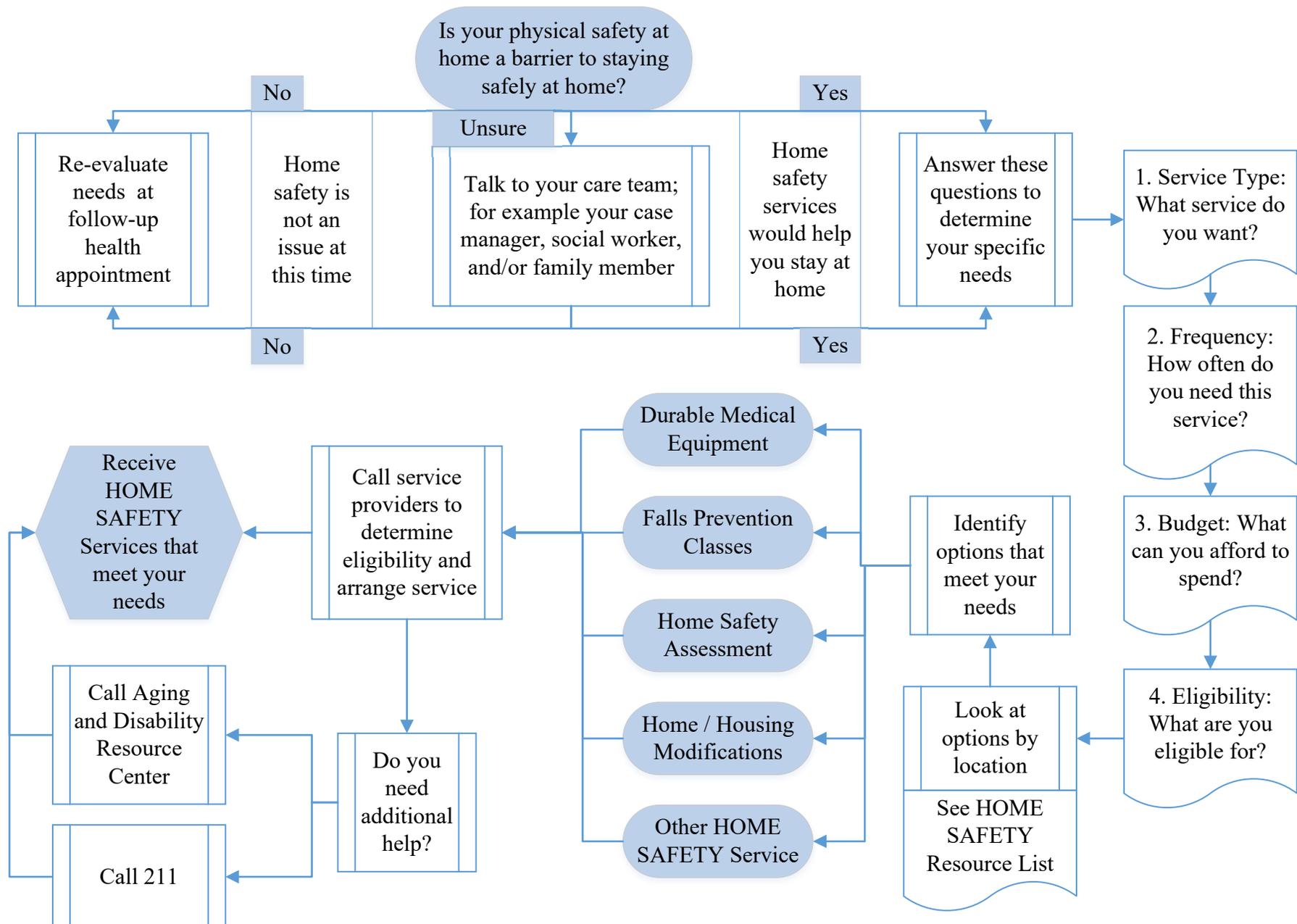


HOME SAFETY

Decision Support – Answer these Questions to Determine the Service that is Right for You





Dane County Community-Based Care Transitions Coalition Resource Guide for Home Safety

What is Home Safety? It is important that your home be safe for you to live in. It is a good idea to have a home safety evaluation done by a trained professional. A home safety evaluation is used to help identify and remove possible dangers. The evaluation may also include ideas to help you move around your home more safely. Ideas may include putting handrails in the bathroom or bathtub or making sure your home has good lighting.

This guide will give you more information and a list of organizations who can perform the evaluation for you.

You or your loved one may benefit from Home Safety services if:

1. If you live alone
2. If you have fallen in the last year and/or have a fear of falling
3. If you need grab bars or other equipment to ensure your safety at home. (Check with your doctor to see if he/she needs to write an order for the equipment to increase the chances of insurance paying for it.)
4. If you have problems with vision, balance, or weakness

Helpful tips for Home Safety

- Keep paths clear by moving furniture, papers, books, and other objects out of the way
- Get rid of throw rugs or tape them to the floor with double-sided tape so that you don't trip on them
- Tape down wires or bunch them up with a rubber band
- Fix broken steps and put in lights above the steps
- Move items you use most in cupboards and on shelves to the front so they are easy to reach
- Put a non-slip mat in the shower and a grab bar on the outside to help you get in and out safely
- Add more lights in your home and use night lights
- Keep a telephone on each floor or wear a medical alert device in case you fall and can't get up



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Resources: Services listed may change. Please call the agency directly for the best information about their services.

Name	Description of Services	Contact information
Aging and Disability Resource Center (ADRC)	The ADRC of Dane County provides information about resources and support on all aspects of life related to aging or living with a disability. They are a one-stop shop for older adults, people with disabilities and their families.	2865 N Sherman Ave, Madison, WI 53704 Phone: (608) 240-7400 Website: ADRC@countyofdane.com
Local Senior Center/Aging Coalition	Serving several geographic areas, these agencies provide the entry points through which older persons—and their families—access a wide array of programs and services. Staff will help you decide which service is best for you.	See the attached “Dane County Senior Focal Points and Senior Centers” sheet.
2-1-1 Wisconsin	2-1-1 is a simple, free, confidential referral and information resource that links people from all communities and ages to the services they need.	Phone: 211 or (877) 947-2211 24 hours a day, seven days a week Website: 211wisconsin.org
Where is Care (HealthConnect.link)	An online community of free and subsidized health and social services.	Website: https://whereiscare.org/



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<p>Independent Living</p>	<p>Home safety evaluation for accessibility and home safety.</p> <p>Eligibility: >62 or any age for persons with a disability Residence: Dane County Income: Eligibility for grants/funding – income limitations apply</p>	<p>2970 Chapel Valley Road, Fitchburg, WI 53711 Phone: (608) 268-9635/(608) 274-7900 M-F 8:00 a.m. - 4:30 p.m. Email: intake@independentlivinginc.org Website: https://www.independentlivinginc.org/home-safety-modification.html</p>
<p>United Way SAFE at Home</p>	<ul style="list-style-type: none"> • Basic in-home safety evaluation • Medication review by a pharmacist • Safety aids including a pill box and nightlight • Home safety suggestions • Information about community resources • Six months of follow-up by a medical social worker 	<p>4639 Hammersley Road, Madison, WI 53711 Phone: (608) 223-7970 Website: https://homehealthunited.org/community-health-services/safe-at-home/</p>
<p>Access to Independence</p>	<p>Provides information about disability-related issues, resources and services to people with disabilities.</p> <p>Age: No limit Residence: Dane, Columbia, Green and Dodge counties Other: Has a disability of any type</p>	<p>3810 Milwaukee Street, Madison, WI 53714 Phone: (608) 242-8484 Website: http://www.accesstoind.org/</p>



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Skilled Home Health	Services include regular visits from licensed nurses and therapists, expertise from respiratory therapists, intravenous (IV) therapy and medical equipment.	Contact your local Focal Point or the ADRC for a list of agencies available in your community.
Stepping On (Falls Prevention Class)	<p>Stepping On classes are led by a team of health care providers who work with you to improve your balance and reduce your risk of falling by reviewing your medications, providing a vision screening, teaching strength and balance exercises, and offering help to improve your safety at home.</p> <p>Older adults who may have balance problems or fear of falling are the best fit for this class. According to studies, people who complete Stepping On classes see a 35% reduction in falls. Stepping On course costs \$35 for the seven-week session and includes a reunion class.</p>	Offered by Safe Communities Website: https://safercommunity.net/
Living Falls Free (Falls Prevention Class)	Living Falls Free focuses on dynamic balance and stable positioning in both one and two foot stances. Exercises are performed at standing, chair and floor level with a take home booklet to help clients	Offered by UW Health Phone: (608) 263-7936 Email: speterson2@uwhealth.org Website: https://www.uwhealth.org/exercise-fitness-aquatic/class-spotlight-living-falls-free/43939



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	<p>include balance specific work into their lifestyle.</p> <p>Living Falls Free is offered during the fall and spring and is for people who have a moderate level of physical ability.</p>	
Other Falls Prevention Classes	<p>There are many classes available in the community to assist you with preventing a fall by improving your balance.</p>	<p>Contact your local senior center, Focal Point or call 2-1-1 for a list of organizations who offer classes.</p>
Medical Alert, Health Monitoring and Home Safety Systems	<p>Emergency response systems are very helpful in alerting others that you need help, especially if you have a history of falling or have a fear of falling.</p> <p>Examples include SSM Health at Home, Life Assist USA, Night Owl Support Systems, Stoughton Hospital Life Line, UnityPoint Health-Meriter Lifeline, Phillips Lifeline, ADT, Medical Care Alert, LifeFone, Life Alert, Medipendant, Connect America Medical Alert, GreatCall, SafetyChoice by Comfort Keepers, and others. Fees apply, so be sure to check which service best fits your budget.</p>	<p>Check with your local senior center, ADRC, home care agency, United Way SAFE at Home, or the Aging Coalition for help with finding the right service.</p> <p>See the Life Line/Personal Emergency Response Systems Options handout.</p>

Life Line/Personal Emergency Response System Options

Safety Choice® by Comfort Keepers (608) 442-1898 or 1-866-959-2969
5396 King James Way Suite 210
MADISON, WI 53711
Personal Alarm Systems / Home care
WEB SITE: www.comfortkeepers.com

SSM Health at Home - VoiceCare– Personal Emergency Response System
4639 Hammersley Road
Madison, WI 53711
855-332-6882
\$35 set-up fee; Monthly cost varies depending on service type (Landline, Cellular, GPS, Fall Detection)

WEB SITE: <https://www.homehealthunited.org/community-health-services/pers>

- NOTE: Members of St. Mary's Golden Care program receive \$4.00/month discount on Home Health United Lifeline services. Golden Care is a *free* program – just have to fill out an application:

<http://www.stmarysmadison.com/medical-services/senior-health/golden-care>

Life Assist USA

Madison, WI
608-831-1688
1-888-860-8098
8608 University Green
MIDDLETON, WI 53562
<http://www.lifeassistusa-medical-alarm-system.com/>

\$40 in-home or \$18 mail/phone set-up fee; Monthly cost varies depending on service type (Landline, Cellular, GPS, Fall Detection)
Monthly rates starting at \$25.95 (Most basic option)

Night Owl Support Systems, LLC (NOSS)

Box 259293, Madison, 53725
608-845-5008 or 877-559-1642
info@nightowlsupportsystems.com
nightowlsupportsystems.com

A service program, which provides remote monitoring and residential support through the use of remote professional staff.

Stoughton Hospital Life Line

900 Ridge St, Stoughton, 53589

608-873-2372

<http://stoughtonhospital.com/other-services/life-assist-medical-alert-systems-2/>

Unity Point Health –Meriter Lifeline (through Philips)

2180 W Beltline Hwy, Madison, 53713

1-866-674-9900 x 4395

<https://www.unitypoint.org/madison/lifeline.aspx>

Monthly cost varies depending on service type

Monthly rates starting at \$29.95 (Most basic option)

Other common providers:

Philips Lifeline: 1-800-380-3111 www.lifelinesys.com *Can do cell-phone only households

ADT Medical Alert Systems 800-489-9020 www.adt.com/medical-alert

Life Alert 1-800-920-3410 www.lifealert.com

Medipendant 1-800-262-4239 www.medipendant.com

Connect America Medical Alert 1-800-2154206 <http://www.medalert.net/products-cellular-alert.html>

*Can do cell-phone only households

GreatCall One Touch Mobile Medical Alert <https://www.amazon.com/GreatCall-Splash-Waterproof-One-Touch-Medical/dp/B00KCWEEPS> \$30 for call button with plans start at \$20/mo

Medical Care Alert 1-855-969-4161 <https://www.medicalcarealert.com/>

LifeFone 1-888-341-0832 <http://www.lifefone.com/>

Information subject to change without notice.

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