



IS IT TIME TO GET A PERSONAL EMERGENCY RESPONSE SYSTEM?

Use this Risk Factor guide to help you decide what is best for your personal situation. Put a check in the box next to the questions which apply to you and then tally the points. Refer to the scoring system on the back of this sheet for recommended course of action.

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- | | | |
|---|--------------------------|---|
| 1. Are you alone for extended periods of time during the course of a day? | <input type="checkbox"/> | 2 |
| 2. Do you use mobility assisted devices? Examples: canes, walkers, wheelchairs, stair lifts, etc. | <input type="checkbox"/> | 3 |
| 3. Do you require assistance in performing 2 or more activities of daily living? Examples: dressing, bathing, toileting, meal preparation, etc. | <input type="checkbox"/> | 4 |
| 4. Are you physically frail or often experience weakness? | <input type="checkbox"/> | 2 |
| 5. Have you fallen down or been anxious about falling in the past 12 months? | <input type="checkbox"/> | 3 |
| 6. Have you been hospitalized or to the emergency room in the past 12 months? | <input type="checkbox"/> | 3 |
| 7. Do you have a complex medication regime? | <input type="checkbox"/> | 2 |
| 8. Do you have one or more of the following chronic medical issues: arthritis, chronic obstructive pulmonary disease, heart disease, stroke, diabetes, osteoporosis, or depression? | <input type="checkbox"/> | 4 |
| 9. Would a personal emergency response system provide peace of mind to loved ones? | <input type="checkbox"/> | 1 |
| 10. Is it important to you to live independently? | <input type="checkbox"/> | 1 |

Total Points:
(Scroll down to see what your score means)

SCORE

Is it time to get a Personal Emergency Response System?

Find your score below to read your recommended course of action. It is important to note that this self assessment is only intended as a general guideline to identify the need for a personal emergency response system. Please contact a trusted Health professional if you have any particular concerns.

18 to 25 points: **Imperative**

Your score indicates that you are in the highest risk group and a personal emergency response system is likely to be advised to be important by health professionals and caregivers.

9 to 17 points: **Elevated**

Your score indicates that you are in a high risk group and a personal emergency response system is likely to be advised to be needed by health professionals and caregivers.

4 to 8 points: **Modest**

Your score indicates that you are in a moderate risk group and a personal emergency response system may be suggested for peace of mind by health professionals and caregivers.

0 to 3 points: **Minor**

Your score indicates that you do not require a personal emergency response system at this time, but factors should be re-evaluated as your life changes.

1 out of 3 persons
over the age of 65 will fall
this year.

Be prepared. Be safe.

Contact us:
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