

STATE HEALTH IMPROVEMENT PLAN

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Caregiver ToolKit

Supporting Your Caregiving Journey



ELDERAFFAIRS.ORG



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Introduction

Dear Florida Caregivers

This resource guide is here to help you find answers to your caregiving questions. The resources included are from non-profits, businesses, and government agencies that specialize in caregiving, senior care, aging, and end-of-life issues. Our goal is to make caring for loved ones less stressful by helping you become a more confident and well-informed caregiver. We wish you success throughout your caregiving journey!

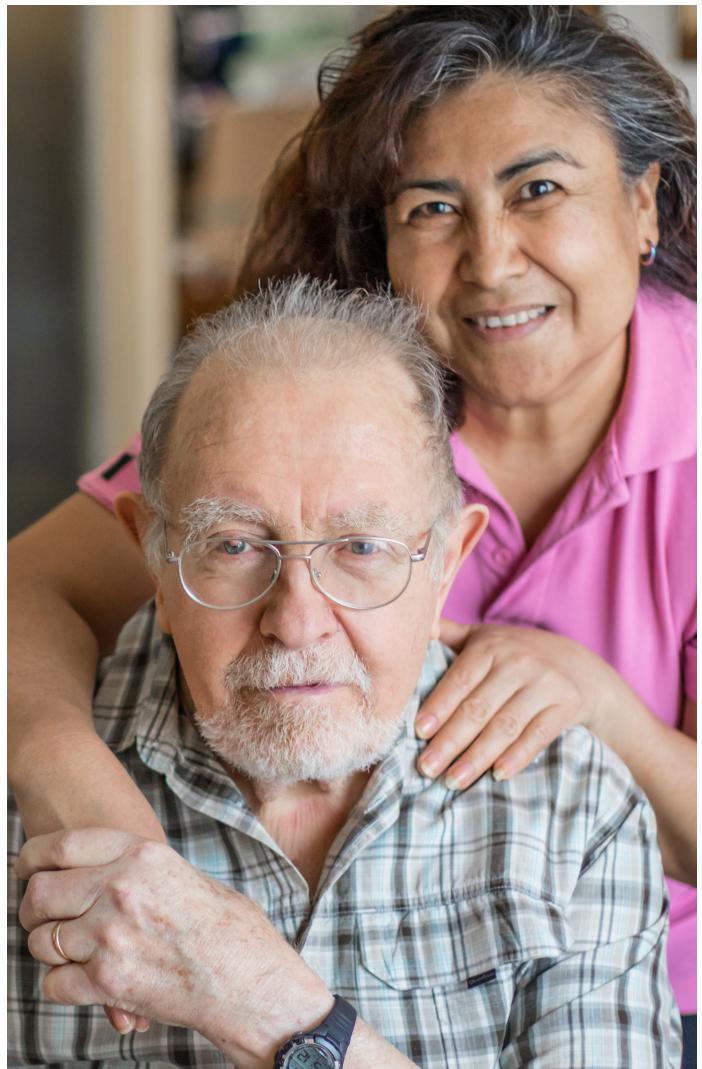
Who Can Be a Caregiver?

Many individuals are caregivers without even realizing it. Caregivers are responsible for the physical care and emotional support of someone who can no longer care for themselves due to illness, injury, or disability. This often includes providing support with financial and legal affairs.

Caregiving comes in many varieties – including from afar. Long-distance caregivers support a loved one who lives an hour or more away. Many types of support are possible from any distance: assistance organizing appointments and in-home services, medication reminders, financial and legal assistance, emergency preparedness, and a growing number of telehealth options make it possible to assist a loved one no matter where you live.

You Are Not Alone

Today, Floridians are expected to live longer than the average American life expectancy. However, many are facing chronic health problems that can develop in later years. Families are stepping up to help. Caring for a person with Alzheimer's disease or related dementias sometimes requires a team of people. If you provide daily care, participate in decision-making, or simply care about a person with the disease, this guide has resources to help.



Get the Support You Need

Providing care to a loved one may not always be easy. This guide will provide you with the right resources and support to deepen your caregiving knowledge and become more confident when caring for a loved one.



Getting Started

People step into caregiving roles with widely varying needs and resources. As you work with your loved one to develop a care plan, consider the following helpful first steps:

- **Ask your loved one how you can be supportive.** Be respectful of their right to make decisions about their care needs and protect their dignity.
- **Call your local Area Agency on Aging helpline (see map, page 9).** Their helpline operators can share more about the programs and services your loved one may be eligible to receive. The AAAs act as the gateway for all state services, and their helplines serve as the primary entry point for all needs.
- **Start early.** Get to know the types of resources that are available before your loved one develops a critical need for the service.

- **Learn more about their illness or condition.** Many of the resources within the toolkit offer education programs and support groups that can help you prepare for future needs and make informed decisions.
- **Share responsibilities** with your loved one's inner circle of caregivers and maintain open communication with everyone whom your loved one wishes to include.
- **Develop a support system for yourself.** Connect to a support group or share your caregiving experiences with a few close friends. Caregiving is hard work. Take care of your mental and physical health and practice self-care.

Resources



Resources

National Organizations

Alzheimer's Disease Supportive Services Program (ADSSP)

acl.gov/programs/support-people-alzheimers-disease/support-people-dementia-including-alzheimers-disease

Alzheimer's Foundation of America

alzfdn.org

John A. Hartford Foundation

johnahartford.org

National Alliance for Caregiving

caregiving.org

National Academy of Elder Law Attorneys

naela.org

National Alzheimer's Disease Education and Referral Center (NIH ADEAR)

nia.nih.gov/health/about-adear-center

National Alzheimer's and Dementia Resource Center (NADRC)

nadrc.acl.gov

National Alzheimer's Project Act

aspe.hhs.gov/daltcp/napa

National Council of Aging

ncoa.org

National Family Caregiver Support Program

ncoa.org/caregivers

National Institute on Aging

nia.nih.gov/health/caregiving

Alzheimer's Association

To find a chapter in your community:

alz.org/local_resources/find-your-local-chapter



National Institutes of Health

nih.gov

National Resource Center on LGBT+ Aging

lgbtagingcenter.org

SAGE Advocacy & Services for LGBT+ Elders

sageusa.org

US Federal & International Organizations

Administration for Community Living (ACL)

acl.gov

ACL Brain Health Resources

acl.gov/brain-health

Alzheimer's Society

alzheimers.org.uk

Centers for Disease Control
Healthy Brain Road Map

cdc.gov/aging/healthybrain/roadmap.htm

Dementia Alliance International (DAI)

dementiaallianceinternational.org

US Department of Health and Human Services
hhs.gov

US Department of Veterans Affairs
va.gov

Veterans Administration (VA)
va.gov/GERIATRICS

World Dementia Council
worlddementiacouncil.org

World Health Organization (WHO)
who.int/news-room/fact-sheets/detail/dementia

State of Florida Alzheimer's Organizations

211 Florida
unitedwayncfl.org/211

Alzheimer's Association
Alz.org

Alzheimer's Family Organization
alzheimersfamily.org

Alzheimer & Parkinson Association
alzpark.org

Disaster Preparedness
floridadisaster.org

Find a Ride Florida
findarideflorida.org

Florida Department of Elder Affairs
elderaffairs.org

- Alzheimer's Disease Initiative (ADI)
elderaffairs.org/programs-services/bureau-of-elder-rights/alzheimers-disease-initiative

- Caregiver Assistance Programs
elderaffairs.org/programs-services/caregiving/community-care-for-the-elderly-cce-program
- Dementia Care and Cure Initiative (DCCI) Task Forces
elderaffairs.org/programs-services/bureau-of-elder-rights/dementia-care-cure-initiative
- Elder Law
law.elderaffairs.org
- Long-Term Care Ombudsman Program
ombudsman.elderaffairs.org
- Memory Disorder Clinic
elderaffairs.org/wp-content/uploads/MDC-Map_WEB.pdf
- Office of Public and Professional Guardians
elderaffairs.org/programs-services/office-of-public-professional-guardians-oppg
- SHINE
floridashine.org

Florida Abuse Hotline

myflfamilies.com/service-programs/abuse-hotline

Florida Adult Protective Services (APS)

www.myflfamilies.com/service-programs/adult-protective-services

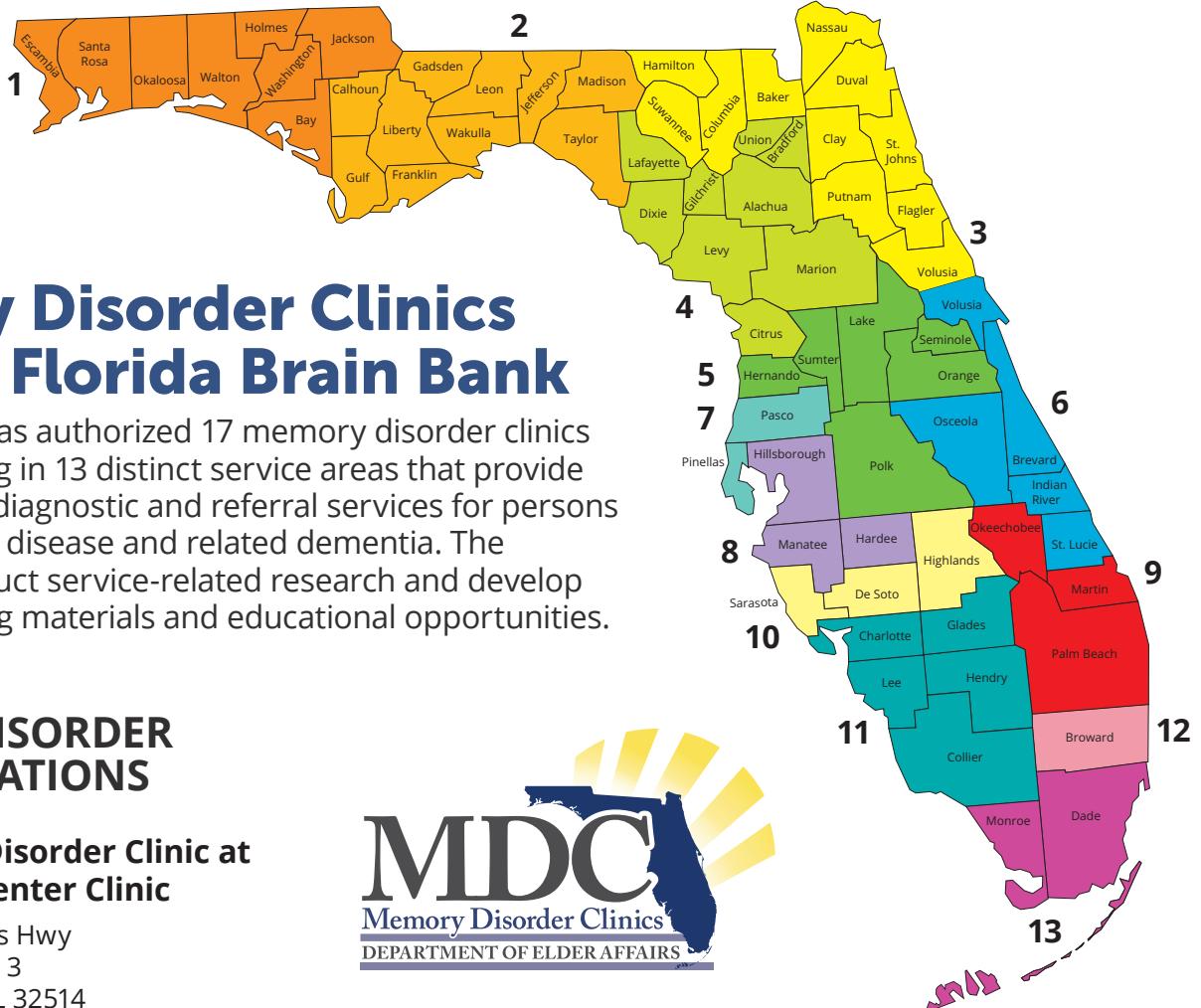
Florida Council on Aging
fcoa.org/index.php

Florida County Health Departments
floridahealth.gov/all-county-locations.html

Florida Department of Veterans' Affairs
floridavets.org/locations/#svnh

Florida Silver Alert
www.fdle.state.fl.us/Amber-Plan/Silver-Alert

Florida Special Needs Registry
snr.flhealthresponse.com



Memory Disorder Clinics and the Florida Brain Bank

The legislature has authorized 17 memory disorder clinics (MDCs) operating in 13 distinct service areas that provide comprehensive diagnostic and referral services for persons with Alzheimer's disease and related dementia. The clinics also conduct service-related research and develop caregiver training materials and educational opportunities.

MEMORY DISORDER CLINIC LOCATIONS

1 **Memory Disorder Clinic at Medical Center Clinic**
8333 N. Davis Hwy
Bldg. 1, Floor 3
Pensacola, FL 32514
850-474-8353

2 **Tallahassee Memorial HealthCare Memory Disorder Clinic**
1401 Centerville Rd., Ste. 504
Tallahassee, FL 32308
(850) 431-5001

3 **Mayo Clinic Jacksonville Memory Disorder Clinic**
4500 San Pablo Rd.
Jacksonville, FL 32224
(904) 953-7103

4 **University of Florida Memory Disorder Clinic**
3009 SW Williston Rd.
Gainesville, FL 32608
(352) 294-5400

5 **Orlando Health Center for Aging and Memory Disorder Clinic**
32 West Gore Street
Orlando, FL 32806
(321) 841-9700

5 **AdventHealth Memory Disorder Clinic**
1573 W. Fairbanks Ave, Ste. 210
Winter Park, FL 32789
(407) 392-9237

6 **Health First Memory Disorder Clinic**
3661 S. Babcock St.
Melbourne, FL 32901
(321) 434-7612

8



7 **Morton Plant Madonna Ptak Center for Alzheimer's Research and Memory Disorders Clinic**
430 Morton Plant St., Ste. 401
Clearwater, FL 33756
(727) 298-6025

8 **University of South Florida Memory Disorder Clinic**
3515 E. Fletcher Ave.
Tampa, FL 33613
Phone: (813) 974-3100

9 **St. Mary's Medical Center Memory Disorder Clinic at Palm Beach Neuroscience Institute**
901 Village Blvd., Ste. 702
West Palm Beach, FL 33409
(561) 990-2135
8756 Boynton Beach Blvd., Ste. 2500
Boynton Beach, FL 33472
(561) 990-2135

9 **Florida Atlantic University Louis and Anne Green Memory and Wellness Center**
777 Glades Rd., Bldg. AZ-79
Boca Raton, FL 33431
(561) 297-0502

10 **Sarasota Memorial Memory Disorder Clinic**
1515 S. Osprey Ave., Ste. A-1
Sarasota, FL 34239
(941) 917-7197

11 **Lee Memorial LPG Memory Care**
12600 Creekside Ln., Ste. 7
Fort Myers, FL 33919
(239) 343-9220

12 **Broward Health North Memory Disorder Center**
201 E. Sample Rd.
Deerfield Beach, FL 33064
(954) 786-7392

13 **Mt. Sinai Medical Center Wien Center for Alzheimer's Disease and Memory Disorders**
4302 Alton Rd., Ste. 650
Miami Beach, FL 33140
(305) 674-2543 ext. 54461

13 **University of Miami Center for Cognitive Neuroscience and Aging**
1695 N.W. 9th Ave., Ste. 3202
Miami, FL 33136
(305) 355-9065

13 **The MIND Institute at Miami Jewish Health**
5200 NE 2nd Avenue
Miami, FL 33137
(305) 514-8652

BRAIN BANK LOCATIONS

5 **State of Florida Brain Bank- Satellite Office Orlando Alzheimer's and Dementia Resource Center**
1410 Gene Street
Winter Park, FL 32789
(407) 436-7755

13 **State of Florida Brain Bank Wien Center for Alzheimer's Disease and Memory Disorders**
4302 Alton Road, Suite 650
Miami Beach, Florida 33140
(305) 674-2018

NOTE: County coloring represents area served by the corresponding Memory Disorder Clinic.

Florida Associations

Florida Adult Day Services Association

fadsafl.org

Florida Assisted Living Association

fala.org

Florida Health Care Association

fhca.org

Home Care Association of Florida

homecarefla.org

Florida Hospice and Palliative Care Association

floridahospices.org

Florida Senior Living Association

floridaseniorliving.org

Aging Life Care Association

aginglifecare.org/ALCA/Regional_Chapters/Florida_Chapter/Florida_Chapter_Home_Page.aspx

Leading Age Florida

leadingageflorida.org

Alzheimer's and Related Dementias Organizations

Association for Frontotemporal Degeneration

theaftd.org

Huntington's Disease Society of America

hdsa.org

Lewy Body Dementia Association

lbda.org

Parkinson's Foundation

parkinson.org



Florida Department of Elder Affairs Partner Organizations

Aging and Disability Resource Centers (ADRCs)

elderaffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs

AARP

aarp.org

- Age-Friendly States and Communities
aarp.org/livable-communities/network-age-friendly-communities
- Dementia
aarp.org/health/dementia

Dementia Friendly America

dfamerica.org

Florida Department of Health

floridahealth.gov

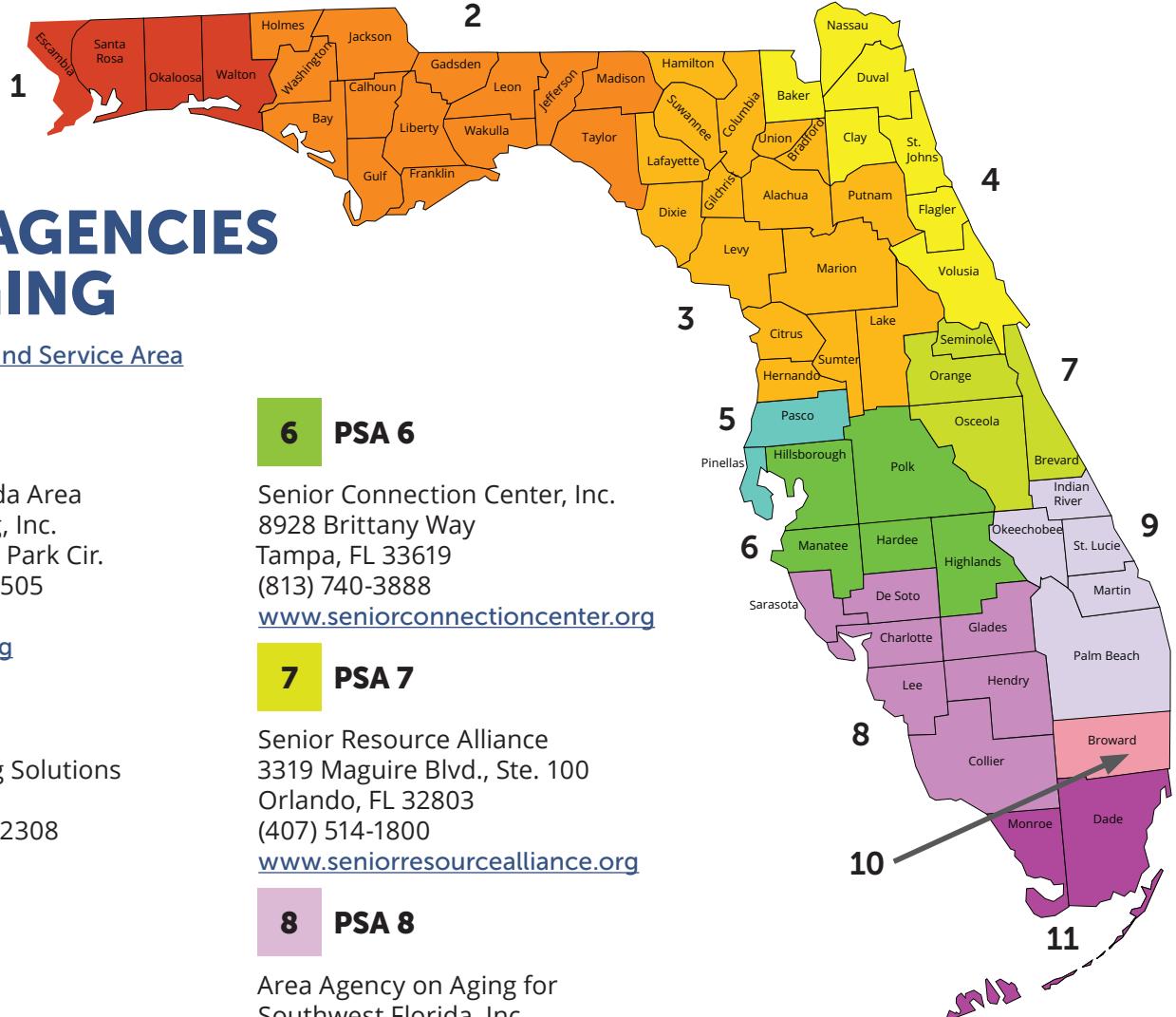
- Florida Department of Health SHIP
floridahealth.gov/about/state-and-community-health-assessment/ship-process/FINAL_SHIP.pdf
- Florida Health Finder
floridahealthfinder.gov/index.html

Florida Safe Mobility for Life Coalition

safemobilityfl.com/FamiliesandCaregiverResources.htm

USAging

usaging.org



AREA AGENCIES ON AGING

PSA - Planning and Service Area

1 PSA 1

Northwest Florida Area Agency on Aging, Inc.
5090 Commerce Park Cir.
Pensacola, FL 32505
(850) 494-7101
www.nwflaaa.org

2 PSA 2

Advantage Aging Solutions
2414 Mahan Dr.
Tallahassee, FL 32308
(850) 488-0055
www.aaanf.org

3 PSA 3

Elder Options
100 S.W. 75th St., Ste. 301
Gainesville, FL 32607
(352) 378-6649
www.agingresources.org

4 PSA 4

ElderSource, The Area Agency on Aging of Northeast Florida
10688 Old St. Augustine Rd.
Jacksonville, FL 32257
(904) 391-6600
www.myeldersource.org

5 PSA 5

Area Agency on Aging of Pasco-Pinellas, Inc.
9549 Koger Blvd.
Gadsden Bldg., Ste. 100
St. Petersburg, FL 33702
(727) 570-9696
www.agingcarefl.org

6 PSA 6

Senior Connection Center, Inc.
8928 Brittany Way
Tampa, FL 33619
(813) 740-3888
www.seniorconnectioncenter.org

7 PSA 7

Senior Resource Alliance
3319 Maguire Blvd., Ste. 100
Orlando, FL 32803
(407) 514-1800
www.seniorresourcealliance.org

8 PSA 8

Area Agency on Aging for Southwest Florida, Inc.
15201 N. Cleveland Ave., Ste. 1100
North Fort Myers, FL 33903
(239) 652-6900
www.aaaswfl.org

9 PSA 9

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Ave.
West Palm Beach, FL 33407
(561) 684-5885
www.youragingresourcecenter.org

10 PSA 10

Aging and Disability Resource Center of Broward County, Inc.
5300 Hiatus Rd.
Sunrise, FL 33351
(954) 745-9567
www.adrcbroward.org

11 PSA 11

Alliance for Aging, Inc.
760 N.W. 107th Ave., Ste. 214, 2nd Floor
Miami, FL 33172
(305) 670-6500
www.allianceforaging.org

County coloring represents area served by the corresponding Area Agency on Aging.

Department of
ELDER AFFAIRS

STATE OF FLORIDA



Organizations for Persons Living with Dementia

Dementia Action Alliance (DAA)

daanow.org

Dementia Mentors

dementiamentors.org

I'm Still Here Foundation

imstillhere.org

Living Well with Dementia,
University of Waterloo

uwaterloo.ca/partnerships-in-dementia-care

Memory Café Directory

memorycafedirectory.com

Caregiving Resources

ALZConnected

alzconnected.org

A Place for Mom

aplaceformom.com/assisted-living/florida

BrightFocus® Foundation

brightfocus.org/alzheimers

Care Patrol

carepatrol.com

Community Resource Finder

communityresourcefinder.org

Easterseals, Inc. Caregiver Support Groups

easterseals.com/explore-resources/for-caregivers/

Eldercare Locator

eldercare.acl.gov/Public/Index.aspx

Family Caregiver Alliance

caregiver.org

Health In Aging

healthinaging.org

Help for Alzheimer's Families

helpforalzheimersfamilies.com

Information & Support for In-Home Dementia Caregivers developed by the Veterans Health Administration (VHA) Office of Rural Health

<https://www.ruralhealth.va.gov/vets/resources.asp#support>

Long-Term Care

acl.gov/ltc

National Long-Term Care Ombudsman Resource Center

ltcombudsman.org

Talking with Your Doctor Toolkit

nia.nih.gov/health/publication/talking-your-doctor-presentation-toolkit

Project Lifesaver

projectlifesaver.org

Rosalynn Carter Institute for Caregivers

rosalynnncarter.org

Scent Evidence K9

scentevideok9.com

Senior Living

seniorliving.org

Veterans Affairs Caregiver Support

caregiver.va.gov

10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



Find time for yourself. Consider respite care so you can spend time doing something you enjoy.



Know what resources are available. Adult day programs, in-home assistance and meal delivery are some of the services that can help.



Become an educated caregiver. As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



Make legal and financial plans. Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



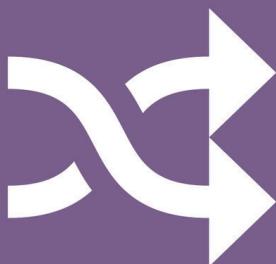
Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek professional help.



Take care of yourself. Try to eat well, exercise and get plenty of rest.



Know you're doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.



Accept changes as they occur. The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: **800.272.3900**

Alzheimer's and Dementia Caregiver Center: alz.org/care

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SLEEP ISSUES & SUNDOWNING

8 COPING STRATEGIES



MAKE A COMFORTABLE AND SAFE SLEEP ENVIRONMENT.

The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks. Door sensors and motion detectors can be used to alert family members when a person is wandering, as can safety systems like Comfort Zone.

1



KEEP THE HOME WELL LIT IN THE EVENING.

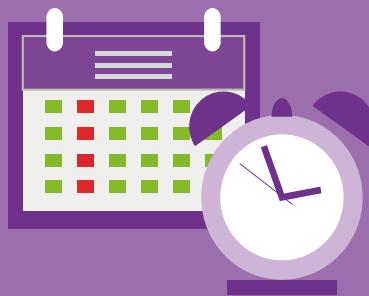
Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar



3

MAINTAIN A SCHEDULE.

As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.



4

PLAN MORE ACTIVE DAYS.

A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon. Encourage regular daily exercise, but no later than four hours before bedtime

2



BE MINDFUL OF YOUR OWN MENTAL AND PHYSICAL EXHAUSTION.

If you are feeling stressed by the late afternoon, the person may pick up on it and become agitated or confused. Try to get plenty of rest at night so you have more energy during the day.



5

AVOID STIMULANTS AND BIG DINNERS.

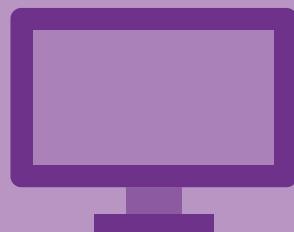
Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.



6

TRY TO IDENTIFY TRIGGERS.

Limit environmental distractions particularly during the evening hours (TV, children arriving, chores, loud music, etc.).



7

8. SHARE YOUR EXPERIENCE WITH OTHERS.



Join ALZConnected (alzconnected.org), our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers.

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Research Organizations

1Florida Alzheimer's Disease Research Center

1floridaadrc.org

Alzheimer's Prevention Registry

endalznow.org

Brain Health Registry

brainhealthregistry.org

ClinicalTrials.gov

clinicaltrials.gov

DS-Connect®

dsconnect.nih.gov

Florida Brain Bank

msmc.com/neurosciences/wien-center-florida-brain-bank

Join Dementia Research (UK)

joindementiaresearch.nihr.ac.uk

Mayo Clinic Alzheimer's Disease Research Center

mayo.edu/research/centers-programs/alzheimers-disease-research-center

National Alzheimer's Coordinating Center

nia.nih.gov/research/dn/national-alzheimers-coordinating-center-nacc

Recruiting Older Adults into Research (ROAR)

nia.nih.gov/health/recruiting-older-adults-research-roar-toolkit

TrialMatch

alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp

The Michael J. Fox Foundation for Parkinson's Research

michaeljfox.org



Caregiver Training

ACTS 2 Project African American Alzheimer's Caregiver Training and Support (ACTS) 2 Project

Acts2project.org/index.html

Alzheimer's Association

alz.org/help-support/caregiving

Alzheimer's Community Care

alzcare.org

Alzheimer's Foundation of America

alzfdn.org/caregiving-resources/webinars-support-groups

Alzheimer's Project

alzheimersproject.org

Best Practice Caregiving

bpc.caregiver.org/#home

BrightFocus® Foundation

brightfocus.org/alzheimers/caregiving

Center for Applied Research in Dementia

cen4ard.com

REACH: Resources & Education for Aging, Community, and Health

reach.med.fsu.edu



4 GROOMING TIPS



1. Maintain Grooming Routines

If the person has always gone to the beauty shop or a barber, continue this activity. If the experience becomes distressing, it may be

possible to have the
barber or hairstylist
come to the person's
home.



2. Use Favorite Toiletries

Allow the person to continue using his or her favorite toothpastes, shaving cream, cologne or makeup.

3. Perform tasks alongside the person

Comb your hair, and encourage the person to copy your motions.

4. Use safer, simpler grooming tools

Cardboard nail files and electric shavers can be less threatening than clippers and razors.





5 DRESSING TIPS

1. Be Flexible

It's critical to maintain good personal hygiene. Sometimes you may have to be flexible. Layered clothing is fine – just watch out for overheating. Offer praise, not criticism, for mismatched clothing. If your loved one insists on wearing the same outfit over and over, buy duplicates or have similar options available.

2. Simplify Choices

Keep the closets free of excess clothing. A person may panic if clothing choices become overwhelming. If appropriate, give the person an opportunity to select favorite outfits or colors, but try just offering two choices.

3. Organize the Process

Lay out clothing in the order that each item should be put on. Hand the person one item at a time while giving simple, direct instructions such as "Put on your shirt," rather than "Get dressed."



4. Choose Comfortable Shoes

Be sure the person has comfortable, non-slip shoes.



5. Pick Comfortable & Simple Clothing

Cardigans, shirts and blouses that button up in the front are easier work than pullover tops. Substitute Velcro® for buttons, snaps or zippers, which may be too difficult to handle. Make sure that clothing is loose fitting, especially at the waist and hips, and select fabrics that are soft and stretchable.

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MEDICATION SAFETY

GIVING MEDICATION TO SOMEONE WITH DEMENTIA

- Use a pill box organizer.
- Develop a routine for giving the medication.

As the disease progresses, you'll need to provide a greater level of care. Try these additional tips:

- Use simple language and clear instructions.
- If the person refuses to take the medication, stop and try again later.
- If swallowing is a problem, ask if the medication is available in another form.
- Make changes for safety.
- Have emergency numbers easily accessible.

Self Assessment Tools



Fall Risk Assessment

Circle "Yes" or "No" for each statement below				Why it matters
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have fallen in the past year.		People who have fallen once are likely to fall again.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I use or have been advised to use a cane or walker to get around safely.		People who have been advised to use a cane or walker may already be more likely to fall.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	Sometimes I feel unsteady when I am walking.		Unsteadiness or needing support while walking are signs of poor balance.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I steady myself by holding onto furniture when walking at home.		This is also a sign of poor balance.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I am worried about falling.		People who are worried about falling are more likely to fall.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I need to push with my hands to stand up from a chair.		This is a sign of weak leg muscles, a major reason for falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have some trouble stepping up onto a curb.		This is also a sign of weak leg muscles.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I often have to rush to the toilet.		Rushing to the bathroom, especially at night, increases your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have lost some feeling in my feet.		Numbness in your feet can cause stumbles and lead to falls.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I take medicine that sometimes makes me feel light-headed or more tired than usual.		Side effects from medicines can sometimes increase your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I take medicine to help me sleep or improve my mood.		These medicines can sometimes increase your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I often feel sad or depressed.		Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total	<input type="text"/>	Add up the number of points for each "yes" record the answer. If you scored 4 points or more, you may be at risk for falling. Discuss this result with your doctor.		

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011:42(6)493-499). Adapted with permission of the authors.

Home Safety Checklist

FLOORS

- Clear pathways of furniture.
- Pick up objects that are on the floor.
- Remove low chairs that are difficult to sit in and get out of easily.
- Remove throw rugs or secure them with double-sided floor tape.
- Secure carpet edges.
- Gather cords and wires and tape them to a wall.
- Do not use floor wax.

STAIRS AND STEPS

- Remove all objects from the stairs.
- Fix broken or uneven steps and secure loose carpet.
- Install handrails on both sides of the stairs. Fix any loose handrails.
- Apply reflective tape to the top and bottom of the stairs.

CLOTHING AND ACCESSORIES

- Wear sturdy shoes with thin, non-slip soles.
- Hem pants so they don't touch the floor when walking barefoot.
- Wear non-slip socks with grips on the bottom.
- Consider wearing a medical alert device.

OUTDOORS

- Repair cracks and gaps in sidewalks and driveways.
- Trim shrubbery along the path to the door.

KITCHEN

- Keep frequently used items within reach on the lower shelves (about waist level).
- Keep current list of healthcare information on your refrigerator in case of an emergency.

BATHROOMS

- Use a non-slip rubber mat on the shower or tub floor.
- Install grab bars next to the tub and toilet.
- Install a raised toilet seat.
- Use a padded tub or shower seat.
- Use a handheld shower head.
- Have a low- or no-threshold shower.

TELEPHONES

- Make sure the phone can be reached from the bed and the floor.
- Consider keeping a cordless or cellular phone in your pocket.
- Keep a list of emergency numbers next to each phone.

LIGHTING

- Install good lighting by the doors and walkways.
- Install lights at the top and bottom of stairs.
- Replace burnt out light bulbs.

BEDROOMS

- Adjust bed height to a comfortable position.



Get Involved

We ask that you help us by sharing these critical guides with your partners, clients, and members. If you have any questions, please let us know. Do you have a resource that we haven't listed? Do you believe your agency should be included? Do you have any testimonies that we could include? We are welcoming any and all suggestions on how this toolkit can continue to evolve. Please email your suggestions to us using the button at the bottom of the page.



ELDERAFFAIRS.ORG

4040 Esplanade Way
Tallahassee, Florida 32399-7000

Phone: (850) 414-2000 | Fax: (850) 414-2004

RON DESANTIS Governor | MICHELLE BRANHAM Secretary