



**SCSC**

Long Term Services and Support  
Senior Coalition of Stanislaus County

# *Fall Prevention* **Resource Guide**



**STOP FALLS STANISLAUS COUNTY**

*Right Steps to Fall Prevention*

For more information about Fall Prevention and to obtain a **FREE** *Home Safety Checklist* or *Fall Risk Self Assessment*, call the **Stanislaus County Senior Information line at: (209)558-8698**

# Senior Coalition of Stanislaus County

## Mission:

“To enhance the physical, mental, and social well-being, while reducing fall risk for seniors and persons with disabilities in Stanislaus County, in a collaborative community effort through advocacy, education, coordinated services and best practices for independence.”

## WHY WE CREATED THIS GUIDE

Falls are not an inevitable part of the aging process. 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 Senior Coalition of Stanislaus County.

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## PHYSICAL ACTIVITY

*Engagement in physical activity is an essential component of fall prevention. Activities such as walking and gentle exercises reduce the risk of falls by improving strength, balance, coordination, and flexibility.*

**Healthy Aging Association's Young at Heart Fitness Classes** are offered to older adults and/or individuals with disabilities. Healthy Aging Association offers strength training, Tai Chi for arthritis and fall prevention, and low-impact aerobics. To find a class location near you, call (209)525-4670 or visit [www.healthyagingassociation.org](http://www.healthyagingassociation.org)

**Senior Citizens Centers** offer a variety of activities and services in collaboration with community organizations, as well as through recreational and social programs.

<b>Ceres Community Center:</b>	(209)538-5628
<b>Hughson Senior Community Center:</b>	(209)883-4055
<b>Modesto Senior Center:</b>	(209)341-2974
<b>Oakdale Gladys L. Lemmons Center:</b>	(209)845-3566
<b>Patterson Hammon Senior Center:</b>	(209)895-8180
<b>Turlock Senior Center:</b>	(209)668-5594
<b>Senior Center Without Walls:</b>	1(877)797-7299
<b>Swimming/Water Aerobics in Modesto:</b>	
Burris Pool (Disabled and Seniors)	(209)577-5344

## **OTHER WAYS TO BECOME ACTIVE**

**A Matter of Balance** is an evidence based program that is designed to reduce the fear of falling and increase the activity level of older adults who have concerns about falling. The program consists of eight-two hour classes with small group discussion. Contact Healthy Aging Association at (209)525-4670 or visit [www.healthyagingassociation.org](http://www.healthyagingassociation.org) for more information.

**Stepping On** is an evidence based program designed to reduce falls in older adults 60 and older. Participants attend seven-two-hour sessions that include low-impact balance and strength exercises, as well as discussion on preventing falls. Contact Sutter Memorial Hospital, Trauma Services for more information at (209)526-4500 Ext. 6316

# EMERGENCY RESPONSE

*There are two basic types of personal emergency response systems (monitored and non-monitored) that can help an individual who has had a fall and needs assistance. 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.*

## **MONITORED**

- ALERT Medical Response**.....(209)634-5555
- Apex Real Care Lifeline**..... (209)525-9111
- Life Station** ..... 1(800)884-8888
- Alert 1 Response Link**..... 1(866)809-4066

## **NON-MONITORED**

### **California Telephone Access Program (CTAP)**

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 or hearing impairment. The application must be verified and signed by your physician. For more information call **1(800)806-1191** or visit **[www.californiaphones.org](http://www.californiaphones.org)**

**Cell Phones:** The most basic option for an emergency response system 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 at all times and make sure it is charged.

***Be sure to add your local Police Department number to your cell phone for quicker response time.***

## **FILE OF LIFE**

Keep medical information handy in your personal File of Life, which should go on your refrigerator for medical responders to easily access in case of an emergency. To receive a File of Life magnet call **(209)558-8698**.

<b>FILE OF LIFE</b>	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR. _____	
Name: _____	Sex: _____
Address: _____	Phone #: _____
Doctor: _____	Phone #: _____
<b>EMERGENCY CONTACTS</b>	
Name: _____	Phone #: _____
Address: _____	Phone #: _____
Name: _____	Phone #: _____
Address: _____	Phone #: _____

# MEDICATION MANAGEMENT

*Older adults are more at risk of falls if they are taking multiple medications. Managing medication can be very complex and confusing so it is important to review your medications with your provider every so often. 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 as needed. Call for more information, including insurance coverage and delivery area.

- Coffee Plaza Pharmacy**.....(209)522-3367
- Carranza Pharmacy (Hughson) ...**(209)883-4911
- Mid Valley Pharmacy** .....(209)552-7600

## **MEDICATION DISPOSAL PROGRAM: DROP THE DRUGS**

Unsecured prescription medications left in your home could be susceptible to diversion, misuse, and abuse. Drop the Drugs Service is free and anonymous. Find a location near you to dispose of pills, liquids, and over the counter medicine for confidential incineration.

**No syringes or needles.**

### **DISPOSAL BOX LOCATIONS**

- Ceres**, 2727 Third St. .... (209)538-5713
- Hughson**, 7018 Pine St. .... (209)883-4052
- Modesto**, 250 Hackett Rd. .... (209)525-7115
- Modesto**, 600 10th St. .... (209)572-9500
- Newman**, 1200 Main St. .... (209)862-2902
- Oakdale**, 245 N. 2nd Ave. .... (209)847-2231
- Patterson**, 33 S. Del Puerto Ave. .. (209)892-5071
- Riverbank**, 6727 Third St. .... (209)869-7162
- Turlock**, 244 N. Broadway ..... (209)668-5550
- Waterford**, 320 'E' St. .... (209)874-2349

### ***Help Protect our Environment***

*Water contamination due to medications being flushed down the toilet or drains creates significant threats to our environment.*

## TRANSPORTATION & VISITATION

*Many older adults who have had a fall tend to reduce their activities because they are afraid of having another fall. Many of these adults tend to become isolated and restrict their activities and in fact end up increasing their risk of falling. Here are two organizations who can help you feel less isolated and remain independent.*

### **TRAVEL TRAINING - MOVE TRANSPORTATION**

Need assistance finding the right transportation? MOVE staff can assist you with providing Travel Training to learn how to use public transit, locating the best Volunteer Driver program, or showing you the way to get to medical appointments in the Bay Area. Call **(209)672-1143** for transportation that can change your life.

### **FRIENDLY VISITOR PROGRAM - PROJECT HOPE**

Friendly Visitors are volunteers who come to your home for social visits and support. Visits are usually twice a month for at least one hour. Activities may include reading together, playing cards, having coffee and conversation, playing games, or going for walks. Call Project Home at **(209)558-8698** to learn more.

## HOME MODIFICATION & REPAIR

*Home modifications reduce fall risk and help older adults stay independent in their homes. Many public agencies offer housing rehabilitation and home modification programs to homeowners. Various community organizations and businesses offer resources or services as well.*

### **CITIES CURRENTLY OFFERING PROGRAMS**

**Modesto:** (209)577-5211

**Riverbank:** (209)863-7126

**Turlock:** (209)668-5610

### **CALL YOUR CITY TO SEE WHAT IS AVAILABLE**

**Ceres:** (209)538-5774

**Patterson:** (209)895-8020

**Hughson:** (209)883-4054

**Oakdale:** (209)845-3625

**Newman:** (209)862-3725

**Waterford:** (209)874-2328

# HOME MODIFICATION (continued)

## **STANISLAUS COUNTY HOUSING AUTHORITY - HOME REPAIR PROGRAM**

Designed to repair or eliminate conditions that present critical health and safety hazards and make homes more accessible. They offer grants and loans for repairs, modifications, and handicap accessibility to the home or mobile home. Programs are available in the following areas: the communities of Denair, Empire, Keyes and some parts of Salida; the County pocket areas of the Airport Neighborhood and West Modesto. To learn how to apply, call **(209)557-2007**.

## **U.S. DEPARTMENT OF AGRICULTURE - RURAL HOUSING PROGRAMS**

Provides grants to elderly homeowners to remove health and safety hazards. This program is available to very low-income seniors, 62 years or older who live in the following rural cities: Hughson, Grayson, Newman, Oakdale, Patterson, Riverbank and Waterford. *Modesto, Ceres, Salida, Turlock and the Empire area are NOT eligible.* Homeowners may receive up to \$20,000 in a loan, a combination loan and grant, or a full grant to repair, improve, or remove health and safety hazards. For more information on how to apply, call **(209)491-9320**.

## **ADVANCING VIBRANT COMMUNITIES**

A faith-based non-profit organization that organizes volunteers 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**.

## **HOME SAFETY SERVICES**

Home Safety Services is focused exclusively on making the home a safer place in the most practical manner possible, servicing the Central Valley. Visit [www.homesafety.net](http://www.homesafety.net) or call **1(888)388-3811** for more information.



## IN-HOME ASSISTANCE

*In-Home Services are services that are designed to keep the senior safe in their home. Tasks may include basic activities of daily living 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.*

### **PRIVATE PAY**

Can range from \$16-\$30/hour, often with 3-4 hours minimum per visit. 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.

For a list of private in-home agencies, call the **Senior & Caregiver Info line at: (209)558-8698 or (800)510-2020.**

### **HOMEMAKER PROGRAM - CATHOLIC CHARITIES**

Provides household support in the assistance of daily living for Stanislaus County seniors. Priority is given to seniors who are at risk of losing their independence, frail or disabled either permanently or temporarily, those who are isolated, persons 60 years or older, and those of low income. There is no fee for the service, but donations are encouraged. For more information, call **(209)529-3784.**

### **VETERANS SERVICES OFFICE (VSO)**

Veterans may be eligible for "Aid and Attendance" or Housebound benefits. For more information, call **(209)558-7380.**



## **IN-HOME ASSISTANCE** (continued)

### **RESPITE - FAMILY CAREGIVER SUPPORT PROGRAM**

A chance for non-paid family caregivers of a senior 60 or older, or Alzheimer's patient of any age, to be relieved temporarily of caregiving responsibilities. Services can be in-home care by a qualified staff member of a home-care agency, companionship by a trained volunteer, or temporary stay in a care home. For more information, call **(209)558-8698**.

### **In-Home Supportive Services (IHSS)**

The In-Home Supportive Services (IHSS) program is for older, frail, or disabled persons who are Medi-Cal eligible, are limited in their ability to care for themselves, and cannot live safely at home without help.

IHSS provides a wide range of assistance to meet your individual needs and assure that you can live safely at home.

Services may include housekeeping, meal preparation, shopping, laundry, and personal care.

If eligible, a social worker will go out to your home to discuss what help you may need and determine what costs, if any, you may have to pay for the services. The social worker will usually conduct a needs assessment during the initial home visit. 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 (MSSP)**

Comprehensive case management services for Stanislaus County residents who are age 65 and older, who receive Medi-Cal benefits, are in frail health, and willing to accept care management services. For more information or to apply, call **(209)558-8698**.

# IN-HOME SUPPORTIVE SERVICES

## IMPACT YOUR COMMUNITY

**Get involved with the In-Home Supportive Services (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 at [www.stanlink2care.org](http://www.stanlink2care.org) or you may call **(209)558-1650**.

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 on matters related to its practices and procedures.

My name is Linda White; Bill, my husband, of almost 30 years, passed away recently. In 1988 Bill was diagnosed with Multiple Sclerosis (MS), he had the type that got progressively worse. The cause of MS is not known and there is no cure. As he struggled with the



growing disability, I struggled with working and taking care of him. One day someone told us about In-Home Supportive Services (IHSS). I could get paid to take care of him and didn't have to work outside the home. The program saved our lives. He was able to get the care he needed, I was able to be his caregiver, and we got to stay in our own home. I joined the IHSS Advisory Committee because I wanted to make a difference for people that were in the same situation as we were. I will be forever grateful that we were able to have our years together, in our own home. That Bill was able to have the dignity to be cared for by someone who loved him.



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



## **MEDICAL EQUIPMENT**

*Durable Medical Equipment and Assistive Devices can help a person complete basic activities of daily living and some may even help to protect against falls. Items may include bath safety devices like a raised toilet seat or shower chair, bed rail, and mobility aids like a cane or walker. Many items are covered by medical insurance but some are not. Most insurance companies require a physician's order or prescription. Always check with your insurance before purchasing items.*

### **For Medi-Cal clients and/or Medicare:**

Mobility Plus of CA - Call (209)552-2244 or visit [www.mobilityplusofca.com](http://www.mobilityplusofca.com)

### **For Medicare Advantage plans:**

Call your Health Plan for provider information.

## **SOCIETY FOR disABILITIES**

Maintains a durable medical equipment loan closet to assist individuals experiencing a temporary or permanent disability to obtain the equipment they need. They loan durable medical equipment to individuals that live in Stanislaus County free of charge if medical insurance does not cover the equipment that an individual needs or is taking too long to provide that equipment. Call (209)524-3536 or visit [www.societyfordisabilities.org](http://www.societyfordisabilities.org)

## **DISABILITY RESOURCE AGENCY FOR INDEPENDENT LIVING (DRAIL)**

DRAIL services are tools that assist people with disabilities to live more independent lives. Services are designed to empower individuals to achieve personal goals, renew confidence, and enable independence. DRAIL offers an assistive technology reuse program and assists individuals with disabilities in assessing and acquiring devices needed to increase their independence. Call (209)521-7260 or visit [www.drail.org](http://www.drail.org) for more information.

# IF YOU HAVE A FALL

1. **Evaluate your home** by using a “Home Safety Checklist” to assess your home environment and reduce fall risks. Some ways to make your home safer include:
  - Remove clutter from stairs and walkways
  - Install grab bars and handrails where needed
  - Have adequate lighting in your home
2. **Incorporate regular exercise (see page 3):** Work to improve your strength and balance with a “Young at Heart” class or similar program - with your physician’s approval
3. **Use assistive devices (see page 11):** such as walking devices, handrails, grab bars, and shower chairs to help you maintain your balance.
4. **Review your medications (see page 5):** Have your doctor or pharmacist review all the medicines you take, including over the counter medicines.
5. **Have your vision and hearing checked regularly:** Have your eyes checked by an eye doctor at least once a year. Poor vision can increase your chances of falling.
6. **Always tell your doctor if you have fallen** since your last check up, even if you did not sustain any injuries from the fall.
7. **Ask your physician for a referral to a physical therapist** for a Fall Risk Assessment

*If you are 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.*

## WEB RESOURCES

**Fall Prevention Center of Excellence** - [www.stopfalls.org](http://www.stopfalls.org)  
**Healthy Aging Association** - [www.healthyagingassociation.org](http://www.healthyagingassociation.org)

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*Created and Edited by:*

Healthy Aging Association (209)525-4670  
Stanislaus County Area Agency on Aging (209)558-8698

*Printing Sponsored by:*

Stanislaus Senior Foundation and Optimal Hospice



Revised Sept. 2019