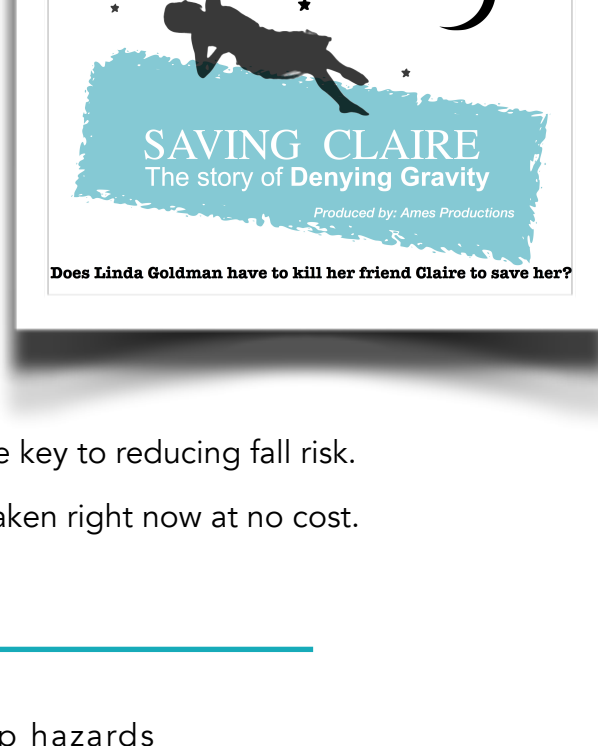


THE

# Saving Claire

## FALL PREVENTION RESOURCE GUIDE



Taking at least one next step is the key to reducing fall risk.  
Many of the steps below can be taken right now at no cost.

### Easy Steps to Take Right Now

- REMOVE rugs that slide or create trip hazards
- LOOK for cords and debris on the floor; REMOVE or RELOCATE
- STAY OFF ladders
- DO NOT stand on chairs

## RESOURCES TO HELP YOU GET STARTED

Fall Prevention Resources

Medicare Resources

### Personal Fall Risk Assessment

This can be done by a Physical Therapist and is typically based on a referral from your Primary Care Physician (your "PCP").

#### FIRST: Ask your doctor...

How do I get a fall risk assessment covered by Medicare?

It is important to let your doctor know that you are concerned about balance, your feet or any other issue.

#### PRO TIP:

*Remove your shoes when you go into the examining room to remind you—and your doctor—to talk about foot health and footwear!*

#### About Insurance Coverage:

Take this with you and read it to your doctor so they can help you take the next step.

- A fall risk assessment by a physical therapist will require a medical reason, a fall, a near fall or a fear of falling based on a change in health and/or mobility.

- Your primary care doctor or a specialist will need to write a prescription for the therapist. NOTE: you may need to find an "in-network" provider with your insurance company.

In Florida you can also contact a licensed physical therapist directly; you must then notify your PCP—within 30 days!—for a review the results.

Consult with your PCP and/or your insurance provider.

### Primary Care Physician (PCP) Resources (Jacksonville Area)

- **AgeWell Center for Senior Health/Baptist Health**

- 904-202-4243  
- [www.baptistjax.com/services/geriatric-care](http://www.baptistjax.com/services/geriatric-care)

- **UF Health Primary Care**

- 904-244-0411  
- [www.ufhealthjax.org/primary-care](http://www.ufhealthjax.org/primary-care)

- **Ascension St. Vincent's**

- 904-308-7300  
- [www.healthcare.ascension.org/doctors](http://www.healthcare.ascension.org/doctors)

- **Mayo Clinic Florida**

- 904-953-2000  
- [www.mayoclinic.org/jacksonville](http://www.mayoclinic.org/jacksonville)

#### PRO TIP:

- Your primary care physician (PCP) is an important partner in your healthcare.

- Your primary care doctor or a Specialist will write a prescription if you need durable medical equipment, physical/occupational/speech therapy or home health services.

- They coordinate care when a person has been in the hospital or emergency room to make sure you have care when you return home.

- They also do medication checks & coordinate preventative tests and screens

- Call your PCP if you feel you are at risk of falling and/or need or would like an evaluation.

- Please BE SURE to share ALL your concerns with your doctor so that they can provide you with the best care.

- Keep a list of any questions or concerns you may have; add to it whenever you think of something new. Then BE SURE to take it with you so you won't forget when you are speaking to your PCP.

- If you like, use your phone to send the list via email, or take a picture of it and send that!

### Physical Therapy Resources (Jacksonville Area)

- **Baptist AgeWell — Bruce Cathcart, MPT, GCS, CEEAA**

- O: 904-202-4624; M: 904-806-5583; E: [bruce.cathcart@bmcjax.com](mailto:bruce.cathcart@bmcjax.com)  
- [www.baptistjax.com/services/geriatric-care](http://www.baptistjax.com/services/geriatric-care)

- **Brooks Rehab — Jackie Osborne, PT, DPT, GCS, CEEAA**

- O: 904-345-7600  
- [www.brooksrehab.org/services/fall-prevention-program](http://www.brooksrehab.org/services/fall-prevention-program)

### Home Fall Risk Assessment (Jacksonville Area)

For comprehensive home/living space assessment and advice.

- **Prism Health Services — Prachi Rath, OTR/L, LMT, MHA, CAPS**

- O: 904-880-9900 x112; E: [prachi@prismhealthservices.net](mailto:prachi@prismhealthservices.net)  
- [www.prismhealthservices.net](http://www.prismhealthservices.net)

- **Aging True Senior Services — Nicole Egan**

- O: 904-807-1203  
- [www.agingtrue.org](http://www.agingtrue.org)

If you want to start the process on your own, use this checklist:

[www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](http://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf)

#### PRO TIPS:

- Safety only comes from **Properly Installed** grab bars
- Grab bars in the bathroom are a good idea at ANY AGE. They must be installed properly by licensed CAPS-certified contractors.
- Do not use suction type grab bars
- Install motion-sensitive night lights
  - These can be purchased online or at multiple retail outlets.
  - IMPORTANT: Always have flashlights available—on bedside tables and in multiple areas of the house so you have lighting in the event of a power outage.
  - Plug-in motion-sensitive night lights are available at Amazon, Lowes, Home Depot, Walmart, Target, and some grocery stores.
  - In addition to night lights, it is good to have a few battery-powered flash lights that plug in and light up automatically if there is a loss of power. One example:
    - [American Red Cross Blackout Buddy Charge Smartphone Charging Emergency Flashlight and Night Light](#).
- A consultation with a CAPS-certified occupational therapist will get the right modifications in the right places for your needs now & later.

### Movement and Exercise

Walking, swimming, yoga, tai chi, dancing, bowling, tennis, golf... Whatever you do, keep moving!

- **AHEC: [www.northfloridaahec.org/seniorprograms](http://www.northfloridaahec.org/seniorprograms)**

- O: 877-784-8486; D: 904-482-0189 x 111  
- A Matter of Balance Tai Chi  
- SAIL—Staying Active & Independent for Life

- **Brooks Health: [www.brooksrehab.org/services/fall-prevention-program](http://www.brooksrehab.org/services/fall-prevention-program)**

- O: 904-345-7600

- **Stepping On: A fall prevention exercise program**

- Watch: [www.youtube.com/watch?v=dSb8uGKqMxs&t=15s](http://www.youtube.com/watch?v=dSb8uGKqMxs&t=15s)

- **YMCA: [fcmca.org](http://fcmca.org)**

- O: 904-592-9622  
- Moving For Better Balance AND Silver Sneakers

- **St. John's Council on Aging: [www.coasjc.org](http://www.coasjc.org)**

- Sharon Gesek, Program Director  
- O: 904-209-3661; E: [sgesek@stjohnscoa.com](mailto:sgesek@stjohnscoa.com)

- **Nassau County Council on Aging: [www.nassaucountycouncilonaging.org](http://www.nassaucountycouncilonaging.org)**

### Social Connection & Activities

The City of Jacksonville has numerous community centers, each of which offers activities of many kinds, including virtual.

- **Frances Padgett Arlington Senior Center**, 1078 Rogero Road (32211)
- **Bennie Furlong Beaches Sr. Ctr.**, 281 19th Ave. So, Jacksonville Beach (32250)
- **Carvill Park Senior Center**, 1302 Carvill Ave. (32208)
- **Charlie T. Joseph Senior Center**, 6943 Buffalo Ave. (32208)
- **Clanzel T. Brown Senior Center**, 4575 Moncrief Road (32209)
- **Hammond Senior Center**, 3312 W. 12th St. (32254)
- **J. S. Johnson Senior Center**, 1112 Jackson St. (32204)
- **Jim Fortuna Senior Center**, 11751 McCormick Road (32225)
- **Lane Wiley Senior Center**, 6710 Wileey Road (32210)
- **Leroy D. Clemons Senior Center**, 55 N. Jackson Ave. (32220)
- **Lincoln Villa Senior Center**, 7866 New Kings Road (32219)
- **Longbranch Senior Center**, 4110 Franklin St. (32206)
- **Louis Dinah Senior Center**, 1805 Flag St. (32209)
- **Mandarin Senior Center**, 3848 Hartley Road (32257)
- **Mary L. Singleton Senior Center**, 150 E. First St. (32206)
- **Maxville Senior Center**, 18065 Pennsylvania Ave. (32234)
- **Oceanway Senior Center**, 12215 W. Sago Ave. (32218)
- **Riverview Senior Center**, 9620 Water St. (32208)
- **Wallace Small Senior Center**, 1083 Line St. (32209)
- **Windy Hill Senior Center**, 10540 Anders Blvd. (32246)

### Insurance Coverage for Fall Prevention Actions & Resources

It can be very challenging to navigate the world of insurance, even for professionals! But patience will often be rewarded.

Listed below are some fall prevention actions and resources that are often covered.

Check with your insurance provider to be sure!

- **Silver Sneakers:** (a gym club membership that allows you to go to any gym in the network)
  - Go to [SilverSneakers.com](http://SilverSneakers.com) & register the information on your Health Insurance Card.
  - You will now be in the system.
  - Show your health insurance card when you go to a gym and they will look you up in the Silver Sneakers system.
  - All the gyms offer classes and instruction for Medicare recipients at varying levels of physical fitness. Also, they have lots of online classes and activities.
  - Sometimes your insurance company will give you reward gift cards for participation as well. They want to promote healthy activities.
  - **United Healthcare's** program is called Renew Active. Go to: [UHCRenewActive.com](http://UHCRenewActive.com), use your health insurance card to register and they will give you a membership number, which you provide to any Gym you wish to go to. They also have lots of activities for brain health, online video exercise classes and they have a way to track your walking/steps. They have a gift card awards program.
- **Free or low cost annual vision exams:** You will need to go to a participating provider.
  - some companies will also give you money toward the cost of glasses or contacts.
- **Free hearing exams:** You will need to go to a participating provider.
- **Hearing aids:** Your insurance company may give you money toward hearing aids or they may limit what you will pay for hearing aids by applying a copayment. You will need to go to a participating provider.
- **Over-the-counter credits:** The insurance company should provide you with a catalog.
  - You can make an order online, mailing in an order form or calling in an order.
  - Some companies may allow you to go directly to a drug store to get items.
  - Insurance companies give out monthly credits or quarterly credits, ranging from \$25 to \$300.
  - Some companies require you to use up all the credits each month/quarter or you will lose them; other companies will allow members to accumulate credits till the end of the year.
  - The items in the catalogs will be vary but generally are pain/cold/allergy medication, vitamins, personal hygiene products and home safety items, and home safety items that are used to prevent falls.
- **Free Emergency Alert Systems and Monitoring:** this is a life alert system. You are given a button that you can wear on a necklace. If you are home alone and need medical help you can push a button and help will come. The monthly monitoring cost is also included. (Available on most HMO plans)
- **Free Annual Checkups and House calls programs:**
  - A visit to a primary care physician is a critical first step in Fall Prevention.
  - All Medicare Advantage Plans will offer you a free annual physical—including routine blood work—with your doctor.
  - They also cover a long list of free preventative tests and screenings.
  - Some companies will offer a house-calls programs where they will send out a nurse practitioner to meet with you in your home, do a evaluation of your medical history, write down all your medications and evaluate your needs within your home. They send the report to your doctor so that it can become part of your medical records. It is not meant to take the place of your primary care doctor. It is meant to support your doctor in your care.
- **Therapies (Speech, Physical and Occupational):** A fall assessment by a physical therapist may require a medical reason, such as a fall, a near fall or a fear of falling based on a change in health and/or mobility.
  - Your primary care doctor or a specialist will write a prescription for the therapist.
  - You will then need to find a network provider with your insurance company.
- **Durable Medical Equipment (DME):** If you and/or your PCP, Occupational Therapist or Physical Therapist determine that you need items like canes, or walkers or other durable medical equipment.
  - Durable medical equipment is covered by Medicare.
  - All the Medicare-covered DME items at: [medicare.gov/coverage/durable-medical-equipment-dme-coverage](http://medicare.gov/coverage/durable-medical-equipment-dme-coverage).
  - Your PCP or a Specialist will need to write a prescription for durable medical equipment.
  - They will need to show that it is medically necessary.
  - Call your insurance provider to find an in-network supplier.
- **Preventive Care:** A list of preventative services covered by Medicare can be found here: <https://www.medicare.gov/coverage/preventive-screening-services>.
- NOTE: Many advantage plans offer enhanced preventative care services.

### Medication and Fall Risk: Medication Therapy Management (MTM)

Often overlooked, but extremely important, is the way medications—AND supplements & over-the-counter remedies—can affect your balance and perception of risk.

Also Note: Antihistamines, Antidepressants, blood pressure medicines, and many pain medications can increase fall risk.: [cdc.gov/steady/pdf/STEADI-FactSheet-MedLinkedtoFalls-508.pdf](http://cdc.gov/steady/pdf/STEADI-FactSheet-MedLinkedtoFalls-508.pdf)

#### Medication Therapy Management (MTM)

- It is essential to have a medication check/evaluation. Many common medications increase fall risk.
- It is important to have a comprehensive list of all your medications, plus vitamins and/or supplements.
- All the information on the prescription label is important, including:
  - The name of medication (brand or generic) and the dosage & frequency.
  - Many doctors prefer if you bring all your medications to your appointment so they can take the information from the prescription bottles.
- A pharmacist is also a very valuable resource in evaluating medications, side-effects and interactions.
- Getting all your medications from the same pharmacy allows your pharmacist to see all the medications you are on.
- Medication Management Systems: After an MTM evaluation these systems—for packaging and labeling medications—can help prevent missing medications or improper dosage.
- Resources:
  - Prism Health Services can help with Medication Management Systems: [prismhealthservices.net](http://prismhealthservices.net).
  - Prachi Rath, OTR/L, LMT, MHA, CAPS
  - O: 904-880-9900 x112; E: [prachi@prismhealthservices.net](mailto:prachi@prismhealthservices.net)
- Independent Pharmacies also specialize in this kind of evaluation and care

### Social and Mental Health

Isolation, depression and dementia can all increase fall risk.

Remember: Mental Health is health.

As your PCP for a referral—for evaluation or treatment. Covid has been especially hard on all of us.

To learn more: [healthline.com/health/mental-health-resources#](http://healthline.com/health/mental-health-resources#)

#### Medicare covers many mental health services:

- ORIGINAL MEDICARE: Medicare Part B (Medical Insurance) helps cover mental health visits you get from a doctor AND services you generally get outside of a hospital; these may be:
  - Psychiatrist or other doctor
  - Clinical Psychologist
  - Clinical Social Worker
  - Clinical Nurse Specialist
  - Nurse Practitioner
  - Physician Assistant
  - Lab tests ordered by your PCP
- Ask your insurance provider for in-network service providers

#### Additional Mental Health Resources

- **Ascension Medical Group Mental Health** O: 904-308-3751  
- [www.healthcare.ascension.org/locations/florida/fljac/jacksonville-ascension-medical-group-st-vincents-behavioral-health-riverside](http://www.healthcare.ascension.org/locations/florida/fljac/jacksonville-ascension-medical-group-st-vincents-behavioral-health-riverside)
- **UF Health Psychiatry** O: 904-383-1038  
- [www.ufhealthjax.org/location/29/uf-health-psychiatry-jacksonville](http://www.ufhealthjax.org/location/29/uf-health-psychiatry-jacksonville)
- **Baptist Behavioral Health** O: 904-376-3800  
- [www.baptistjax.com/services/behavioral-health](http://www.baptistjax.com/services/behavioral-health)
  - **United Way** O: Dial 2-1-1 for 24-hour assistance
  - [www.unitedwaynefl.org/get-help](http://www.unitedwaynefl.org/get-help)
- **Mayo Clinic** O: 904-953-2000  
- [www.mayoclinic.org](http://www.mayoclinic.org)

### Some Additional Fall Prevention Resources

#### Caregiver Coalition

[www.caregivercoalition.org/fall-prevention](http://www.caregivercoalition.org/fall-prevention)

Falls-Free Checkup

[www.ncoa.org/article/falls-free-checkup](http://www.ncoa.org/article/falls-free-checkup)

