

What is my safety action plan?

- Create a fall-proof home.
 - Clear floors.
 - Use night lights/keep areas well-lit.
 - Use/install grab bars or handles wherever possible.
 - Use non-skid mats in tubs and showers.
 - Avoid unnecessary risks. For example, avoid climbing on chairs; instead use a safe step stool with a high grab bar.
 - Make sure sidewalks and steps are level and do not have cracks etc.

Clear steps and sidewalks of ice and snow.

- Use aids to prevent falls.
 - Decrease your fall risk by using a cane or walker if you have had falls in the past.
 - Use a cane and walker that have been measured properly for you.
 - If a cane is not supportive enough, then use a walker.
- Avoid medications that are **not** prescribed for you that can cause dizziness, change in sensation, or slow reflexes.
 - Some medications can cause falls such as: blood pressure pills, heart medications, water pills, or sleeping pills.
 - Be sure you know each medication you are taking and be aware of possible side effects.
- Exercise daily to improve your flexibility and balance with muscle strengthening routines. Ask your doctor to provide you with some exercises that are just right for you

How do I contact my Care Navigator?

If you would like to discuss your Case Management Self-Management Action Plan, please contact your Care Navigator:

- General Medicine: 734-998-2020
- Family Medicine: 734-539-5000
- Med Peds: 734-647-5670
- Geriatrics: 734-764-6831

If you are calling after hours, need to discuss symptoms, or your concern is urgent, please call the appropriate number from the list above and select the “symptom” prompt to speak with a triage nurse. This nurse line is open to assist you with symptoms 24 hours a day, 7 days a week, 365 days a year.

If at any time you feel that your symptoms are severe, please call 911 or go to your local ER.

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Reviewers: UMMG Best Practice Committee and Nursing Supervisor for Care Navigation group

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