Upper Arlington residents.

Area Served: Upper Arlington, Ohio

Union County Senior Services

(937) 644-9629 or (866) 722-9629 www.ucseniors.org

Services include: Personal care, homemaking, personal emergency response systems, friendly visits, grocery shopping for homebound seniors and additional services. Eligibility: Any senior in need of personal assistance.

Area Served: Union County

Vision & Vocational Services

(614) 294-5571 www.visioncenter.org

Services include: Low vision assessments for magnification and other aides, assistance with daily living needs, orientation and mobility training, training in leading-edge adaptive computer technologies, bioptic driving and job site low vision adaptives. Eligibility: Any person in need of vision assistance or assessment.

Area Served: Ohio

YMCA of Central Ohio – Active Older Adults Program

(614) 224-1142

www.ymcacolumbus.org/programs_aoa.php

The YMCA Active Older Adults Program offers several health and fitness opportunities for older adults, with programs for the spirit, mind and body. These programs aim to improve mobility and flexibility, and range from group exercise, aquatics, dance and educational classes.

Area Served: Central Ohio area, call for details on programs offered at specific locations.



Section 2: Services by Category

Please refer to Section 1 for more detailed information on each agency and service, or call or visit the website for specific inquiries regarding programs.

Balance Assessment

- **Gerlach Center for Senior Health – The Balance & Mobility Clinic of Columbus**

(614) 566-5858

www.ohiohealth.com/body.cfm?id=1542

- **OhioHealth Bexley Fall Prevention Clinic (FPC)**

(614) 338-8833 www.bexleyprimarycare.com

- **LifeCare Alliance**

(614) 278-3130 www.lifecarealliance.org

- **Riverside Trauma Services**

(614) 566-3462

Exercise

Consult a physician before starting any exercise regimen.

The following agencies offer A Matter of Balance: Managing Concerns about Falls programs:

- **Central Ohio Area Agency on Aging (COAAA)**

(614) 645-7250 or (800) 589-7277 www.coaaa.org

- **Arthritis Foundation Central Ohio**

(614) 876-8200

www.arthritis.org/chapters/central-ohio

- **Gerlach Center for Senior Health**

(614) 566-5858

www.ohiohealth.com/body.cfm?id=1542

- **Delaware General Health**

(740) 368-1700

www.delawarehealth.org or www.growingolder.org

- **YMCA of Central Ohio – Active Older Adults Program**

(614) 224-1142

www.ymcacolumbus.org/programs_aoa.php



Hearing Services

- **Bureau of Vocational Rehabilitation**
(614) 466-4575 www.rsc.ohio.gov

- **Columbus Speech & Hearing Center (CSHC)**
(614) 263-5151 / (614) 263-2299 TTY
www.columbusspeech.org

Home Assessments & Modifications

- **Alzheimer's Association, Central Ohio Chapter**
(614) 457-6003 & 24/7 Helpline: (800) 272-3900
www.alz.org/centralohio

- **Arthritis Foundation Central Ohio - Home Assessment/Fall Prevention Program**
(614) 876-8200
www.arthritis.org/chapters/central-ohio

- **Delaware General Health – Falls Prevention Program**
(740) 368-1700 www.delawarehealth.org or
www.growingolder.org

- **Gerlach Center for Senior Health – Balance & Mobility Clinic of Columbus**
(614) 566-5858
www.ohiohealth.com/body.cfm?id=1542

- **OhioHealth Bexley Fall Prevention Clinic (FPC)**
(614) 338-8833 www.bexleyprimarycare.com

Home Repairs

- **Building Industry Association of Central Ohio (BIA) – Certified Aging in Place Specialists**
(614) 891-0575 www.biahomebuilders.com

- **City of Columbus, Department of Development – Chores Program**
(614) 645-8526
<http://development.columbus.gov/NeighborhoodsandResidents/housing/homeowner/chores/asp>

- **Delaware General Health, Council for Older Adults**
(740) 363-6677 or (800) 994-2255
www.delawarehealth.org or www.growingolder.org



- **Economic and Community Development Institute (ECDI)**

(614) 559-0115 www.ecdi.org

- **Franklin County Office on Aging**

(614) 462-6200 www.officeonaging.org/fcso

- **Meals on Wheels - Older Adult Alternatives of Fairfield County, Inc.**

(740) 681-5050 or (866) 654-9830
www.alternativesforolderadults.org

- **National Association of Home Builder's (NAHB) - Certified Aging in Place Specialists**

(800) 368-5242 ext. 8154
www.nahb.org/CAPSinfo

- **Rebuilding Together Central Ohio**

(614) 258-6392 www.rtcolumbus.org

Medication Review

- **Gerlach Center for Senior Health**

(614) 566-5858
www.ohiohealth.com/body.cfm?id=1542

- **LifeCare Alliance**

(614) 278-3130 www.lifecarealliance.org

Mental Health

- **Netcare**

(614) 276-CARE (2273) www.netcareaccess.org

- **North Central Mental Health Services**

(614) 299-6600 / Senior Hotline: (614) 294-3309
www.ncmhs.org/ElderFocus.htm

- **Northwest Counseling Services – Caregiver Consultation Program**

(614) 273-2957
www.ncmhs.org/ElderFocus.htm

Personal Emergency Response Systems

A personal emergency response system is an electronic device, which allows the user to send an instant call for help in case of an emergency. The call goes to a monitoring center that can send appropriate help.

- **American Red Cross of Greater Columbus**

(800) 959-6989 www.columbus.redcross.org



- **Central Ohio Area Agency on Aging**

(614) 645-7250 or (800) 589-7277

www.coaaa.org

- **Delaware General Health, Council for Older Adults – SENIOR CHOICES**

(740) 363-6677 or (800) 994-2255

www.delawarehealth.org or www.growingolder.org

- **Franklin County Office on Aging - Senior Options**

(614) 462-6200 www.officeonaging.org/fcso

- **Meals on Wheels - Older Adult Alternatives of Fairfield County, Inc.**

(740) 681-5050 or (866) 654-9830

www.alternativesforolderadults.org

- **Union County Senior Services**

(937) 644-9629 or (866) 722-9629

www.ucseniors.org

Vision Services

- **Eye Care America – Seniors EyeCare**

(800) 222-EYES (3937)

www.eyecareamerica.org/

[eyecare/care/senior-eyecare.cfm](http://www.eyecareamerica.org/eyecare/care/senior-eyecare.cfm)

- **Prevent Blindness Ohio**

(800) 301-2020 or (614) 464-2020

www.visioncenter.org

- **Vision & Vocational Services**

(614) 294-5571

www.visioncenter.org

Additional Resources

- **Central Ohio Parkinson Society**

(614) 486-1901 or (866) 920-6673

www.centralohioparkinson.org

- **Licking County Aging Program**

(740) 345-0821 or (800) 452-0097

www.lcounty.com/lcap

- **MedicAlert**

(800) 432-5378 www.medicalert.org

- **STAY UA**

(614) 583-5114 or (614) 551-1832



Section 3: Helpful Tips for the Older Adult



Fall Prevention Strategies

Many falls can be prevented. By making small changes, one can greatly reduce the chances of falling. Four things the Center for Disease Control and Prevention recommends to do to prevent falls:

1. Begin a regular exercise program
2. Have a health care provider review all medications
3. Get regular vision exams
4. Make the home safer ²

Personal Emergency Response System (PERS) Shopping Checklist:

To shop for a PERS, consider the following suggestions:

- Check out several systems before making a decision.
- Find out if the system is compatible with other response centers. For example, does the PERS work if the wearer moves to another city or town?
- Ask about the pricing, features, and servicing of each system and compare costs.
- Make sure the system is easy to use.

² Department of Health and Human Services Centers for Disease Control and Prevention, "What YOU Can Do To Prevent Falls," www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure_Eng_desktop-a.pdf: Retrieved 10/19/09



- Test the system to make sure it works from every point in and around the home. Make sure nothing interferes with transmissions.
- Read the purchase, rental, or lease agreement carefully before signing.

Questions to Ask the Response Center

- Is the monitoring center available 24 hours a day, 7 days a week?
- What is the average response time?
- What kind of training does the center staff receive?
- What procedures does the center use to test systems in the home?
- How often are tests conducted? ³

Medications

Taking four or more medications significantly increases the risk for falling because there are a greater number of side effects associated with multiple medication use and the side effects are often more intense. Interactions between medications can also cause side effects.

Furthermore, medications react differently in the body as a person ages, which can increase the risk for falling.⁴

- **Speak to a pharmacist regarding** prescriptions and over-the-counter medications for possible side effects and interactions that increase fall risk.

Helpful tips:

- Have all prescriptions filled at the same pharmacy.
- Keep a list of all prescription and over-the-counter (OTC) medications, as well as all dietary and herbal supplements that you are taking, and show this list to each doctor and pharmacist visited.
 - Carry this list in a wallet or purse.
- Always ask if a newly prescribed medication, or supplement replaces something else, is an addition to other medications, and/or interacts with anything else being taken.
- Make a list of any side effects and share the list with a pharmacist and/or doctor.
- If alcohol is consumed, ask the pharmacist and/or doctor to explain how alcohol interacts with medicines, and if alcohol should be avoided.⁵

³ Federal Trade Commission, "Personal Emergency Response Systems," www.ftc.gov/bcp/edu/pubs/consumer/products/pro24.shtm: Retrieved 6/15/09

⁴ Hamilton County Fall Prevention Task Force "Medication and Fall Prevention," www.fallpreventiontaskforce.org/falls_medication.htm Retrieved 6/15/09

⁵ Hamilton County Fall Prevention Task Force "Medication and Fall Prevention," www.fallpreventiontaskforce.org/falls_medication.htm: Retrieved 6/15/09 U.S. Food and Drug Administration "Medicines and You: A Guide for Older Adults," www.fda.gov/Drugs/ResourcesForYou/ucm163959.htm: Retrieved 10/19/09



Medical ID Tags

Consider investing in a medical ID tag or bracelet for the older adult and their caregiver. Most IDs contain information such as name, medical condition and allergies. Emergency responders are trained to look for the medical IDs, which allow them to quickly obtain medical records and notify emergency contacts. Companies such as MedicAlert offer medical ID tags and jewelry.

Home Modifications: Certified Aging in Place Specialist (CAPS)

“Making the House a Home for a Lifetime”

The National Association of Home Builders (NAHB) in collaboration with AARP developed the Certified Aging in Place Specialist (CAPS) program to address the growing number of consumers that will soon require modifications to their home. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects and health care professionals.

The CAPS Designation is a reliable way to identify home modification professionals

Certified individuals have been taught the strategies and techniques for designing and building attractive,

barrier-free living environments. Aging-in-place means living in one’s home safely, independently and comfortably, regardless of age, income or ability level. The CAPS program goes beyond design to address the codes and standards, common remodeling expenditures and projects, product ideas and resources needed to provide comprehensive and practical aging-in-place solutions. CAPS graduates pledge to uphold a code of ethics and are required to maintain their designation by attending continuing education programs and participating in community service.

How to Find a Certified Aging in Place Specialist

Call the National Association of Home Builder’s Designation Help Line at (800) 368-5242 x 8154, visit www.nahb.org/CAPSinfo or email CAPSinfo@nahb.com.

There are numerous CAPS designees throughout Central Ohio that can be found using the contact information above. The local affiliate of NAHB is the Building Industry Association of Central Ohio (BIA). Most CAPS designees are also members of the BIA, call (614) 891-0575.



Personal Risk Factors Fall Prevention Checklist ⁶

Each year, thousands of older adults fall. This checklist addresses personal risk factors that may lead to falls that can be prevented with proper action and precaution. This checklist is adapted from an original version printed by the Minnesota Safety Council and Hennepin County Community Health Department, (www.minnesotasafetycouncil.org/SeniorSafe/fallcheck.pdf), in conjunction with information from the Center for Disease Control and Prevention.

Yes	No	1. Has the older adult fallen before or been injured because of a fall?
Yes	No	2. Have daily activities or exercise stopped, decreased or been avoided due to a fear of falling?
Yes	No	3. Has hand strength/leg strength decreased?
Yes	No	4. Has eyesight diminished and/or has there been recent trouble seeing depth or seeing at night?
Yes	No	5. Is hearing loss noticeable?
Yes	No	6. Are foot ulcers, bunions, hammertoes or calluses present that hurt or cause an adjustment of steps?
Yes	No	7. Does the older adult feel unsteady on their feet or shuffle their feet when walking?
Yes	No	8. Does the older adult feel weaker than they used to, or have less strength in their arms and/or legs?
Yes	No	9. Is incontinence occurring?
Yes	No	10. Is dizziness when standing up a reoccurring issue?

If “YES” to any of the above, consider:

1. People who have fallen before are more likely to fall again. Think about the factors that led to that last fall. Take action to reduce those factors. Consider using a personal emergency response system (PERS) service (such as Lifeline) to help if an older adult falls.

Refer to Sections 2 and 3 of this resource list for more information on PERS services.

2. Fear of falling can be helpful if it causes one to take reasonable precautions, but it can be harmful when it results in avoiding exercise and other daily activities that keep an older adult active, strong and healthy. Start slowly to build confidence in exercise and daily activities. Start with chair exercises, and then move to standing and then moving exercises. If one is afraid of exercising alone, consider joining a group or class.

Refer to “Exercise” and “Balance Assessment” in Section 2 of this resource list for agencies in Central Ohio that offer exercise and fear of falling programs.

⁶ Checklist and recommendations adapted with the permission of the Minnesota Safety Council and Hennepin County Community Health Department “Fall Prevention Home Safety Checklist,” <http://www.minnesotasafetycouncil.org/SeniorSafe/fallcheck.pdf> as of 10/20/09.



3. Decreased hand strength can greatly increase the risk for falling because there may be more difficulty catching one's self and carrying objects safely. While walking, avoid carrying items; put them in a pocket or purse instead. Hand strength training may be beneficial. Talk to a health care provider about recommended exercises.

Refer to “Exercise” in Section 2 of this resource list for agencies in Central Ohio that offer exercise programs.

4. Problems with eyesight can make it difficult to see things and cause trips or falls. Get eye exams from an optometrist to see if glasses or a new prescription are needed. Place nightlights throughout the house. For depth perception problems, place tape or paint a line at the edge of stairs so the edge is visible when walking.

Refer to “Vision Services” in Section 2 of this resource list for agencies in Central Ohio that offer vision assessments and assistance.

5. Hearing is closely associated with balance. Get tested by a healthcare provider or by an audiologist. Wear a hearing aid if needed.

Refer to “Hearing Services” in Section 2 of this resource list for agencies in Central Ohio that offer hearing assessments and assistance.

6. Painful foot problems can cause one to walk slowly and differently, increasing the chance of falling. If there is reduced feeling in the feet, be aware of foot placement. Attend a foot care clinic or ask a doctor to treat any foot problems.

Refer to “LifeCare Alliance” in Section 2 of this resource list to view Central Ohio programs.

7. A strong stride and good balance are the keys to fall prevention. Consider using a cane or other assistive device to gain and maintain stability. A doctor can help decide on an appropriate device. Doctors can also give balance assessments or recommend physical therapy. Carry a cordless or cellular phone to avoid rushing to answer the phone and for use if a fall does occur.

Refer to “Balance Assessment” in Section 2 of this resource list for agencies in Central Ohio that offer balance clinics and assessments.

8. Arm and leg weakness can make it harder to navigate the environment. Build muscle strength by exercising regularly. Join an exercise class or learn exercises that can be done at home.

Refer to “Exercise” in Section 2 of this resource list for agencies in Central Ohio that offer exercise programs.



9. Incontinence can increase the chance of falling if anxiety causes a rush to get to the bathroom. Check with a doctor about incontinence treatments. If nighttime incontinence is an issue, consider getting a bedside commode. Make sure the path to the bathroom is well lit and free of clutter.

Refer to “Home Assessments & Modifications” or “Home Repair” in Section 2 for agencies in Central Ohio.

10. Dizziness increases the chance of falling because it causes disorientation and even fainting. Dizziness can have many causes so a doctor should be consulted to test for postural hypotension. Take time to stabilize before changing positions. Additionally, certain medication side effects can cause dizziness. Have a doctor or a pharmacist review all medications that are being taken, and make sure they review how to take them correctly.

Refer to “Medication Review” and “Medications” in Section 2 and Section 3 of this resource list for medication assistance information.



Home Safety Checklist ⁷

This checklist is based on the original version printed by the Centers for Disease Control and Prevention. Each year, thousands of older adults fall at home. Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help find hazards in the home that may need to be addressed.

Bathroom & Kitchen ⁷

Yes	No	1. Is the path from the bedroom to the bathroom well lit?
Yes	No	2. Are there grab bars near the toilet and in the shower and bathtub?
Yes	No	3. If it is difficult to stand in the shower, is a shower seat used?
Yes	No	4. Are spills cleaned up immediately?
Yes	No	5. Is soap build-up in the shower/bathtub removed to avoid slipping?
Yes	No	6. Can the soap in the shower be reached easily, without bending down or turning too far around?
Yes	No	7. If it is difficult to stand up or sit down, is a raised toilet seat used?
Yes	No	8. Are throw rugs/floor mats secure?
Yes	No	9. Can regularly used items be reached without bending down or reaching up too far?
Yes	No	10. Is food prepared at the kitchen table?

⁷ Checklist adapted from the Department of Health and Human Services Centers for Disease Control and Prevention, "Check for Safety A Home Fall Prevention Checklist for Older Adults," www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/booklet_Eng_desktop.pdf Retrieved 10/19/09.



Bedroom, Living Areas, & Outside ⁷

Yes	No	1. Is there a table close to the bed with a lamp and room to store eyeglasses and a phone?
Yes	No	2. Are cords pushed back against the wall?
Yes	No	3. Are floor coverings secure and sturdy?
Yes	No	4. Can the phone be answered without getting up?
Yes	No	5. Can lights be turned on without walking into a dark room?
Yes	No	6. Is a sturdy step stool that has side rails, and is in good condition available?
Yes	No	7. Is a cordless or cellular phone or an emergency alarm device available at all times?
Yes	No	8. Is it easy to walk around furniture in the home?
Yes	No	9. Can the cords to lights or ceiling fans be reached easily?
Yes	No	10. Are there handrails on both sides of the stairways in the home?
Yes	No	11. Are the steps on stairways even and safe? Are there lights at the top and bottom of the stairs?
Yes	No	12. Is the path from the house to the garage well lit?
Yes	No	13. Are driveways and sidewalks safe and free of hoses, weeds, cracks or buckles, or other obstacles?
Yes	No	14. Are walkways free of ice?

Any "NO" answers should be addressed to minimize the risk of falls and serious injuries for the older adult.

⁷ Checklist adapted from the Department of Health and Human Services Centers for Disease Control and Prevention, "Check for Safety A Home Fall Prevention Checklist for Older Adults," www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/booklet_Eng_desktop.pdf Retrieved 10/19/09.



