

The Problem

- Over one-third of adults 65+ fall each year.
- 20-30% of falls cause moderate to severe injuries.
- Every second of every day, an older adult (age 65+) suffers a fall in the United States, making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population.
- At least one-third of all falls involve environmental hazards in the home.
- Two-thirds of those who fell, will fall again within six months.

Virginia Home Care Services, Inc. recognizes the importance of fall prevention and has developed training, oversight, and procedures to help reduce the chances of injury.

By taking these steps, the chance for falls is greatly reduced and keeps our older adults safe.

Our Solution

Step 1 – Needs Assessment & Home Inspection

Virginia Home Care Services, Inc. will conduct a complimentary personalized need assessment and home inspection to ensure safety and reduced risk of falls.

Home Inspection includes:

- Hygiene- Transfer Benches, Chairs, and hand held shower heads all need to be accessed.
- Grab Bars- Are they properly installed in high risk areas?
- Transfers- Are you properly prepared?
- Toileting- Procedures & proximity for ease of use.
- Entrances & Pathways – Getting in and out, and what to consider.
- Reducing tripping hazards.

Step 2 – Care Giver Training

An aide is carefully chosen based on our needs assessment with caring compassion.

Virginia Home Care Services, Inc. schedules a training session with the client, aide, and therapist. This keeps consistency in transfers and exercise while providing a chance to regain a level of independence.

Step 3 – RN Supervision/Monitor Progress*

Once home, a formalized RNp plan of care is developed and monitored via supervisory visits. This helps track compliance and progress via documentation to ensure we are providing the best services as promised!