

Sunday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Monday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Tuesday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Wednesday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Thursday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Friday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

Saturday

TAKE MY MEDICINES/TIME: _____

EXERCISE: _____

APPOINTMENTS: _____

BLOOD PRESSURE _____ HEART RATE _____

BLOOD SUGAR _____ WEIGHT _____

VitalCaring is a national leader in the home health care and hospice industry. We're serving patients throughout the Southern United States, including Texas, Oklahoma, Louisiana, Mississippi, Alabama and Florida.

From our base in the South, we're expanding to serve even more communities nationwide. Call us today to find out more about the markets we serve.

BRANCH PHONE NUMBER: _____

CARE TEAM MEMBER NAME/NUMBER: _____



STAYING SAFE AT HOME IS VITAL



SCAN THE QR CODE FOR
SERVICES NEAR YOU.
VITALCARING.COM



Am I at risk of falling?

Falls or fear of falling can have a big impact on your overall quality of life.

Fear of falling can cause you to stay at home or become less active. Being less active can cause you to get weaker and at a higher risk for falls.

Falls can cause injuries or hospital stays and decrease your independence!



What can I do to decrease my risk for falls?

UNDERSTAND YOUR RISKS

Most falls happen due to a combination of a number of things. Let's work together to figure out what your risk factors are and what we can do to prevent falls.

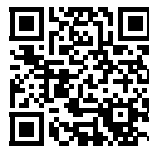
- Vision problems
- Home Hazards
- Weakness
- Dizziness
- Balance problems
- Medication interactions
- Numbness or pain in feet and legs



MAKE YOUR HOME SAFE

There are simple things that can be done to make your home safer. Work with your nurses and therapists to determine what you can do to make your home safer.

- Remove throw rugs and loose cords
- Remove clutter that could cause tripping
- Turn on a light at night in the bathroom and hall
- Use non-slip bathmats in the showers
- Grab bars in the bathrooms
- _____
- _____
- _____



GET MOVING

Simple exercise can help improve your strength, balance, and endurance. Track your daily exercise and progress on a calendar. Exercises such as walking, stretching, and light weight resistance exercises are a great start.

- Walk daily
- Stretching
- Strength exercises
- Balance exercises

Ask your therapist what exercises are best for you!



DRESS FOR SUCCESS

Wear shoes with nonskid soles to protect your feet. Wear clothing that is comfortable and does not restrict your movement.

- Well-fitting shoes with nonskid soles
- Clothing that is easy to handle in the bathroom
- Clothing that does not hang on the ground or restrict movement such as a large robe



KNOW YOUR MEDICATIONS

Medication errors are one of the most common reasons for hospitalizations. If you notice dizziness or increased fatigue after taking medications, speak to your nurse or doctor as soon as possible about these symptoms.

- Keep a medication log and update it after every doctor's appointment
- Take your medications at the right dose and at the right time every time
- Keep a log of your blood pressure and how your medications make you feel after taking them

STAY HYDRATED

Drink plenty of fluids. Water is essential to almost all bodily functions.

- Follow any doctor's restrictions for fluid intake
- Monitor symptoms for dehydration: dizziness, dry mouth, fatigue, confusion, and dark colored urine

EAT HEALTHY

Read your food labels. Choose foods that are low in sugar, saturated fats and sodium. Avoid fast food when possible. Eat fruit and vegetables each day.



KEEP YOUR APPOINTMENTS

It is important to have visit your medical, eye, and foot doctors on a regular basis. This team can help make sure you are on the right medications and treatments to keep you at your best.

- PCP: _____ Date: _____
- Specialist: _____ Date: _____
- Podiatrist: _____ Date: _____
- Optometrist: _____ Date: _____

STAY CONNECTED

Keep a phone or alert system with you at all times.

- Program emergency contacts into phone
- Hang emergency contacts on fridge
- Keep picture of updated meds on your phone
- Provide copy of doctors and meds to emergency contact

