






Stay Steady Vermont Recommendations

Low Risk






Leaves are supposed to fall, people aren't!

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| <p>Follow Up Services</p>  | <ul style="list-style-type: none"><input type="checkbox"/> At the next appointment with your Primary Care Provider share the information from your Stay Steady screening.<input type="checkbox"/> Tell your doctor right away if you have fallen, are afraid you might fall or feel unsteady. |
| <p>Medication Review</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Talk to your Pharmacist or Primary Care Provider about your medication regimen and discuss any side effects like, feeling dizzy or sleepy.<input type="checkbox"/> Ask about taking vitamin D supplements for improved bone, muscle, and nerve health. |
| <p>Vision Check</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Get your vision checked yearly by an Ophthalmologist and update your glasses as needed. |
| <p>Exercise</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Consult your Primary Care Provider before beginning to exercise<input type="checkbox"/> Work towards the goal of 30 minutes/day, 5 days/week of exercise.<input type="checkbox"/> Join a local exercise class and participate in activities that strengthen your legs and safely challenges your balance (e.g. Tai Chi). |
| <p>Home Safety Check</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Review the Stay Steady "Home Fall Prevention Checklist" and make the recommended changes to your home.<input type="checkbox"/> Get a referral for Occupational Therapy to help check for home hazards. |

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Moderate Risk






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| <p>Follow Up Services</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Consider making an appointment with your Primary Care Provider and share the information from your Stay Steady screening.<input type="checkbox"/> Tell your doctor right away if you have fallen, are afraid you might fall or feel unsteady.<input type="checkbox"/> Get a referral for Physical Therapy to help reduce your risk for falls. |
| <p>Medication Review</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Talk to your Pharmacist or Primary Care Provider about your medication regimen and discuss any side effects like, feeling dizzy or sleepy.<input type="checkbox"/> Ask about taking vitamin D supplements for improved bone, muscle, and nerve health. |
| <p>Vision Check</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Get your vision checked yearly by an Ophthalmologist and update your glasses as needed. |
| <p>Exercise</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Consult your Primary Care Provider before beginning to exercise.<input type="checkbox"/> Work towards the goal of 30 minutes/day, 5 days/week of exercise.<input type="checkbox"/> Join a local exercise class and participate in activities that strengthen your legs and safely challenges your balance (e.g. Tai Chi). |
| <p>Home Safety Check</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Review the Stay Steady "Home Fall Prevention Checklist" and make the recommended changes to your home.<input type="checkbox"/> Get a referral for Occupational Therapy to help check for home hazards. |

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High Risk

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| <p>Follow Up Services</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Make an appointment to see your Primary Care Provider <i>immediately</i> for a multifactorial fall risk assessment and physical exam.<input type="checkbox"/> Share the information from your Stay Steady screening with your doctor.<input type="checkbox"/> Tell your doctor right away if you have fallen, are afraid you might fall or feel unsteady.<input type="checkbox"/> Get a referral for Physical Therapy to help reduce your risk for falls. |
| <p>Medication Review</p>  | <ul style="list-style-type: none"><input type="checkbox"/> Talk to your Pharmacist or Primary Care Provider about your medication regimen and discuss any side effects like, feeling dizzy or sleepy.<input type="checkbox"/> Ask about taking vitamin D supplements for improved bone, muscle, and nerve health. |
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