

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 gives older adults and those with chronic medical conditions the security and confidence to continue to live independently at the one place they feel most comfortable – in their own home. To find out if it's time for you to consider a medical alerts system for yourself or someone you care for, answer the simple questions below.

“The service was a real lifesaver for me when I fell and broke my hip in the middle of the night and couldn’t get up. The button rescued me. It makes my family feel better. Thank you so much for all you have done.”

Questions (Check the box if your answer is “Yes”)	YES
1. Are you alone for several hours during the day and/or night?	
2. Do you take medications two or more times per day?	
3. Have you been hospitalized or been to the emergency room in the past year?	
4. Do you have a chronic condition or disease, such as: heart disease, COPD, osteoporosis, diabetes, or cancer?	
5. Do you require assistance with daily living activities, such as taking medication, bathing, dressing, or cooking?	
6. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	
7. Is it important to you to continue living independently?	
8. In the past year, have you fallen or been afraid of falling in your home?	
9. Would a medical alert provide peace of mind for you or your loved ones?	
Total	

6-9 YES answers

This high score indicates that 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 that 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

This score indicates that a medical alert service could be an important step towards maintaining independent living. Ask yourself two important questions:

1. If you fell tonight, how would you get up?
2. If you can't get up, how will you get help?

Call today to learn how the Lifeline service can help.



This service is available through the VNA for anyone living in the Omaha and Council Bluffs areas. Please call VNA at (402) 342-5566, (712) 328-2636 or (800) 456-8869 for more information, or email Andrea Witt at awitt@thevnacares.org.

