

# TAKE CHARGE!



## EXPLANATION OF CATEGORIES

APPOINTMENT	DISCUSSION	SCREENING/ASSESSMENT	CLASS	EQUIPMENT	READ/WATCH
<p>An appointment can be in-person or via telehealth!</p> <p><b>Learn more about medications &amp; aging:</b>  <a href="https://www.fda.gov/drugs/resources-you-drugs/medicines-and-you-guide-older-adults">https://www.fda.gov/drugs/resources-you-drugs/medicines-and-you-guide-older-adults</a>            OR  <a href="https://www.nia.nih.gov/health/safe-use-medicines-older-adults">https://www.nia.nih.gov/health/safe-use-medicines-older-adults</a></p>	<p><b>Falls prevention tips:</b>  <a href="https://www.cdc.gov/steadi/pdf/STEADIBrochure-WhatYouCanDo-508.pdf">https://www.cdc.gov/steadi/pdf/STEADIBrochure-WhatYouCanDo-508.pdf</a></p> <p><b>Home fall risk reduction tips:</b>  <a href="https://www.cdc.gov/steadi/pdf/STEADICheckForSafety-508.pdf">https://www.cdc.gov/steadi/pdf/STEADICheckForSafety-508.pdf</a></p> <p>The discussion with a healthcare provider can be completed in-person, on the phone, or via the messaging portal in the electronic health record</p> <p><b>Some ideas for topics to discuss with your provider could include: medication interactions, sleep hygiene, pain management, etc:</b>  <a href="https://www.nia.nih.gov/health/good-nights-sleep">https://www.nia.nih.gov/health/good-nights-sleep</a></p>	<p><b>NCOA: Falls Free CheckUp:</b>  <a href="https://www.ncoa.org/article/falls-free-checkup">https://www.ncoa.org/article/falls-free-checkup</a></p> <p>A balance screening can be done with your primary care provider OR with a physical therapist.</p> <p>A medication &amp; supplement review can be done with your primary care provider OR a pharmacist.</p> <p><b>A Home Safety Assessment can be done with an occupational therapist, the fire dept, OR virtually:</b>  <a href="https://www.cdc.gov/homeandrecreationalafety/pubs/english/booklet_eng_desktop-a.pdf">https://www.cdc.gov/homeandrecreationalafety/pubs/english/booklet_eng_desktop-a.pdf</a></p>	<p><i>** Be sure to talk to your healthcare provider before starting a new exercise routine **</i></p> <p>Classes do not need to start in September 2022, but must register during that month</p> <p><b>To find a class, try your local Senior Center and/or Area on Aging Or search the Silver Sneakers webpage:</b>  <a href="https://tools.silver-sneakers.com/">https://tools.silver-sneakers.com/</a></p>	<p><b>How do you know your footwear is safe?:</b>  <a href="https://preventfalls.ca/older-adults/footwear/">https://preventfalls.ca/older-adults/footwear/</a>            /            OR  <a href="https://www.apma.org/Patients/HealthyFeetTips.cfm?ItemNumber=10050">https://www.apma.org/Patients/HealthyFeetTips.cfm?ItemNumber=10050</a></p> <p><b>Learn more about home safety and grab bar placement:</b>  <a href="https://www.aarp.org/livable-communities/using/info-2020/homefit-guide.html">https://www.aarp.org/livable-communities/using/info-2020/homefit-guide.html</a></p>	<p><b>6 Steps to Prevent a Fall:</b>  <a href="https://www.youtube.com/watch?v=UzlgYS9S82I">https://www.youtube.com/watch?v=UzlgYS9S82I</a></p> <p><b>Falls Prevention Conversation Guide for Caregivers:</b>  <a href="https://www.ncoa.org/article/falls-prevention-conversation-guide-for-caregivers">https://www.ncoa.org/article/falls-prevention-conversation-guide-for-caregivers</a></p> <p><b>Debunking the Myths of Older Adult Falls:</b>  <a href="https://www.ncoa.org/article/debunking-the-myths-of-older-adult-falls">https://www.ncoa.org/article/debunking-the-myths-of-older-adult-falls</a></p> <p><b>Learn more about Vitamin D:</b>  <a href="https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792">https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792</a></p> <p><b>Learn more about Osteoporosis:</b>  <a href="https://ncoa.org/article/what-is-osteoporosis-and-how-does-it-impact-older-adults">https://ncoa.org/article/what-is-osteoporosis-and-how-does-it-impact-older-adults</a>            OR  <a href="https://www.nia.nih.gov/health/osteoporosis">https://www.nia.nih.gov/health/osteoporosis</a></p>

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