

Falls are not an inevitable part of growing older.

A home safety and personal risk assessment helps reduce falling, so you can stay active and live in your own home.

Through a home safety and personal risk assessment conducted by a specially trained nurse you, or someone you care about, will:

- Identify your specific home safety and personal risk factors, and discuss possible solutions.
- Learn fall prevention steps to stay active and independent:
 - Exercise
 - Have medications reviewed
 - Have a vision exam
 - Make your home safer
- Identify, with your permission, the need for specialized therapy referrals or further evaluation.
- Be provided education and information about resources for any needed home modifications.

To schedule a home safety and personal risk assessment with a VNA nurse or UI College of Nursing House Calls nurse practitioner, call:

319-930-2607



The Sure Steps Fall Prevention Project is a community-based effort to inform Johnson County residents about the costs and risk factors associated with falls, and about prevention strategies and services available for seniors. The project is funded in part by a grant from the Wellmark Foundation. For more information, contact Mary Willie, Sure Steps Coordinator, 319-930-2607.



www.LivableCommunity.org/suresteps

If you're worried about someone falling, you're not alone.

You might even be worried about falling, yourself. Everybody falls at one time or another - falls can happen to anyone. Each year, one out three Iowa adults, 65 and older, falls.

Johnson County's Sure Steps Fall Prevention Project can help you or someone you care about.



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Frequently asked questions:

Q: Why does Johnson County need a fall prevention effort; and who's paying for it?

A: In Johnson County nearly 84% of injury-related hospitalizations among older adults are due to falls. According to the Centers for Disease Control (CDC), the average cost for each hospitalization after an older adult falls is \$19,144.

When a senior falls, the impact extends to family members, employers, health care systems, and the community. Johnson County has one of the fastest growing senior populations in the state. The Sure Steps project will help the county be prepared and continue to be a good place for seniors to live.

The Sure Steps project is funded in part by a grant from the Wellmark Foundation.

Q: Who provides this service for Johnson County residents?

A: Home safety and personal risk assessment services for the Sure Steps project are a joint effort between the Visiting Nurse Association (VNA) of Johnson County and UI College of Nursing Faculty Practice House Calls.

Q: Who should have a fall risk assessment?

A: Anyone can benefit from an assessment. The assessment identifies your personal risk factors. The nurse's recommendations will help you manage your safety and enhance your ability to age in place in your own home.

Q: I'm still young. Why should I have a fall risk assessment?

A: The goal of the Johnson County Sure Steps project is to help seniors remain in their own homes, and stay active and young. Making modifications to your home, so that you can age in place, is a process that takes time and planning.

Q: Is the Sure Steps assessment only for people who have already fallen?

A: No - anyone age 60, and older, who wants to plan for a safe and healthy future, can request an assessment. If you are younger than 60, and have experienced a fall, you may also request an assessment.

Q: What will the nurse do during the in-home visit?

- A:** During the in-home visit, a nurse will:
- Complete a personal risk assessment, and double check your home medications.
 - Conduct a home safety review.
 - Discuss the findings and your needs with you.
 - Make referrals for specialized therapy or further evaluation, if needed, and with your permission.
 - Provide education and information about resources for any needed home modifications.

Q: What is a nurse practitioner?

A: A nurse practitioner is an RN who, at minimum, has a master's degree in nursing and is nationally board certified to evaluate and treat health conditions. NPs may provide primary care independently, but often complement a physician provider's services.

Q: Is there a charge for this service?

A: In some cases your insurance may cover the charges. If you do not have a third-party payer, the cost will be covered by Sure Steps grant funds, as available.

Q: What information do I need to provide when I schedule an assessment for myself or for someone else?

A: The Sure Steps coordinator will ask:

- Your name
- Your address
- Your phone number
- If you have a primary health care provider
- If you are receiving home health care
- If you have fallen in the past 14 days

If you are scheduling an assessment for someone else, the coordinator will ask for your name and phone number. For project evaluation purposes, you also will be asked if you are a family member, agency, or other.

To schedule an appointment, call 319-930-2607, M-F, 8 AM - 5 PM.