

Is it time for a medical alert service?

Use this self-assessment as a guide to determine if a medical alert service is right for you.

A medical alert service can help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable - their own home.

To find out if it's the right time to consider a medical alert service for yourself or someone you care for, answer the following 9 simple questions. For each question, check the box to the right if your answer is "Yes."

QUESTIONS	YES
1. Are you alone for several hours during the day and/or night?	<input type="checkbox"/>
2. In the past year, have you fallen or been afraid of falling in your home?	<input type="checkbox"/>
3. Have you been hospitalized or been to the emergency room in the past year?	<input type="checkbox"/>
4. Do you have at least one of these chronic ailments (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)?	<input type="checkbox"/>
5. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	<input type="checkbox"/>
6. Are you required to take several daily medications?	<input type="checkbox"/>
7. Do you require assistance with at least one of the following activities (bathing, toileting, dressing, meal preparation, etc.)?	<input type="checkbox"/>
8. Would a medical alert service provide peace of mind for your loved ones?	<input type="checkbox"/>
9. Is it important for you to continue living independently?	<input type="checkbox"/>
See chart at right to review the assessment for your score.	Total Checks <input type="checkbox"/>

This self-assessment is not a diagnostic test or medical advice.

6 - 9 YES Answers

This high score indicates there is a serious risk for a fall or other medical incident, suggesting that a medical alert service may be strongly advised.

3 - 5 YES Answers

This score indicates there is a risk for a fall or other incident, suggesting that a medical alert service would be helpful and should be considered.

1 - 2 YES Answers

Share the results of this self-assessment with your healthcare provider and together develop a plan that addresses the following three important questions:

1. How can I minimize my fall risk?
2. What is the safest way for me to get up from a fall?
3. What is the best thing for me to do if I can't get up and call for help myself after a fall?

Call Sentara PERS Now!
757-553-3003 or
1-888-461-5649 (Option 7) Outside of VA



SENTARA PERS

(PERSONAL EMERGENCY RESPONSE SYSTEM)



"Safe at Home"
Home Unit



"Safe on the Go"
Mobile Unit

PEACE OF MIND AT HOME OR AWAY

Sentara PERS (Personal Emergency Response System) offers help at the push of a button, giving patient/subscriber and their loved ones peace of mind. A sudden fall or medical emergency could threaten their health and independence, so it's important to be prepared.

HOW MEDICAL ALERT WORKS

1. Patient/subscriber's information is immediately sent to the response center.
2. A personal response associate begins 2-way communication and assesses the situation.
3. The associate contacts a loved one, a neighbor, or emergency services based on the patient/subscriber's need.

Call Sentara PERS

for more information about the range of solutions for various lifestyles.

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