

# Medical alert service – a self-assessment



Philips Lifeline helps you live safely and more independently





- Continue living in the comfort of your own home.
- Prompt, caring assistance at the touch of a button – 24 hours a day, 365 days a year.
- Security and peace of mind for you and your family.

## Is it time for a medical alert?

This self-assessment tool has been created by Philips Lifeline to help older adults and those with chronic medical conditions assess their level of need for a medical alert service.

To find out if it's the right time to consider a medical alert for you or someone you care for, simply answer the nine questions on the next sheet and add up the results. Your score will help determine your level of need.

## How Philips Lifeline works

<p><b>1</b></p> 	<p><b>Summon help</b></p> <p>When you need help, just press your <b>Personal Help Button</b> which activates the CarePartner® Communicator.</p>	<p><b>2</b></p> 	<p><b>Professional intervention</b></p> <p>Your <b>CarePartner Communicator</b> then dials the Lifeline Response Center and establishes two-way voice communication.</p>
<p><b>3</b></p> 	<p><b>Appropriate response</b></p> <p>Within seconds, a <b>Lifeline Response Associate</b> accesses your profile and quickly assesses the situation.</p>	<p><b>4</b></p> 	<p><b>Closed loop</b></p> <p>The Associate then contacts a neighbor, loved one or emergency services based on your specific needs. The Lifeline Response Associate will follow up to ensure that help arrived.</p>

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# Answer these questions

Place a check mark next to the questions that apply to you and then total the points. Your level of need for a medical alert service is explained in the far right column.

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

# Determine your need

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

Results
<p>▶ 15 to 20 – Urgent need</p> <p>A medical alert is likely to be recommended <b>with some urgency</b> by doctors, nurses and professional caregivers in this situation.</p>
<p>▶ 8 to 14 – Elevated need</p> <p>A medical alert is likely to be <b>highly recommended</b> by hospitals, doctors, nurses and professional caregivers.</p>
<p>▶ 4 to 7 – Moderate need</p> <p>Hospitals, doctors, nurses and professional caregivers <b>might advise</b> you to consider a medical alert.</p>
<p>▶ 0 to 3 – Limited need</p> <p>A medical alert <b>may not be required</b> immediately, but re-evaluation is recommended as time goes on and the situation changes.</p>
<p><b>Total</b> <input type="text"/></p>

Important note: Every situation is unique, so if you have any particular concerns, contact a trusted health professional, or call to speak with a Philips Lifeline representative.

For more information,  
call 704-226-2001  
Union EMS - Lifeline  
Monroe, North Carolina

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