

# Is it **time** for a **medical alarm**?

A medical alarm gives seniors and those with chronic medical conditions the security and confidence to continue to live independently at the one place they feel most comfortable - in their own home.

To find out if it's the right time to consider a medical alarm for yourself or someone you care for, answer the following 9 simple questions. Place a check mark next to those that apply to you or the person of interest to you and then total the points. Your level of need for a medical alarm is explained at right.

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 anxious about falling or otherwise been at risk for 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, COPD, 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 prep, etc.)?	<input type="checkbox"/> 3
8. Would a medical alarm provide peace of mind for your loved ones?	<input type="checkbox"/> 1
9. Is it important to you to continue to live independently?	<input type="checkbox"/> 1
<b>Total Points</b>	

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

## 15-20 Points **URGENT NEED**

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

## 8-14 Points **ELEVATED NEED**

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

## 4-7 Points **MODERATE NEED**

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

## 0-3 Points **LIMITED NEED**

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

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.

