

HEALTH IN MOTION

UPTOWN PHYSICAL ❖ THERAPY ❖

SPOTLIGHT: PERS

Personal Emergency Response Services

A personal emergency response system (PERS) is a signaling device that summons help during an emergency. Subscription to a response service provides seniors with an electronic device to summon emergency help. Typically, the service provider monitors the devices 24 hours a day and they do not require that the customer be able to speak if they need help. With the computerized record of the subscriber's name, address, neighbor or family contact person, and health issues (including medications and doctor contact information) the service can dispatch an ambulance to the residence or send other help as appropriate.

Set up is easy. A base unit connects to a phone and electrical outlet that allows for two-way voice communication. The subscriber wears a waterproof summoning device, either a pendant or wrist band.

Advantages of PERS:

- Provides assurance to seniors and their families that help can be summoned immediately when needed.
- Assists seniors in living independently for longer.
- Can aid in delaying institutionalization, reducing hospital admissions and shortening hospital stays.
- Helps to control the cost of health care delivery.

What to look for in a PERS:

- The system is monitored 24 hours/day.
- The customer should not be required to speak before help is dispatched.

- The system maintains a computerized record of the subscriber's name, address, physician contact, medications and health issues.
- The system contacts a pre-arranged neighbor or family member after dispatching help.
- The base unit contains rechargeable battery backup.

Optional features:

- An inactivity alarm that triggers dispatch of emergency services following a pre-designated time of no contact.
- Accommodations for hearing, vision or memory impairment.
- An optional lockbox is supplied that contains a key for apartment or house entry.

THE FOLLOWING A LIST OF SOME OF THE PERSONAL EMERGENCY RESPONSE SERVICES OFFERED IN JEFFERSON COUNTY

COMPANY	CONTACT	ACTIVATION OR INSTALLATION CHARGE	MONTHLY CHARGE
LIFELINE www.lifelinesys.com	800-380-3111	\$81.95 - \$100.00 (May be waived or reduced)	\$35.00 – 45.00
LINK TO LIFE www.linktolife.com	888-337-5433	None is required, but optional assistance in set-up is \$50.00	\$29.95 – 39.95
MEDICAL GUARDIAN www.medicalguardian.com	800-332-0955	None	\$29.95

ECCHO – 379-3246

**1110 Jefferson Street
(corner of Polk and Jefferson)**

The Port Townsend Ecumenical Group (ECCHO) provides free short-term loans of durable medical equipment (DME) as well as chore and ride services as volunteer time allows. Durable medical equipment may include walkers, bath chairs, elevated toilet seats, crutches and canes.

Occasionally ECCHO has power equipment to loan such as lift chairs or power scooters. A medical authorization is required before power equipment will be dispensed. A referral from a healthcare or social services professional is also required for ECCHO to provide respite care or meals/cleaning on a short-term basis. ECCHO depends on volunteers to provide these services. At this time ECCHO provides more than 300 hours of volunteer service per month!

ECCHO also accepts donations of working, used equipment.

Hours of operation:

Monday through Friday – 9:00 am to 4:00 pm

Hours for pick-up of equipment:

Monday through Friday – 9:00 am to 1:00 pm

WASHINGTON STATE REPORTS DECREASE IN HOSPITALIZATIONS DUE TO FALLS

The Washington State Department of Health reports a slight decrease in the number of hospitalizations and a 3.2% decrease in the rate of hospitalizations for older adults as a result of a fall, as compared with 2006. These data reverse a multiyear trend of increases in the hospitalization rate for falls among older adults.

At Uptown Physical Therapy all Medicare patients are screened for fall risk.

A Timed Up and Go (TUG) Test is administered to those patients who report 2 or more falls or an injury from a fall in the past 12 months. A score of 14 or more seconds to complete the TUG Test has been shown to indicate high fall risk.*

For those patients deemed to be at risk for falls, balance training along with weight shifting activities, proprioception training and strengthening are included in their physical therapy treatment program.

* www.ncbi.nlm.nih.gov/pubmed/1991946

**UPTOWN PHYSICAL THERAPY 1233 LAWRENCE STREET, SUITE 101
OFFICE HOURS MONDAY THRU FRIDAY 7AM TO 6PM**

385-1035

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