

Is it time for a medical alarm?

To find out if it's the right time to consider a medical alarm, answer the following 9 simple questions.

1. Are you alone for several hours during the day and/or night? (2pts)
2. In the past year, have you fallen, been anxious about falling or otherwise been at risk of falling in your home? (3pts)
3. Have you been hospitalized, or been to the emergency room, in the past year? (2pts)
4. Do you have at least one of these chronic ailments?
(heart disease, stroke, COPD, osteoporosis, diabetes, arthritis) (2pts)
5. Do you use a cane, walker, wheelchair, stair climber or other assistive device
to help with balance or walking? (3pts)
6. Are you required to take several daily medications? (3pts)
7. Do you require assistance with at least one daily activity? (eg. bathing, toileting, dressing, meal prep, etc.) (3pts)
8. Would a medical alarm provide peace of mind for your loved ones? (1pt)
9. Is it important to you to continue living independently? (1pt)

IMPORTANT NOTE: This self-assessment is useful in identifying the need for a medical alarm, but every situation is unique, so if you have any particular concerns, contact a trusted health professional.

**TOTAL
POINTS**

Your total points indicate the level of need for a medical alarm.

From 15 to 20 - Urgent need

A medical alarm is likely to be recommended with some urgency by hospitals, doctors, nurses and professional caregivers.

From 8 to 14 - Elevated need

A medical alarm is likely to be highly recommended by hospitals, doctors, nurses and professional caregivers.

From 4 to 7 - Moderate need

Hospitals, doctors, nurses and professional caregivers might well advise that you consider a medical alarm.

From 0 to 3 - Limited need

A medical alarm might not be required immediately, but the need should be re-evaluated as time goes on.

If your score indicates a need for a medical alarm, Lifeline can help. Thousands of Canadians like you live more independent and active lives with Lifeline.

To find out more about how Lifeline works – see the illustration on the back of this sheet or call



www.lifeline.ca

