

What Is StepWise?

StepWise increases patient independence and safety by improving mobility, balance, and strength.

Falls are the leading cause of injury, immobility, and nursing home placement for seniors. In fact, every year 1 in 3 seniors over the age of 65 fall, resulting in over 2 million emergency room visits. With Residential Home Health's **StepWise** program, every patient is assessed for personal fall risk factors and given tools and resources to be proactive and stable at home.



StepWise boosts patient confidence and quality of life by lowering the risk of a life-changing fall with:

Evaluation



- Conduct in-home screening when care begins in order to determine patient's fall risk using two standardized, nationally recognized tools*
- Review current medical conditions and medications to identify and address fall risk factors
- Evaluate home environment for potential hazards and either raise patient awareness or remove them as necessary

*Missouri Alliance for Home Care
Fall Risk Assessment Tool and
Timed Up and Go Test

Exercise



- Assist patients with therapy exercises to improve mobility, balance, and strength
- Observe how patients move around the house and perform daily tasks, then tailor exercises and coaching to maximize safety in each unique situation
- Leverage therapy benefits with personalized at-home exercise plan to use between visits



Education



- Provide easy-to-understand patient guides and resources on how to prevent falls inside and outside the home
- Teach what to do if a fall should occur and strategies for how to safely get up and recover from a fall
- Train caregivers to support patient safety as needed, including transfer techniques, home modification options, and more



Engagement



- Encourage patients to be less fearful and more active in their lives and in the community
- Help patients identify and understand personal dangers and possible consequences of falls
- Prepare patients for long-term success that continues after care from Residential has concluded

Consider StepWise if:

- ✓ You are age 65 or older
- ✓ Taking more than 4 medications
- ✓ You have a history of falls
- ✓ You are living with incontinence

- ✓ You have poor vision
- ✓ You have pain while walking or standing
- ✓ You have medical conditions that impair judgment or coordination

Common Fall Risk Factors



Balance problems

Mobility issues



Multiple medications

Low blood pressure



Sensory deficits

Home hazards



Nurse Alert

With fall sensors and two-way communication, as well as automatic alerts to the Residential Home Health Care Team if a fall should occur, help is always a button-push away for patients with Nurse Alert.



residential

+ home health

📞 palliative

🕊 hospice

Visit our website at residentialhomehealth.com or call a Residential Home Health nurse today.

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