






# Stay Steady Vermont Recommendations

## Low Risk






*Leaves are supposed to fall, people aren't!*

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

# Stay Steady Vermont Recommendations

## Moderate Risk






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

# Stay Steady Vermont Recommendations

## High Risk

*Leaves are supposed to fall, people aren't!*

<p><b>Follow Up Services</b></p> 	<ul style="list-style-type: none"><li><input type="checkbox"/> Make an appointment to see your <b>Primary Care Provider</b> <i>immediately</i> for a multifactorial fall risk assessment and physical exam.</li><li><input type="checkbox"/> Share the information from your Stay Steady screening with your doctor.</li><li><input type="checkbox"/> Tell your doctor right away if you have fallen, are afraid you might fall or feel unsteady.</li><li><input type="checkbox"/> Get a referral for <b>Physical Therapy</b> to help reduce your risk for falls.</li></ul>
<p><b>Medication Review</b></p> 	<ul style="list-style-type: none"><li><input type="checkbox"/> Talk to your <b>Pharmacist</b> or <b>Primary Care Provider</b> about your medication regimen and discuss any side effects like, feeling dizzy or sleepy.</li><li><input type="checkbox"/> Ask about taking vitamin D supplements for improved bone, muscle, and nerve health.</li></ul>
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<p><b>Exercise</b></p> 	<ul style="list-style-type: none"><li><input type="checkbox"/> Consult your <b>Primary Care Provider</b> before beginning to exercise.</li><li><input type="checkbox"/> Work towards the goal of <b>30 minutes/day, 5 days/week</b> of exercise.</li><li><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).</li></ul>
<p><b>Home Safety Check</b></p> 	<ul style="list-style-type: none"><li><input type="checkbox"/> Review the Stay Steady “<b>Home Fall Prevention Checklist</b>” and make the recommended changes to your home.</li><li><input type="checkbox"/> Get a referral for <b>Occupational Therapy</b> to help check for home hazards.</li></ul>