

# Is it time for a medical alert service?

Use this self-assessment as a guide to determine if a medical alert service is right for you.

A medical alert service can help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable – their own home.

To find out if it's the right time to consider a medical alert service for yourself or someone you care for, answer the following 9 simple questions. For each question, check the box to the right if your answer is "Yes."

Questions	Yes
1. Are you alone for several hours during the day and/or night?	<input type="checkbox"/>
2. In the past year, have you fallen or been afraid of falling in your home?	<input type="checkbox"/>
3. Have you been hospitalized or been to the emergency room in the past year?	<input type="checkbox"/>
4. Do you have at least one of these chronic ailments (heart disease, stroke, COPD, osteoporosis, diabetes, arthritis)?	<input type="checkbox"/>
5. Do you use a cane, walker, wheelchair, stair climber or other assistive device to help with balance or walking?	<input type="checkbox"/>
6. Are you required to take several daily medications?	<input type="checkbox"/>
7. Do you require assistance with at least one of the following activities (bathing, toileting, dressing, meal preparation, etc.)?	<input type="checkbox"/>
8. Would a medical alert service provide peace of mind for your loved ones?	<input type="checkbox"/>
9. Is it important for you to continue living independently?	<input type="checkbox"/>

See chart at right to review the assessment for your score. **Total checks**

This self-assessment is not a diagnostic test or medical advice.

**6 – 9 Yes Answers**

This high score indicates there is a serious risk for a fall or other medical incident, suggesting that a medical alert service may be strongly advised.

**3 – 5 Yes Answers**

This score indicates there is a risk for a fall or other incident, suggesting that a medical alert service would be helpful and should be considered.

**1 – 2 Yes Answers**

Share the results of this self-assessment with your healthcare provider and together develop a plan that addresses the following three important questions:

1. How can I minimize my falls risk?
2. What is the safest way for me to get up from a fall?
3. What is the best thing for me to do if I can't get up and call for help myself after a fall?

Call the number below to learn how the Lifeline Service can help, and if you would benefit from Lifeline's new medical alert service option – Lifeline with AutoAlert® – a service that can call for help if a fall is detected, even if you are unable to push your Help Button.

**CALL US TODAY**  
**616-771-9755**  
**800-831-9755**

[LifeConnections@GerontologyNetwork.org](mailto:LifeConnections@GerontologyNetwork.org)

