

Senior Wellness and Education Guide





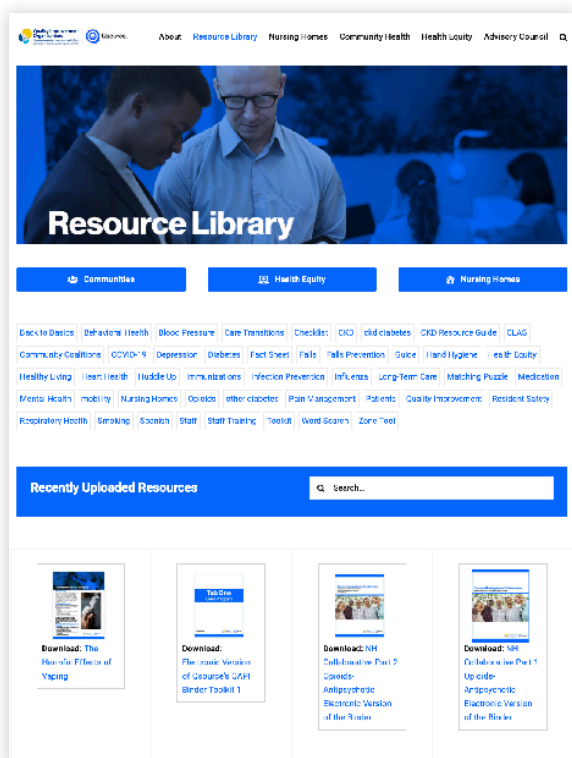
Introduction

In this Senior Wellness and Education Guide you will find educational tools and resources to promote chronic disease management (heart health, diabetes, kidney disease), medication safety, infection prevention, and immunizations, as well as puzzles and trivia to test your knowledge. There are also tools to assist you with creating a vision board and setting personal goals. We hope you enjoy this fun and interactive booklet about wellness. We encourage you to share these resources with family and friends.



For Additional Resources

Visit our updated Resources Web page. Scan the QR code to access the page on your mobile device. Or click on the link below to visit the page.



qio.qsource.org/resources

Quick Patient Guide:

How To Choose Between The Doctor's Office, Urgent Care and the Emergency Room (ER)

When you're feeling sick or have an injury, there are several places you can go for medical care: a doctor's office, an urgent care center, a retail health clinic or the emergency room. Here's a quick guide to help you know where to go.



Doctor's Office

For non-emergency situations

- Your doctor knows your health history, including medications and chronic conditions.
- Lower co-pay than a trip to the emergency room
- Shorter wait times
- Your doctor can refer you to a specialist or other medical professionals.



Urgent Care or Retail Health Clinic

If you can't reach your doctor or need care outside of regular office hours

- Walk-in clinics found in many large pharmacies and retail stores
- Treat simple conditions, such as cold, flu, ear infections and skin conditions
- Staffed by nurse practitioners and physician assistants
- Physicians on staff can provide care for a greater range of conditions, including performing x-rays.



Emergency Room (ER)

For urgent, acute and life-threatening conditions

- If you have a health emergency, call 911 or go to the emergency room right away.
- Do not visit the ER for routine care or minor illness. One of the other options will save you time and money and clear the way for patients in need of emergency treatment.

This guide is for educational purposes only. Always contact your doctor with any questions related to your healthcare.

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Understanding the Medicare Annual Wellness Visit

How You Benefit From This Important Medicare Benefit

A **Medicare Annual Wellness Visit (AWV)** is a preventive visit with your provider and a great opportunity to focus on issues or concerns that may be overlooked in a routine physical exam.

During the visit, your healthcare team will help you **develop a long-term, preventive care plan to guide your health.**



WHO IS ELIGIBLE?

If you have Medicare Part B coverage and have not had a Medicare Annual Wellness Visit or a Welcome to Medicare Visit in the past 12 months, you may be eligible. If you are unsure, please contact your insurance provider to verify eligibility.

IS THE MEDICARE ANNUAL WELLNESS VISIT THE SAME AS A YEARLY PHYSICAL?

No. During a yearly physical, your provider is focused on chronic illnesses and performing routine lab work. The Medicare Annual Wellness Visit **focuses on your overall health and wellbeing.** Together with your provider, you will create a personalized, preventive health plan that addresses things like lifestyle changes, goals and preferences. Plus, your provider can assess and address any issues before they become urgent.

WHAT DOES THE MEDICARE AWV COST?

Patients pay nothing out-of-pocket for this visit. During your visit, **if you require further tests or screenings** other than those outlined in the appointment overview, **a co-payment or deductible expense may occur.**

APPOINTMENT OVERVIEW, WHAT TO EXPECT:

- | | |
|---|---|
| <input type="checkbox"/> Review your medical and family history | <input type="checkbox"/> Measurement of blood pressure, height and weight |
| <input type="checkbox"/> Review your current medications | <input type="checkbox"/> Review of movement ability and risk of falls |
| <input type="checkbox"/> Review your list of current care providers | <input type="checkbox"/> Advance Care Planning |
| <input type="checkbox"/> Screen for memory and behavioral changes | |

With this information, your provider will develop a written preventive health and screening plan.

WHAT IS COVERED?

The following services **are covered**:

- Review of medical history
- Fall risk assessment
- Screening for depression and cognitive impairments
- Development of a personalized preventive care plan
- Hepatitis C screening
- Glucose screening

- Mammogram and colonoscopy screening
- Influenza and pneumococcal vaccines
- Advance care planning

The following services are outside of the AWV and **may result in an additional office visit charge**:

- Management of high cholesterol, hypertension and fatigue

WHAT SHOULD I DO IF I HAVEN'T HAD AN AWV IN THE PAST 12 MONTHS?

Call your clinic and ask to schedule your Medicare Annual Wellness Visit (AWV).

APPOINTMENT PLANNING GUIDE		
Appointment Date: _____ Time: _____ Location: _____		
MEDICATION RECORDS		
Medication Name/Strength	How often do you take and why?	Concerns/Issues
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Do any of the following factors prevent you from taking your medications?		
<input type="checkbox"/> Costs	<input type="checkbox"/> Side Effects	<input type="checkbox"/> Questions/Concerns
<input type="checkbox"/> Ability to pick up	<input type="checkbox"/> Forget	<input type="checkbox"/> Other: _____
Names of other healthcare providers or specialists you see:		
_____	_____	_____
Questions or concerns you would like to discuss with your provider:		

Are any of the following factors stopping you from reaching your health goals?		
<input type="checkbox"/> Access to food	<input type="checkbox"/> Financial Concerns	<input type="checkbox"/> Behavioral Health
<input type="checkbox"/> Housing	<input type="checkbox"/> Transportation	<input type="checkbox"/> Other: _____



Chronic Disease Management



The Surprising Link Between Chronic Kidney Disease, Diabetes, and Heart Disease

Getting active is one of the best ways to help you prevent or manage chronic kidney disease (CKD), diabetes, and heart disease. Find out how these chronic conditions are connected and how to prevent or manage all three.

The body is complicated! While organs in your body each have a specific job to do to keep you healthy, they still rely on each other to function well. When one organ isn't working the way it should, it can put stress on other organs, causing them to stop working properly as well.

The relationship between chronic kidney disease (CKD), diabetes, and heart disease is one example of the ways our organs are connected.

- The body uses a hormone called insulin to get blood sugar into the body's cells to be used as energy. If someone has diabetes, their pancreas either doesn't make enough insulin or can't use the insulin it makes as well as it should.
- If someone has CKD, their kidneys are not able to filter out toxins and waste from their blood as well as they should.
- Heart disease refers to several types of heart conditions. The most common condition, coronary artery disease, leads to changes in blood flow to the heart, which can cause a heart attack.

Make the Connection

So how are these three conditions connected? Risk factors for each condition are similar and include high blood sugar, high blood pressure, family history, obesity, unhealthy diet, and physical inactivity.

High blood sugar can slowly damage the kidneys, and, over time, they can stop filtering blood as well as they should, leading to CKD. Approximately 1 in 3 adults with diabetes has CKD.

When the kidneys don't work well, more stress is put on the heart. When someone has CKD, their heart needs to pump harder to get blood to the kidneys. This can lead to heart disease, the leading cause of death in the United States. Change in blood pressure is also a CKD complication that can lead to heart disease.

Luckily, preventing or managing one condition can help you prevent and manage the others and lower the risk for more complications.

Show Your Body Some Love

What's the good news in all of this? You can manage or prevent CKD, diabetes, and heart disease all at once!

Look at these five tips to get started:

1. Getting active is one of the best ways to help you prevent or manage CKD, diabetes, and heart disease. Find an activity you like, start small, and get moving!

2. Choosing healthy foods and drinks is an important way to give your body the fuel it needs to function properly. Adding more fruits and veggies to your plate can also help you keep a healthy weight, another great way to prevent or manage these conditions.
3. Quitting smoking is one of the best things you can do for your health. Quitting will help you prevent CKD, type 2 diabetes, and heart disease and improve these conditions if you have them. You don't have to do it alone! For support, visit [I'm Ready To Quit](#).
4. Find out where you stand by taking a one-minute prediabetes risk test. If your risk score is high, talk to your doctor about taking action to prevent or delay type 2 diabetes. Participating in the lifestyle change program through [CDC's National Diabetes Prevention Program](#) can help you build the healthy habits you need to succeed.
5. Get your annual flu shot. People with chronic diseases are more likely to have health complications if they catch the flu. These complications can worsen an existing condition and can even be fatal. Learn more about the benefits of flu vaccination.

CKD: Protect Your Heart

Over time, CKD often gets worse and can lead to kidney failure. A person with kidney failure will need regular dialysis (a treatment that filters the blood) or a kidney transplant to survive.

Although dialysis is needed because of CKD, heart disease is the most common cause of death for someone on dialysis. This is because when kidneys don't function properly, the heart has to work harder to circulate blood, leading to high blood pressure and possibly heart disease.

If you or a loved one needs dialysis, look at these tips to help protect your heart:

- Choose foods that are healthiest for your heart and your kidneys. Ask your doctor for a referral to a dietitian who's trained in CKD nutrition to understand which foods and beverages are best for you.
- Regular physical activity helps to lower your blood pressure and improve your heart health. Moving more doesn't have to be strenuous! Some great ways to get active are gardening, yoga, or a brisk walk around the block. Ask your doctor about which activities are best for you and if there are any you should avoid.
- Manage your weight and blood sugar – this can be done with diet and exercise! Meet with a dietitian to create an eating plan that works for you and your kidneys or check out these resources to help you manage your blood sugar.

Get Support

Living with a chronic condition can be stressful. Remember to call on your healthcare team for help and guidance in taking care of your health. Joining a support group is also a great way to connect with others who share your experience.

Content Source: <https://www.cdc.gov/> | Short Link: <https://bit.ly/3OfYxSQ>

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Action Guide to Help Lower Blood Pressure



Maintain a healthy weight

Check with your healthcare provider to see if you need to lose weight. If you do, lose weight slowly using a healthy eating plan and engaging in physical activity.



Be physically active

Engage in physical activity for a total of 30 minutes on most days of the week. Combine everyday chores with moderate-level sporting activities, such as walking, to achieve your physical activity goals.



Follow a healthy eating plan

Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods such as the Dietary Approaches to Stop Hypertension (DASH) diet.

Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement.



Reduce sodium in your diet

Choose foods that are low in salt and other forms of sodium. Use spices, garlic and onions to add flavor to your meals without adding more sodium.



Drink alcohol only in moderation

In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.

If you drink alcoholic beverages, have only a moderate amount—one drink a day for women, two drinks a day for men.



Take prescribed drugs as directed

If you need drugs to help lower your blood pressure, you still must follow the lifestyle changes mentioned above.

Use notes and other reminders to help you remember to take your drugs. Ask your family to help you with reminder phone calls and messages.



WORD SEARCH

Chronic Kidney Disease

Preventing chronic kidney disease (CKD) and its complications is possible by managing risk factors and treating the disease to slow its progression and reduce the risk of complications. To keep healthy kidneys, it is important to control those risk factors for CKD that can be modified.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

A	E	X	E	R	C	I	S	E	A	X	Y	A	T	I
D	N	L	Y	F	L	U	I	D	X	P	U	E	S	W
M	E	K	Z	K	Q	C	F	Z	X	G	U	N	R	N
E	P	B	L	O	O	D	P	R	E	S	S	U	R	E
D	H	S	A	L	N	U	T	R	I	T	I	O	N	I
I	R	W	W	U	I	W	K	I	D	N	E	Y	L	V
C	O	D	N	Y	X	H	P	M	O	N	I	T	O	R
A	L	B	U	M	I	N	U	R	I	A	T	T	Y	I
T	O	W	C	H	O	L	E	S	T	E	R	O	L	L
I	G	E	R	K	E	J	L	T	S	R	X	O	N	A
O	I	I	C	U	R	I	N	A	L	Y	S	I	S	B
N	S	G	Z	I	I	Q	V	M	U	V	W	P	Y	C
B	T	H	W	L	U	L	J	G	L	U	C	O	S	E
U	G	T	G	R	E	E	T	J	Q	M	F	X	I	D
N	Z	Q	U	I	T	S	M	O	K	I	N	G	X	U

- Albuminuria**
- Blood Pressure**
- BUN**
- Cholesterol**
- Exercise**
- Fluid**
- Glucose**
- Kidney**
- Lab**
- Urinalysis**
- Medication**
- Monitor**
- Nephrologist**
- Nutrition**
- Quit Smoking**
- Weight**



HEALTHY KIDNEY TIPS

Chronic Kidney Disease

- Lose weight if you are overweight.
- Get active. Physical activity helps control blood sugar levels.
- Quit smoking.
- Getting a checkup? Make sure to get your kidneys checked too.
- Take medications as directed.
- Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you.
- If you have diabetes, stay in your target blood sugar range as much as possible.
- Stay in your target cholesterol range.
- Eat foods lower in salt.
- Eat more fruits and vegetables.

www.cdc.gov/kidneydisease/prevention-risk.html



Renal Failure Zone Tool

GREEN ZONE

- No shortness of breath
- No swelling
- Urinating with no problems
- Watching intake of foods/fluids
- No pain, not tired or weak
- Monitoring foods with potassium, protein and salt

Your symptoms are under control.

- Continue taking your medications as ordered
- Continue daily weights
- Keep all physician appointments
- Keep scheduled dialysis appointments
- Eat small, frequent meals throughout the day

YELLOW ZONE

- Some shortness of breath
- Increased swelling – some edema
- Increased tiredness with any activity
- Decreased urine output
- Nausea and vomiting
- Poor appetite, headache, muscle aches
- Changes in blood pressure (higher or lower than usual)

Your symptoms may indicate you need an adjustment in your medication, plan of care or weight management.

- Call your physician, dialysis team or home health nurse

RED ZONE

Call your physician right away or call 911

- Increased shortness of breath (faster, unrelieved, etc.)
- Faster heart rate – palpitations
- Fatigued, trouble staying awake

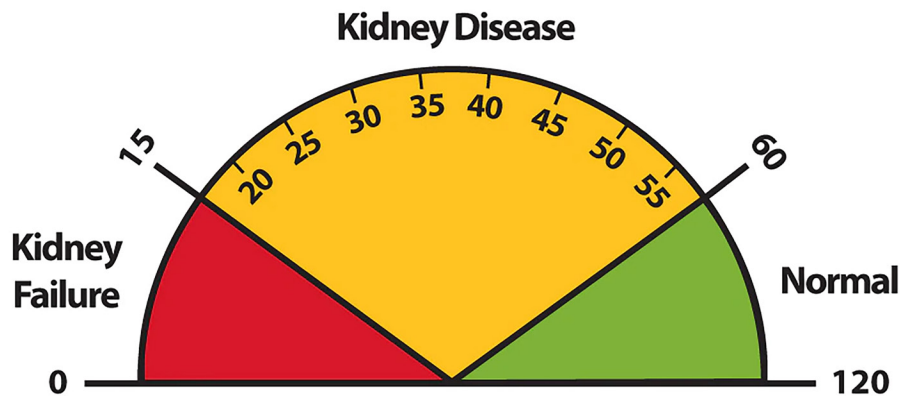
- Increased pain – generalized
- Increased nausea and vomiting, loss of appetite
- Fever, chills
- Unable to urinate at all



Renal Failure Zone Tool

GFR stands for glomerular (glow-MAIR-you-lure) filtration rate. A blood test checks your GFR, which tells how well your kidneys are filtering.

It's important to know your GFR if you are at risk for kidney disease. A urine test will also be used to check your kidneys.



GFR
National Institute of Diabetes and Digestive and Kidney Disease
GFR is reported as a number.

A GFR of 60 or higher is in the normal range.

A GFR below 60 may mean you have kidney disease.

A GFR of 15 or lower may mean kidney failure.

The Effects of Uncontrolled Diabetes on Your Body

Risk of Stroke

Risk of stroke for someone with diabetes is four times higher than someone without diabetes.

Extreme Thirst

Extreme thirst is one of the first noticeable symptoms of diabetes.

Sweet-Smelling Breath

Breath that has a sweet scent may indicate high levels of ketones, a serious complication or diabetes.

Risk of Heart Disease

High blood pressure and damaged blood vessels put added strain on the heart, increasing the risk of cardiovascular disease.

Fatigue/Lack of Energy

Overall kidney and pancreas problems can cause you to feel more tired. This can also make it harder for you to concentrate.

Pancreas Malfunction

A poorly functioning or nonfunctioning pancreas won't produce the insulin your body needs to convert glucose into energy.

Excessive Urination

Having to urinate frequently may be an early warning sign of diabetes.

Damaged Blood Vessels

Too much glucose in your system can cause restricted blood flow, leading to a variety of symptoms and damage to the blood vessels. Smokers with diabetes are at an even higher risk.

Nerve Damage

Diabetes causes nerve damage, which often feels like "pins and needles". Damaged nerves can also alter your perception of heat, cold, and pain, increasing your risk of injuries.

Foot Problems

Diabetes increases your risk of calluses, infections, or ulcers of the foot. This can be caused by nerve damage from high blood sugar and a decrease in circulation of your feet.

Loss of Consciousness

Without treatment, diabetic ketoacidosis can lead to loss of consciousness.

Visual Disturbances

Damaged blood vessels in the eyes can cause visual disturbances, like floaters. If left untreated, this can lead to blindness.

Cataracts and Glaucoma

If you have diabetes, you have an increased risk of cataracts and glaucoma compared to people who don't have diabetes.

High Blood Pressure

If you have diabetes, you're at increased risk of developing high blood pressure.

Gastroparesis

Poor blood sugar management can cause delayed emptying of food from the stomach. This can cause bloating, heartburn, and nausea.

Protein in Urine

High levels of protein in your urine may mean your kidneys have some damage and aren't functioning well. *(Urine may smell sweet or of popcorn.)*

Ketoacidosis

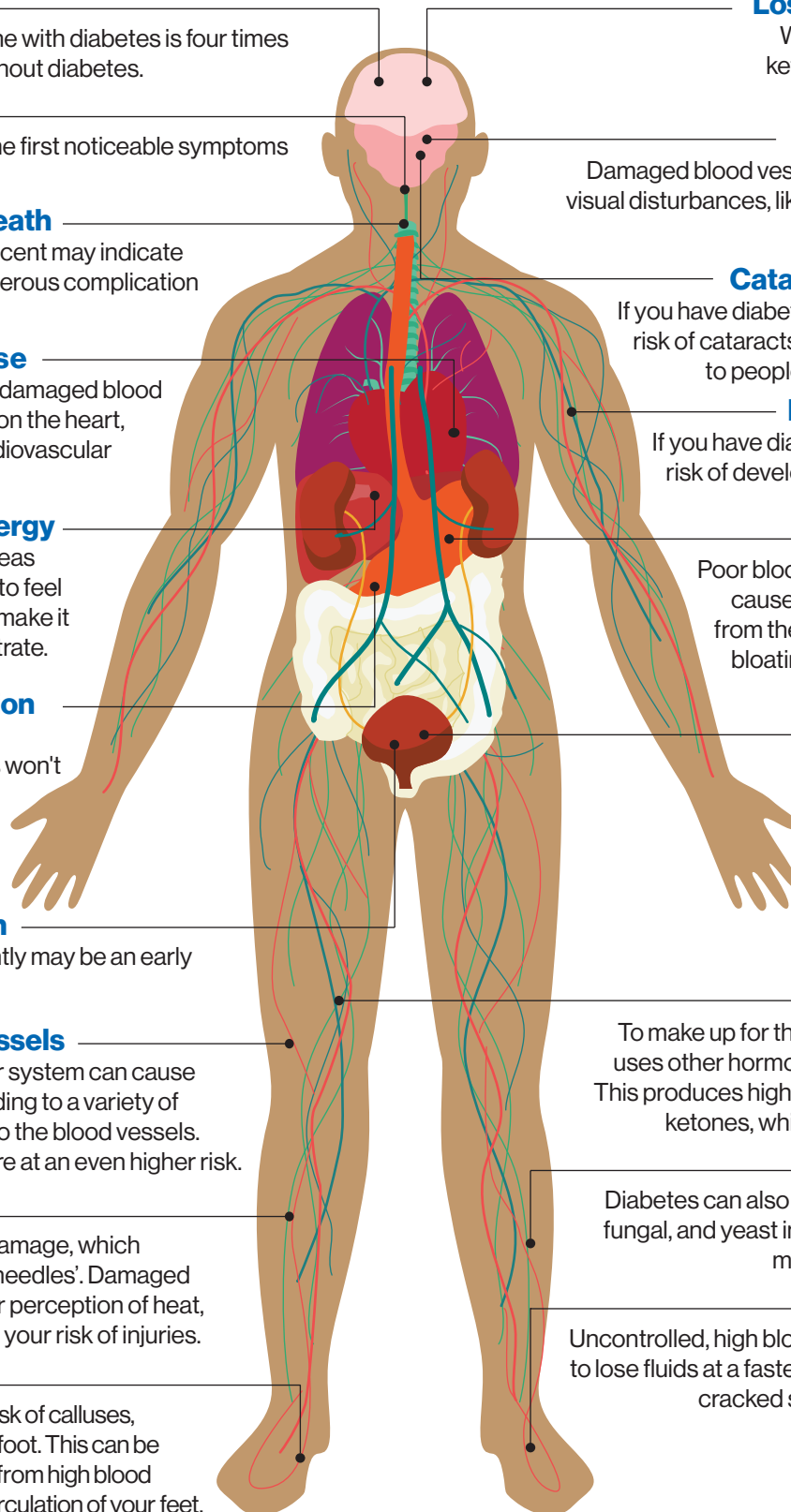
To make up for the lack of insulin, your body uses other hormones to turn fat into energy. This produces high levels of toxic acids called ketones, which can be life-threatening.

Risk of Infections

Diabetes can also raise your risk of bacterial, fungal, and yeast infections. Your feet are the most vulnerable to infection.

Dry Cracked Skin

Uncontrolled, high blood sugar causes the body to lose fluids at a faster rate. This can lead to dry, cracked skin, especially on the feet.

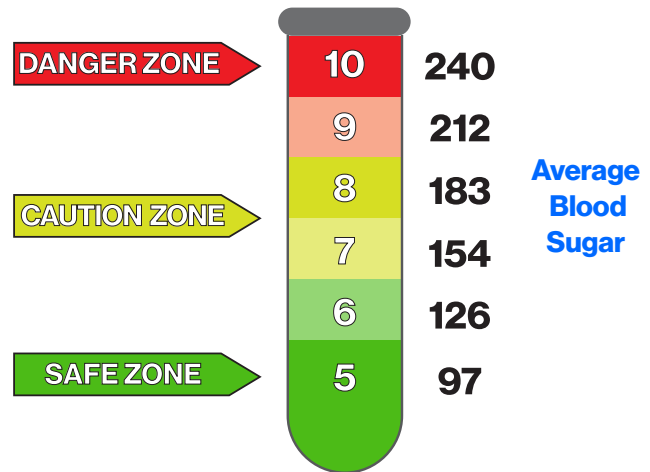


Healthy Tips to Prevent Adverse Effects



- Check your A1C at least twice a year.
- Monitor your diabetes treatment plan with your primary care provider that includes medications, nutrition, and physical activity.
- Practice good skin care (diabetes can cause dry skin, fungal, and bacterial infections).
- Wear proper footwear to reduce skin breakdown on the feet.
- Practice proper handwashing techniques to prevent infections .

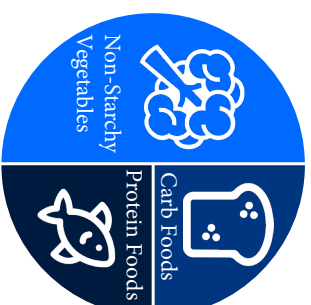
A1C Blood Sugar Test



Making Healthy Food Choices

Selecting foods with a chronic disease can be tricky. Whether it be diabetes, heart, or kidney disease, making healthy food choices is very important in taking care of yourself. Limiting added sugar, fat, and sodium (salt) intake can help decrease your risks for health problems.

People with Diabetes: Carbohydrates (sugar) are foods that can affect your blood sugars. Talk with your doctor on selecting the right amounts of carbohydrates for each meal. If you aren't sure where to start, look at the plate to learn how to balance your meals.



Choose Often

CARBOHYDRATES (SUGAR)

Grains

Brown Rice*, Oats/Oatmeal*, Whole Grain Bread*, Quinoa, Pasta*, Grits*, Cream of Wheat*
Whole Grain Cereal: Cheerios, Corn Chex*, Bran Flakes

Fruits

Apple*, Berries*, Pineapple*, Banana, Cherries*, Grapes*, Pineapple*, Pears*, Mandarin Oranges*, Oranges, Canned Fruit in 100% Fruit Juice or Water

Starchy Veggies

Acorn/Butternut Squash, Water Chestnuts*, Spaghetti Squash*, Parsnips, Corn*, Potato/Sweet Potato, Pumpkin, Edamame, Canned Beans: Black, Kidney, Pinto

NON-STARCY VEGGIES

Asparagus*, Broccoli*, Cauliflower*, Carrots*, Cabbage*, Brussel Sprouts*, Celery*, Cucumber*, Green Beans*, Peppers*, Salad Greens*, Onions*

Canned Veggies: "Low Sodium" or Rinse with Water*

Protein

Beef*, Pork*, Chicken*, Canned Chicken*, Low Sodium Canned Beans, Eggs*, Dried Beans, Unsalted Nuts, Fish*, Canned Tuna in Water*, Tofu*

Dairy

Fat Free or Low-Fat Yogurt, Unsweetened Almond, Soy, Coconut Milk*

Drinks

Water, Sparkling Water*

Choose Sometimes

Grains

White Bread/Rice*, Pasta*, Tortillas*, Popcorn*, Granola Bars

Fruits

Canned Fruits in Light Syrup, 100% Fruit Juice, Plain Dried Fruit (Raisins)

Dairy

Milk (1%, 2%, Whole Milk), Plain Yogurt, Cheese, Soy Milk, Cottage Cheese,

Protein

Canned Salmon*

Other

Unsalted Peanut Butter

Drinks

Unsweet Tea*, Diet Soda, Plain Coffee

Choose Rarely

Desserts

Ice Cream, Cookies, Candy/Chocolate, Brownies, Pastries, Cake, Canned Fruit in Heavy Syrup

Protein

Deli Meats, Sausage/Bacon, Packaged Snacks, Pretzels, Potato Chips

Drinks

Regular Soda, Energy Drinks, Non-100% Fruit Juices

Kidney friendly foods = *

Kidney friendly foods are low in phosphorus, potassium, and sodium.

What to Look for on a

Food Label

Saturated Fat Less Than 3 grams per serving

Trans Fat = 0 grams

Sodium (Salt) Less Than 230 mg per serving

Added Sugars

• Women - Limit to 25 grams a day

• Men - Limit to 38 grams a day

Nutrition Facts

Serving Size - 1 Cup
Servings Per Container - 2
Calories - 15
Total Fat - 2g
-Saturated Fat 2g
-Trans Fat 0g
Sodium 100mg
Total Carbohydrate 15g
-Dietary Fiber 3g
-Added Sugars 12g
Protein - 12g

This material was adapted from the [Health Eating Research Guidelines](#). This presentation was prepared by Qsource, an End-Stage Renal Disease (ESRD) Network and a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23 ESRD10184



WORD SEARCH

Heart Healthy

Every year, Americans suffer more than 1.5 million heart attacks and strokes. One in three American adults has high blood pressure, and only about half of them have it under control. But following the ABCS can help reduce your risk and improve your heart health.

A - Take aspirin as directed by your healthcare professional

B - Control your blood pressure

C - Manage your cholesterol

S - Don't smoke

Making other small changes every day, such as eating a healthy diet (low in trans fat and sodium), moving more, and losing weight, can also add up to big improvements in your overall health. Work with your healthcare professional to create a plan that is right for you.

Visit www.heart.org/ or <https://millionhearts.hhs.gov/> for more information.

H	Q	P	G	N	L	Q	W	R	B	C	L	K	G	Q
N	O	O	D	F	V	J	R	E	N	W	K	T	L	B
U	D	T	I	W	O	M	K	H	G	T	B	I	N	A
T	O	A	A	E	P	C	U	A	C	J	L	Q	U	N
R	Q	S	S	I	R	A	H	B	H	U	O	E	H	T
I	U	S	T	G	E	R	K	I	O	Z	O	O	N	I
T	I	I	O	H	V	D	E	L	L	C	D	S	Z	C
I	T	U	L	T	E	I	X	I	E	W	P	Y	X	O
O	S	M	I	A	N	O	E	T	S	B	R	S	E	A
N	M	H	C	X	T	L	R	A	T	C	E	T	Y	G
O	O	C	A	H	I	O	C	T	E	J	S	O	U	U
V	K	Q	E	L	O	G	I	I	R	F	S	L	T	L
W	I	Z	P	T	N	I	S	O	O	G	U	I	L	A
G	N	T	M	S	R	S	E	N	L	E	R	C	L	N
X	G	M	S	I	W	T	B	D	O	B	E	V	Q	T

Anticoagulant

Blood Pressure

Cardiologist

Cholesterol

Diastolic

Nutrition

Potassium

Prevention

Rehabilitation

Quit Smoking

Systolic

Weight

Key Words

Anticoagulant – Medicine that delays the clotting of blood and is sometimes known as “blood thinners”.

Blood pressure – The force of blood pushing against the inner walls of blood vessels.

Cardiologist – Doctors who specialize in the treatment of the cardiovascular system, which includes the heart and blood vessels.

Cardiac Rehabilitation – A medically supervised program designed to improve your cardiovascular health if you have experienced heart attack, heart failure, angioplasty or heart surgery.

Cholesterol – A waxy substance that your body needs to build cells, make vitamins and other hormones. But too much cholesterol can pose a problem.

Diastolic – Indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats (the second or bottom number).

Nutrition – A healthy diet (rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins) is essential to preventing and managing cardiovascular disease.

Potassium – Foods that are rich in potassium are important in managing high blood pressure.

Prevention – You can prevent heart disease by following a heart-healthy lifestyle. This includes living tobacco free, daily physical activity, eating a heart healthy diet, maintaining a healthy weight, getting quality sleep, managing stress, and attending regular checkup and health screenings.

Quit Smoking – Smoking increases the risk of heart disease and stroke by two to four times. When you stop smoking, your risk for heart disease and stroke can be cut in half just one year later and continues to decline until it’s as low as a nonsmoker’s risk.

Systolic – Indicates how much pressure your blood is exerting against your artery walls when the heart beats (the first or top number).

Weight – Maintaining a healthy weight is important for your health and can reduce your risk of heart disease and stroke.



Heart Disease Zone Tool

GREEN ZONE

ALL CLEAR (GOAL)

- No problem breathing
- No swelling of feet, ankles or legs
- No increase in weight
- Your goal weight: pounds
- No chest pain
- Able to do usual activities

Doing Great!

- Your symptoms are under control

Actions:

- Take medicines as prescribed
- Weigh self every day
- Maintain healthy weight
- Eat foods lower in salt
- Stop smoking
- Limit alcohol
- Keep all doctor appointments

YELLOW ZONE

CAUTION (WARNING)

If you have any of the following:

- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Short of breath or coughing with activity
- Extra pillows to sleep
- 3 pound weight gain in one day
- Other
- Swelling of feet, ankles, or legs

Act Today!

- You may need your medicines changed

Actions | Call your:

- Home Health Nurse

(Phone Number)
- Doctor

(Phone Number)



RED ZONE

EMERGENCY

- Chest pain or tightness that does not go away
- Pain or discomfort in jaw, neck, or back
- Sweating or nausea
- Pain continues or comes back after taking Nitro tablets dose =

- Trouble breathing at rest
- Must sit up to breathe
- 5 pound weight gain in 1 week
- Swelling of hands or face
- Weak, lightheaded, or faint
- Women: stomach and/or upper back pain

You need to be seen right away

Actions:

- Call your doctor
- Doctor

- (Phone Number)
- Or call 911



Questions to Ask About

Cardiac Rehabilitation

Ask your care team about cardiac rehab, whether you might benefit and how it fits with your overall treatment plan. Here are some questions that may help:

- Do I qualify for cardiac rehab?
- Which program would you recommend based on my condition/recovery?
- What will I get out of this program?
- Are there any things about my medical history that I should share with the rehab team?
- How is the progress I make in cardiac rehab relayed to my cardiologist or primary care doctor?
- What's the most important change I can make in my diet?
- Should I lose weight? How much? Will the rehab team help me set initial goals for weight-loss?
- What's the right type and amount of exercise for me? What is my exercise prescription during cardiac rehab and when I leave cardiac rehab?
- When might I notice an improvement in my ability to exercise?
- Is there a counselor or social worker I can talk to about managing stress and how to live well with my condition?
- How can I build on the progress I make in cardiac rehab after I complete the program?

SOURCE: <https://www.cardiosmart.org/topics/cardiac-rehabilitation/questions-to-ask>



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High Blood Pressure Zone Tool

GREEN ZONE

ALL CLEAR (GOAL)

- High blood pressure usually does NOT have any symptoms
- No headaches, nose bleeds
- Blood pressure is within goal of:
- _____ systolic (top number)
- _____ diastolic (bottom number)

Doing Great!

- Your symptoms are under control

Actions:

- Take medicines as prescribed
- Check blood pressure, if able
- Keep all doctor appointments
- Keep weight under control
- Exercise
- Follow health eating habits
- Keep exercising

YELLOW ZONE

CAUTION (WARNING)

If you have any of the following:

- Repeated blood pressures outside of your normal range
- Ringing in the ears

Act Today!

- You may need your medicines changed

Actions:

- Stop vigorous exercise
- Call your home health nurse

(agency's phone number)

- Or call your doctor

(doctor's phone number)



RED ZONE

EMERGENCY

- Severe headache or nosebleed
- Lightheadedness or heart racing
- Severe anxiety
- Severe trouble breathing
- Sudden numbness or weakness of the face, arm, or leg
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

You need to be seen right away

Actions:

- Call your doctor

(Phone Number)

- Or call 911



WORD SEARCH

PreDiabetes

Prediabetes – it’s real, it’s common and most importantly, it’s reversible. One in three American adults have prediabetes, and more than 84 percent of the people with prediabetes don’t know they have it. Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Make some lifestyle changes to prevent or delay type 2 diabetes.

Check out Centers for Disease Control and Prevention website: www.cdc.gov/diabetes

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

Z Q R M J G P N V H E A U K C I G S Q W
 U D E O K E R P Q B J E C H K V A H P R
 H P F P C S E S J L R T B D J I I Y H I
 K J B G C T D C T O T E U S D E L P E S
 Q C S U L A I Q J O R E Z U T N Q O M K
 B S M Q J T A U K D M M Y F S U Q G O F
 W X F C X I B I Z G V J I G E T D L G A
 S T W E T O E T Y L Y L M Y R R J Y L C
 I Z D O T N T S Q U Y N D N T I U C O T
 J A B J I A E M Q C O W S I Z T A E B O
 F N P J Q L S O J O T U B Y O I I M I R
 T V G B O D E K L S C U E S D O H I N S
 G O V N V I U I Z E G L M X B N I A A B
 A B I P K A A N S Q K S G F E A B H C G
 Q E G H N B V G Z R X C W I B R Q L K D
 L S H Y P E R G L Y C E M I A W C D K S
 I I K Z A T A E V O E T C Q W W F I M F
 M T P I N E C P Q S M Y Y S H K T Q S S
 M Y Q A Q S T M M C Z B D H F Z A N D E
 G G V H A C T N S T P V P Y K H F L H I

- Blood Glucose**
- Exercise**
- Gestational**
- Diabetes**
- Hemoglobin A1C**
- Hyperglycemia**
- Hypoglycemia**
- Nutrition**
- Obesity**
- Prediabetes**
- Quit Smoking**
- Risk Factors**

Adapted from: www.nfid.org/wp-content/uploads/2020/10/COVID-19-Flu-Word-Search.pdf



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Key Words

Blood Glucose – The main sugar found in the blood and the body’s main source of energy.

Exercise – Regular physical activity means getting at least 150 minutes a week of brisk walking or similar activity. That’s just 30 minutes a day, five days a week.

Gestational Diabetes – A type of diabetes that only develops during pregnancy and usually disappears after delivery. It increases the mother’s risk of developing diabetes later in life.

Hemoglobin A1C – Measure of a person’s average blood glucose level over the past two to three months. Hemoglobin is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream.

Hyperglycemia – High blood sugar happens when the body has too little insulin or when the body can’t use insulin properly.

Hypoglycemia – Low blood glucose, a condition that occurs when one’s blood glucose is lower than normal, usually below 70 mg/dl. Signs include hunger, nervousness, shakiness, perspiration, dizziness, sleepiness, and confusion.

Nutrition – Following a balanced diet and eating meals at consistent times can help with blood glucose control. Glucose comes primarily from the foods that we eat, specifically carbohydrates – and it’s not just sweets.

Obesity – A condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or higher puts you at risk for prediabetes.

Prediabetes – A condition classified in people who have blood glucose or hemoglobin A1C higher than normal, but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

Quit Smoking – People who smoke are 30 to 40 percent more likely to develop type 2 diabetes than non-tobacco users.

Risk Factors – A variable associated with an increased risk of disease. Risk factors for diabetes include being 45 years or older; have a parent, brother, or sister with type 2 diabetes; are physically active less than three times a week; and have ever had gestational diabetes or given birth to a baby who weighed more than 9 pounds.



PreDiabetes Matching Puzzle

Match the words on the left with correct sentence on the right

EXAMPLE: **1** Car → **A** A vehicle used to travel.

- | | |
|-------------------------------|--|
| 1 Hemoglobin A1C | Blood sugar is high and the body has too little insulin or can't use insulin properly |
| 2 Exercise | A blood test that measures your average blood sugar levels over the past 2-3 months |
| 3 Gestational Diabetes | A healthy diet rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins |
| 4 Hyperglycemia | Regular physical activity that can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels |
| 5 Obesity | The main sugar found in the blood and the body's main source of energy |
| 6 Nutrition | A type of diabetes that only develops during pregnancy |
| 7 Hypoglycemia | A doctor who treats individuals with diabetes |
| 8 PreDiabetes | When a person's body weight is greater than what is considered normal or healthy for a certain height. |
| 9 Blood Glucose | A condition that occurs when a person's blood glucose is lower than normal |
| 10 Endocrinologist | A condition classified in people who have blood sugar or hemoglobin A1C higher than normal, but not high enough to be classified as diabetes |

Answers: 1b, 2d, 3f, 4a, 5h, 6c, 7i, 8j, 9e, 10g



Manage Your Diabetes

Diabetes means that you have too much sugar (glucose) in your blood. High blood sugar levels can lead to serious health problems. Keeping your blood sugar under control is very important. Use this document to help manage your diabetes and understand what to do when your levels rise too high or low, as directed by your doctor.

Blood Sugar (Glucose) Goals

Your doctor or primary care provider will decide the blood sugar and A1C numbers that are best for you.

- **Fasting blood sugar 80–130 mg/dl**

This is the blood sugar level when I wake up in the morning before I eat or if I have not eaten for at least 8 hours. My fasting blood sugar goal is _____ mg/dl.

- **Post-meal blood sugar less than 180 mg/dl (1 to 2 hours after eating)**

My goal is _____ mg/dl 2 hours after I eat a meal.

- **A1c test result less than 7**

The A1C test is a blood test that measures my average blood sugar level over the past three months. My A1C goal is _____.

The ABCs of Diabetes¹

A: A1C level less than 7

B: Blood pressure less than 140/90

C: Cholesterol

- Total less than 200
- LDL less than 100
- HDL greater than 40 (men)
- HDL greater than 50 (women)

5 Things You Can Do Everyday

- Eat healthy meals
- Get regular exercise
- Check your blood sugar
- Take your medications
- Check your feet

Low-density lipoprotein (bad cholesterol) = LDL
High-density lipoprotein (good cholesterol) = HDL

Diabetes Safety Zones

GREEN ZONE - All Clear Zone ... This is the safety zone if:

- Your blood sugar is under control.
- You have no symptoms of low or high blood sugar.
- Your fasting blood sugar is between 80–130 mg/dl.
- Your blood sugar 1 to 2 hours after a meal is less than 180 mg/dl.
- Your A1C level is less than 7.

YELLOW ZONE - Caution ... This is the watch zone if you have:

Low Blood Sugar (Hypoglycemia)

- Blood sugar less than 70 mg/dl
- Symptoms: Shaky or dizzy, blurry vision, weak or tired, sweaty, headache, hungry, upset or nervous

What to do?

- Check your blood sugar (if possible).
- Eat or drink something that contains sugar. (For example: 3 packets or 1 tablespoonful of regular sugar, 4 glucose tablets, 4 pieces of hard candy, 4 ounces of fruit juice or regular [not diet] soda.)
- Check your blood sugar again in 15 minutes. If it is still below 70 mg/dl, eat or drink something that contains sugar again.

High Blood Sugar (Hyperglycemia)

- Blood sugar more than 240 mg/dl
- Symptoms: Thirsty all the time, blurry vision, need to urinate often, weak or tired, dry skin, often hungry, fruity smelling breath

What to do?

- Call your doctor or primary care provider and tell him/her that your blood sugar is high.
- Continue to take your medications.
- Follow your meal plan.

Call your doctor or primary care provider if your blood sugar levels do not improve. You may need a medication adjustment or a change in your eating habits and/or activity level.

RED ZONE - Medical Alert Zone ... This is the danger zone if you have:

- A blood sugar level greater than mg/dl OR less than mg/dl, **call your doctor, 9-1-1, or go to the emergency room.**

- Doctor's Name

- Phone Number



Infection Prevention and Immunizations



10 Reasons to Get Vaccinated

✓ **Vaccine-preventable diseases have not gone away.**

The viruses and bacteria that cause illness and death still exist and can be passed on to those who are not protected by vaccines. While many diseases are not common in the US, global travel makes it easy for diseases to spread.

✓ **Vaccines will help keep you healthy.**

The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, pneumococcal disease, flu, human papillomavirus (HPV) and hepatitis B, both leading causes of cancer.

✓ **Vaccines are as important to your overall health as diet and exercise.**

Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.

✓ **Vaccination can mean the difference between life and death.**

Vaccine-preventable infections can be deadly. Every year in the US, prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases.

✓ **Vaccines are safe.**

The US has a robust approval process to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.



✓ **Vaccines will not cause the diseases they are designed to prevent.**

Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.

✓ **Young and healthy people can get very sick, too.**

Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone. If you are young and healthy, getting vaccinated can help you stay that way.

✓ **Vaccine-preventable diseases are expensive.**

Diseases not only have a direct impact on individuals and their families, but also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 15 days, typically with five or six missed work or school days. Adults who get hepatitis A lose an average of one month of work.

✓ **When you get sick, your children, grandchildren, and parents may be at risk, too.**

Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly for babies. When you get vaccinated, you are protecting yourself and your family as well as those in your community who may not be able to be vaccinated.

✓ **Your family and co-workers need you.**

In the US each year, millions of adults get sick from vaccine-preventable diseases, causing them to miss work and leaving them unable to care for those who depend on them, including their children and/or aging parents.

Source: www.nfid.org/immunization/10-reasons-to-get-vaccinated/

WORD SEARCH

Promoting Immunizations

Vaccines are one of the most important and effective public health tools available to prevent a variety of diseases across the lifespan. Vaccines teach your body's immune system to recognize and defend against harmful germs, such as viruses or bacteria.

Vaccines don't just protect you. Staying current on recommended vaccinations helps you to stay healthy and also protects those around you who are at greatest risk of serious complications from vaccine-preventable diseases. In addition to getting vaccinated, there are other things you can do to help prevent illness. Talk with your healthcare provider or pharmacist about what immunizations you need.

Instructions:

Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

D S S U D D E N S X E C O V I D W A T R
E O U R A I C E I N F L U E N Z A L E I
T C U T I K S R S G N I T S E T G V B S
A I J L S K U I O M S O N I A X E A R T
N A S A O Q O E N I P H M D N F H C A O
I L M E F G I J G F A T I G U E K C L P
C D N O E P G R A S E T I N U B G I S T
C I Z U A I A X I W A C O U G H E N C H
A S V Q I S T E D U V O T L M L A E Y E
V T L O N A N V P N I U M A S T E K O S
T A A C O R O N A V I R U S W N I S B P
E N R D M E C O A I N P O R F F H L J R
G C I K U L P Q N E M O A I W N C E T E
T E V J E R E S K I S W D A O N H G S A
N O I T N E V E R P R U M S T T I R E D
D U T E P A N T S K E B A C D I L N H G
A T N E H A N D W A S H I N G O L U C T
S F A W T C E F N I S I D C H E S T A P
T E S R O K U H E A D A C H E J U M P A
S A N I T I Z E R W D U L F T H G I F U

Aches
Antiviral
Chills
Contagious
Coronavirus
Cough
Covid
Diagnosis
Disinfect
Fatigue
Fever
Fight Flu
Get Vaccinated
Handwashing
Headache
Influenza
Mask
Nausea
NFID
Pneumonia
Prevention
Rash
Sanitizer
Shingles
Social Distance
Stop the Spread
Sudden
Testing
Tired
Vaccine

Promoting Immunizations

You may not realize you need vaccinations throughout your adult life. Vaccines are important to your health for three reasons.

1. You may be at risk for serious diseases that are still common in the U.S.

Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines – some people are hospitalized, and some even die. Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

- Vaccines lower your risk of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Please contact your healthcare provider, local (county) health department, or pharmacy to schedule an appointment to receive your vaccines.



WORD SEARCH

Be Antibiotics Aware



Antibiotics are medicines to treat certain infections caused by bacteria. You can “Be Antibiotics Aware” by letting your medical provider know that you want to avoid unnecessary antibiotics.

Talk with your provider or pharmacist about ways to get relief from your symptoms. Many respiratory illnesses are caused by viruses, and usually don’t need antibiotic treatment. There are things you can

do to feel better while your body fights a virus. If you need antibiotics to treat an infection, take them exactly as prescribed. Don’t take antibiotics prescribed for someone else or for another medical condition.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

A	I	S	Q	H	I	S	K	X	J	S	H	N	B	X
S	N	I	W	E	M	Q	T	F	C	G	G	A	M	N
I	F	T	V	Z	M	P	R	R	U	B	C	W	O	Y
S	L	I	I	Y	U	F	N	O	E	T	T	I	M	H
P	U	H	Y	H	N	Q	C	E	E	P	T	N	A	K
E	E	C	W	Y	I	I	Y	R	U	C	O	N	D	J
S	N	N	J	U	Z	S	I	C	E	M	D	X	T	A
Q	Z	O	P	U	A	A	T	F	S	W	O	M	O	D
K	A	R	E	B	T	Z	N	A	A	U	Z	N	M	K
M	F	B	U	S	I	I	F	S	M	F	G	L	I	G
V	I	R	U	S	O	P	H	P	Z	I	Q	N	P	A
F	O	E	S	E	N	I	C	C	A	V	N	X	U	T
T	G	S	S	I	N	U	S	I	T	I	S	E	I	F
T	D	T	E	G	Z	O	U	G	X	T	V	V	J	S
C	I	T	O	I	B	I	T	N	A	V	D	U	A	R

Handwashing

Cough

Immunization

Vaccine

Antibiotic

Infection

Bacteria

Virus

Fungus

Sinusitis

Bronchitis

Strep

Pneumonia

Antihistamine

Rest

Influenza

Sepsis

Word Search Glossary

An **INFECTION** can be caused by a virus, bacteria, fungus or parasite.

HANDWASHING is an important way to prevent catching or spreading infections. Rub your hands with soap for at least 15 seconds, and rinse with clean water to remove dirt and germs. Using hand sanitizer is another good way to help prevent infections.

A **COUGH** is a symptom that can be caused by many things. Your medical provider can help determine what is causing your cough and how to get relief.

IMMUNIZATION can prevent infections and help you stay healthy. Immunizations are important for adults as well as children.

A **VACCINE** can help boost the body's immune system.

To fight infections caused by bacteria, you may be prescribed an **ANTIBIOTIC**. There are many types of antibiotics that fight different infections. Let your provider know about other medications you are taking, because they might interact with antibiotics.

BACTERIA are tiny organisms that live all around us, but are too small to see. Some types of bacteria cause severe illness and are difficult to kill.

If you have an infection caused by a **VIRUS**, antibiotics won't help because they fight bacteria. Your provider will suggest other ways to feel better and get relief from your symptoms.

Some types of infection are caused by **FUNGUS**. Antibiotics don't treat this type of infection, and could make symptoms worse.

SINUSITIS is usually caused by a virus. There are things that can help you feel less miserable.

BRONCHITIS is usually caused by a virus, but other things can cause this lung condition.

STREP (short for "Streptococcus") is a type of bacteria that can cause infection. If untreated, Strep infections can cause life-threatening complications.

PNEUMONIA is a type of lung infection that can be caused by a virus, bacteria or fungus.

ANTIHISTAMINE medications help relieve symptoms of allergies like runny nose, sneezing, hives, itching and watery eyes.

If you are sick, it's important to try to get as much **REST** as possible to help your body heal. Sleep is important to staying healthy and keeping your immune system strong.

INFLUENZA (sometimes called "the flu") is an infection caused by a virus. There are many types of flu. Getting a flu shot can help prevent some infections, or make them less severe.

A person with infection can develop a life-threatening condition called **SEPSIS**.

Visit www.cdc.gov/antibiotic-use/community/ for more information.

Flu Zone Tool

ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No coughing, wheezing/chest tightness or shortness of breath during the day or night
- No decrease in activity level and you can maintain a normal activity level

WARNING ZONE

Call your doctor if you have:

- Fever or are feeling feverish or have chills
- Cough
- Sore throat
- Shortness of breath
- Fatigue (tiredness)
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting or diarrhea, though it is more common in children than adults.

MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you:

- Have a very hard time breathing or gasping for breath
- Feel pain or pressure in your chest or abdomen that doesn't go away
- Feel constantly dizzy, confused or you are not able to stay awake
- Have seizures
- Are not urinating
- Have severe muscle pain
- Feel very weak or unsteady
- Have blue-to-gray colored lips, face or nails
- Have a fever or cough that improves and then returns or gets worse
- Experience worsening of chronic medical conditions

Note: This list does not list all possible symptoms. Please call your doctor if you are concerned about any other symptoms you are experiencing.

Flu Zone Tool

If you have the flu, remember to do the following:

Follow instructions from your doctor.

Take medications as prescribed by your doctor.

Stay home. Your doctor will tell you how many days you need to stay home.

Rest, drink fluids and eat healthy foods.

Wash your hands frequently for at least 20 seconds with soap and water. Use hand sanitizer if you do not have soap and water.

Wear a mask.

Cover your sneeze or cough.

Clean home surfaces, including doorknobs, faucets and toilets.

REMEMBER:

- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.

"Symptoms of Coronavirus." The Centers for Disease Control and Prevention. 6, April, 2021.
www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html



Pneumonia Zone Tool

ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No chest pain, persistent and/or increased coughing, feeling tired, wheezing/chest tightness or shortness of breath during the day or night.
- No decrease in activity level and can maintain a normal activity level

WARNING ZONE

Call your doctor if you have:

- Sputum (phlegm) that increases in amount or changes in color or becomes thicker than usual
- Increased coughing or wheezing
- Shortness of breath with activity
- Fever of 100.5°F oral or 99.5°F under the arm
- The need to sleep sitting up or to use more pillows to help elevate your head and chest to help you breathe while sleeping

MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you have:

- Shortness of breath that does not go away
- Change in the color of your skin, nails or lips that turn gray or blue
- Chest pain that does not go away
- Increased or irregular heartbeat
- Feeling confused or disoriented
- A fever of 100.5°F oral or 99.5°F under the arm, shivering or feeling very cold

Note: This list does not include all possible symptoms. Please call your doctor if you are concerned about any other symptoms you are experiencing.



Pneumonia Zone Tool

Protect Yourself And Others

Wash hands frequently for at least 20 seconds with soap and water. If soap and water is not available, use hand sanitizer.

Cover your mouth and nose with a mask or a clean scarf when you go outside.

Practice social distancing and stay at least six feet apart.

Cover your sneeze or cough.

REMEMBER:

- If you receive a prescription for antibiotics, finish all of the medication, per orders, even if you feel better.
- Keep your doctor appointments.
- Take all the medications you are taking to your doctor appointments.
- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.



Signs of Infection and Sepsis at Home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

	Green Zone No sign of infection.	Yellow Zone Take action today.	Red Zone Take action NOW!
Are there changes in my heartbeat or breathing?	My heartbeat is as usual. Breathing is normal for me.	Heartbeat is faster than usual. Breathing is a bit more difficult and faster than usual.	Heartbeat is very fast. Breathing is very fast.
Do I have a fever?	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100°F to 101.4°F.	Fever is 105°F or greater.
Do I feel cold?	I do not feel cold.	I feel cold and cannot get warm. I am shivering or my teeth are chattering.	Temperature is below 96.8°F. Skin or fingernails are pale or blue.
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	I am very tired. I cannot do any of my usual activities.
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.



My Plan for Preventing Infection at Home

Things I can do to prevent infection:

- Wash my hands often, using soap and water, especially after touching door knobs
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK
- Get recommended vaccines (shots) like flu, whooping cough and pneumonia
- Eat healthy foods and drink water
- Keep my wounds or IV site clean
- Have a plan for getting help when I am in the yellow zone

How I will do these things:

Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor “I am concerned about sepsis.”

Your care team will work with you to set goals so you can stick to your plan.



Mental Health

Ten Steps to Approach Memory Concerns

What To Do When You Notice Changes in Others

If you notice memory, thinking or behavior changes in someone close to you, it can be hard to know what to do or say. It's normal to be unsure or nervous about how to offer support, but these changes could be a sign of a serious health issue. Use this guide and space for notes below to help you prepare to take action.

Assess the Situation

1. What changes in memory, thinking or behavior do you see? What's the person doing - or not doing – that's out of the ordinary and causing concern?

2. What else might be going on? Various conditions can cause changes in memory, thinking and behavior. What are some health or lifestyle issues that could be a factor? Examples include family stress or health issues like urinary tract infections, diabetes or depression.

3. Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis. Visit [alz.org/10signs](https://www.alz.org/10signs) to educate yourself on common warning signs of Alzheimer's and other dementias, and why it's important to know what is causing the changes. Do you notice any of the signs in the person? What are they?

4. Has anyone else noticed the change(s)? Find out if friends and family have seen changes. What are they?

Have a Conversation

5. Who should have the conversation to discuss concerns? It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so the person doesn't feel threatened by a group, but use your best judgment about what will make the person most comfortable.

6. What is the best time and place to have the conversation? Have the conversation as soon as possible. In addition to choosing a date and time, consider where the person will feel most comfortable.

- 7. What will you or the person having the conversation say?** Try the following:
- I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?*
 - How have you been feeling lately? You haven't seemed like yourself.*
 - I noticed you [specific example] and it worried me. Has anything else like that happened?*

- 8. Offer to go with the person to the doctor.** Ask the person if they will see a doctor and show your support by offering to go to the appointment. Some words of encouragement may include:
- There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.*
 - The sooner we know what's causing these problems, the sooner we can address it.*
 - I think it would give us both peace of mind if we talked with a doctor.*

- 9. If needed, have multiple conversations.** The first conversation may not be successful. Write down some notes about how it went to help plan for the next conversation.
- Location of conversation:* _____
 - Date/time of day:* _____
 - What worked well?* _____
 - What didn't?* _____
 - What was the result?* _____
 - What can be done differently next time?* _____

Reach Out for Help

- 10. Turn to the Alzheimer's Association® for information and support.**
- Visit alz.org/education** to take a free Dementia Conversations education program online. Learn how to have honest and caring conversations about common concerns – including driving, doctor visits, and legal and financial planning – when someone begins to show signs of dementia.
 - Call their free 24/7 Helpline (800.272.3900)** to speak with a master's-level clinician who can provide more information about how to discuss memory concerns with someone close to you.
 - Visit the Alzheimer's Association and AARP Community Resource Finder (alz.org/CRF)** to find local resources, such as health care professionals, and your closest Association chapter.
 - Explore Evaluating Memory and Thinking Problems: What to Expect (alz.org/evaluatememory)** to learn what a typical medical evaluation may include.

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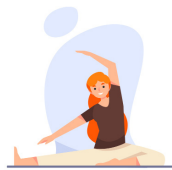
10 Tips for Family Caregivers



1 Seek support from other caregivers. You are not alone!



2 Take care of your own health so that you can be strong enough to care for your loved one.



3 Accept offers of help and suggest specific things people can do to help you.



4 Learn how to communicate effectively with doctors.



5 Be open to new technologies that can help you care for your loved one.



6 Watch out for signs of depression and get professional help when you need it.



7 Caregiving is hard work, so take rest breaks often.



8 Organize medical information so it's up-to-date and easy to find.



9 Make sure legal documents are in order.



10 Give yourself credit for doing the best you can in one of the toughest jobs there is!



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Zone Tool: Self-Management for Depression

GREEN ZONE

GREEN ZONES: ALL CLEAR

Your Goals:

- Stable mood
- Sleeping well
- Healthy appetite
- Feeling hopeful
- Able to concentrate

GREEN ZONES ACTION STEPS:

- Have some fun.
- Engage in activities you enjoy.
- Your symptoms are under control.
- ✓ Continue taking your medications as ordered.
- ✓ Keep all physician appointments.

YELLOW ZONE

YELLOW ZONE: CAUTION means your symptoms are starting to change

These symptoms may be early warning signs that your depression is worsening:

- Sad mood most of the time
- Not eating/eating too much
- Trouble concentrating
- Not sleeping well/sleeping too much
- Not finding pleasure in normal activities
- Increase in feelings of irritability/anger
- Loss of energy to do chores/activities
- Not taking medications as prescribed
- Missing physician appointments

YELLOW ZONES ACTION STEPS:

- Call your physician if you are going into the YELLOW zone.
- Your symptoms may indicate that you need an adjustment of your medications.

Begin to use identified coping skills such as talking to a trusted friend or family member, gardening, needlework, watching a funny movie, etc...

Physician Name: _____

Phone Number: _____

RED ZONE

RED ZONES: MEDICAL ALERT

- Overwhelmed by feelings of sadness/despair
- Feeling hopeless and/or helpless
- Thoughts or feelings of killing or harming yourself
- Unable to leave the bed
- Not eating
- Not sleeping
- Stopped taking medications
- Missing physician appointment

RED ZONE MEANS:

You need to be evaluated by a physician right away.

Get help immediately if you are in the RED ZONE. Call your physician, go to the nearest emergency room or call the National Suicide Prevention Lifeline at **988(TALK)**

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Respiratory Health

Asthma Self-Management Plan

Name: _____ Date: _____

Every day, your personal peak flow goal: _____

Green Zone: **All Clear**

If you have:

- No shortness of breath
- Ability to do usual activities
- If a peak flow meter is used:
Peak flow: more than _____
(80% or more of my best peak flow)
- My best peak flow: _____

What this could mean:

- Your symptoms are under control
- Continue taking your controller medication as ordered
- Continue to monitor peak flow

Yellow Zone: **Caution**

If you have any of the following:

- Cough, wheeze, chest tightness, or shortness of breath
- Waking at night due to asthma
- Can do some, but not at all, usual activities
- Peak flow: _____ to _____ (50-80% of my best peak flow)
- Anything else unusual that bothers you

If you notice a Yellow Caution, work closely with you healthcare team.

What this could mean:

- Your asthma is getting worse
- You may need a medication adjustment
- Eliminate triggers
- Stop strenuous exercise
- Add reliever medication

Call your doctor, nurse, or home health nurse

Name: _____

Telephone: _____

Instructions: _____

Red Zone: **Stop & Think!**

If you have any of the following:

- Very short of breath, trouble walking and talking due to shortness of breath, or skin color is pale or gray
- Quick-relief medications have not helped
- Cannot do usual activities or symptoms are same or get worse after 24 hours in the Yellow Caution area
- Peak flow: less than _____ (50% of my best peak flow)
- Fingernails or lips are blue

What this could mean:

- If you experience any Red Zone symptoms, call **9-1-1** and notify your physician right away

Physician Name: _____

Telephone: _____

Zone Tool for COPD

GREEN Zone Great Control

- Usual activity and exercise level
- Usual amounts of cough and mucus
- Sleep well at night
- Appetite is good

GREEN Zone means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Keep all doctor appointments
- Refill any medications as needed

YELLOW Zone Caution. Call your doctor!

Call your doctor if you experience any of these:

- I am short of breath more than usual
- It is more difficult for me to breathe today
- I have less energy for my daily activities
- I have more or thicker mucus
- I am using my rescue (emergency or quick) inhaler more often
- I am using my nebulizer more often than usual
- I am coughing more than usual
- I feel like I have a “chest cold”
- My symptoms wake me up from sleep and I am not sleeping well
- My appetite is not good
- My medicine is not helping

YELLOW Zone means:

- Any changes in symptoms may be an alert for additional medical attention
- Call your nurse or doctor to evaluate
- Ask for an appointment today

RED Zone Take Action!

Call 911 or go to the emergency room if you experience any of these:

- I am not able to do any activity because of breathing
- I am not able to fall asleep because of my breathing
- I have a fever or shaking chills
- I am feeling confused or very drowsy
- I have chest pain or chest tightness
- I am coughing up blood
- My skin or fingernails have changed color
- My lips have turned grey or blue

RED Zone means:

- Call 911 or go to the Emergency Room to seek medical attention

Zone Tool for COPD

Everyday Actions

- Take your prescribed medications.
- Eat a healthy diet based on your doctor's recommendations.
- Drink 8 cups of liquids daily or the amount your doctor tells you to drink.
- Keep all doctor appointments.
- Watch for increased coughing more often.
- Watch for more or thicker mucus.
- Stop smoking.
- Do not use tobacco products.
- Use oxygen as prescribed

I have Chronic Obstructive Pulmonary Disease (COPD)

Name: _____

Doctor: _____

Phone: _____

Pharmacy: _____

Phone: _____

Emergency Contact: _____

Phone: _____

My emergency plan is: _____

Medical Power of Attorney: _____

Phone: _____

I have an advanced directive

I have a living will

Smoking Cessation Word Search

Smoking cessation, or quitting smoking, improves health status and enhances quality of life. Smoking cessation reduces the risk of premature death and can add as much as 10 years to life expectancy. Smoking cessation also reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

C	J	O	T	O	B	A	C	C	O	Words
E	S	A	H	P	L	I	U	A	C	Nicotine
S	H	M	R	M	X	E	R	N	O	Tobacco
S	I	L	O	M	Q	W	Y	C	U	Tar
A	S	I	M	K	J	U	N	E	N	Thrombosis
T	T	E	B	Q	E	V	K	R	S	Smoke
I	P	D	O	P	A	M	I	N	E	Cancer
O	L	H	S	F	D	B	N	O	L	Dopamine
N	G	N	I	V	A	R	C	X	I	Craving
R	A	T	S	Z	Y	W	Y	U	N	Cessation
W	A	R	D	H	T	I	W	E	G	Counseling
A	F	N	I	C	O	T	I	N	E	Withdraw










Medication Safety and Mobility

Benefits of Being Active

Regular physical activity is one of the most important things you can do for your health. People on dialysis can and do exercise. It helps you to feel better, do more and be more in control of your health.



-  **Boost Your Energy**
-  **Control Your Weight**
-  **Make Your Muscles Stronger**
-  **Control Your Blood Pressure**
-  **Increase Flexibility**
-  **Control Your Blood Sugar**
-  **Boost Your Mood**

Questions for Your Care Team

- What kind of exercises should I start with?
- Is there anything I should avoid doing because of my dialysis access?
- Are there any community activities that I could get involved in?

Easy Ways to Increase Activity



Take the Stairs



Park Farther Away



Do Arm Circles During Commercials



Mix by Hand Instead of a Mixer



Dance

[Visit our website](#) for more exercise information and resources.

Having a Conversation with Your Doctor about Medication

Seeing more than one doctor for different health reasons can often lead to overmedication, as doctors don't always know what the other has prescribed to a patient. That's where you become more involved in your care. Before you talk to your doctor, ask yourself these questions.

Step 1: Look at your medicines.

For each question, first write down your number, then check green or yellow box that goes with it.

How many do you take every day?

Include prescriptions, over-the-counter medicine, supplements and vitamins. Each pill bottle or package — like an inhaler or tube — counts as one medicine.

<input type="text"/>	<input type="checkbox"/> Fewer than 5	<input type="checkbox"/> 5 or more
----------------------	---------------------------------------	------------------------------------

How many times a day do you take medicine?

<input type="text"/>	<input type="checkbox"/> Once or twice	<input type="checkbox"/> 3 or more
----------------------	--	------------------------------------

How many different types of medicine do you take?

Examples: pills, creams, eye drops, inhalers, shots

<input type="text"/>	<input type="checkbox"/> 1 or 2	<input type="checkbox"/> 3 or more
----------------------	---------------------------------	------------------------------------

How many of your medicines have special directions?

Examples: take at bedtime, take on an empty stomach, take different doses on different days

<input type="text"/>	<input type="checkbox"/> 0 or 1	<input type="checkbox"/> 2 or more
----------------------	---------------------------------	------------------------------------

Step 2: Check your score.

Add up the numbers you wrote above

Did you check any yellow boxes? Yes No

Step 3: Talk to your doctor

Is the number you wrote in Step 2 more than eight (8) OR did you answer “yes” in Step 2? If so, ask your doctor if you still need all of your medicines or if there is a way to make your medicine simpler to take.

***DO NOT make any changes to your medicines without first talking to your doctor.**

References: JAMA. 2015;314(17):1818-1831 | Annals of Pharmacotherapy 2014, Vol. 48(1) 26-32. | Clin Ther. 2001 Aug;23(8):1296-310

Know the Facts and Risks of Opioid Medications

What is an Opioid?

An opioid is a strong prescription pain medication. Some possible side effects include nausea/vomiting, sleepiness/dizziness and/or constipation.

Common names of opioids:

- Hydrocodone (Vicodin, Norco)
- Oxycodone (Percocet, OxyContin)
- Morphine
- Codeine (Tylenol #3, Tylenol #4)
- Fentanyl
- Tramadol (Ultram)
- Methadone
- Hydromorphone (Dilaudid)
- Oxymorphone (Opana)

Only use your opioids for the reason they were prescribed. Please discuss with your provider or pharmacist if you are pregnant and considering opioid use. Diversion (sharing or selling) of opioids is considered a felony.



Know the Facts About Opioid Addiction

You are at higher risk of developing a dependence or an addiction to opioids if you:

- Have a history of depression or anxiety.
- Have a history of using or abusing alcohol, tobacco, or drugs (including prescription or street drugs).
- Have a history of long-term (chronic) pain.
- Take opioids for longer than a week.
- Take more pills, more often, than your provider prescribed.

Opioid use puts you at risk of dependence, addiction, or overdose!

Using Opioids Safely

Ask your provider if it is okay to use over-the-counter acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).

- Use your opioids if you still have severe pain that is not controlled with over-the-counter medications or other nonopioid prescriptions.
- Let your provider know if you are currently taking any benzodiazepines (i.e. Valium, Xanax).
- Do not mix opioids with alcohol or other medications that can cause drowsiness.
- As your pain gets better, wait longer between taking opioids.
- Do not use your pills for other reasons.
- Your opioids are only for you. Do not share your pills with others.

Pain Goals After a Medical Procedure

The goal is to manage your pain to a comfortable level. Things to know:

- Pain after a procedure is normal.
- Everyone feels pain differently.
- Pain is usually worse for the first three days after a procedure.
- Speak to your provider about a non-opioid pain solution.

Other things to try for pain relief:

- Rest, relaxation, meditation, massage and music can help control your pain.
- Talk to your provider if your pain is not tolerable.



Safely Store Your Opioids and Dispose of Any Unused Pills

Safely store opioids out of reach of infants, children, teens and pets.

- Lock your pills if possible.
- Try to keep a count of how many pills you have left.
- Do not store your opioids in places that allow easy access to your pills (i.e. bathrooms, kitchens).

Safely dispose of unused opioids.

- Medication take-back drives.
- Pharmacy and police station drop boxes.
- Mix drugs (do not crush) with used coffee grounds or kitty litter in a plastic bag, then throw away.



To find a list of local places that will take back your unused opioids, visit:

www.DisposeMyMeds.org

If you have concerns that you are developing a dependence on your opioid medication, please contact your doctor to discuss what options are best for you. You may also find programs and treatments available in your area by calling the Indiana Addiction Hotline: 1-800-662-HELP (4357).

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WORD SEARCH

Be Opioid Aware

Opioids are medications used to treat moderate to severe pain. “Be Opioid Aware” of the dangers of opioids and always use, store and dispose of them properly. Talk with your prescriber (physician, nurse practitioner, or dentist) about your pain relief options.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

S E T U C A L C O H O L D O L
E R A A R E Z I I I U Y I T Q
S H E C M S R F Z Q N R S C T
O N N G E A Q A K R N E P S E
D O T M A T H F H M O V O L U
R I E E N R A D G S N O S Z W
E T N D N O O M Y F O C A O T
V P O I L E I T I V P E L P R
O I X C E B F T S N I R F I E
H R O A W U K O C D O P P O A
Q C L T L D P H R I I P R I T
S S A I N I A P E P D S H D M
L E N O Y F C B R A U D L E E
A R B N Z T R W W S T B A Z N
N P B Q F P C K J P U R I B T

OPIOID
PAIN
STORAGE
DISPOSAL
MEDICATION
PRESCRIPTION
ALCOHOL
NONOPIOID
TREATMENT
ICE
HEAT
ADDICTION
RECOVERY
SHARE
ACUTE
OVERDOSE
NALOXONE
IBUPROFEN
ACETAMINOPHEN



Pain Zone Tool

GREEN ZONE

ALL CLEAR (GOAL)

- Your comfort level is (0-10 scale where 0 = no pain and 10 = worst pain ever had)
- You are able to do basic activities and rest comfortably
- You do not have any new pain
- If you're taking opioid pain medication, your bowels are moving at least every 2-3 days

Doing Great!

- You are managing your pain at an acceptable level for you

Actions:

- Continue your medicines as prescribed
- Continue (ice, heat, therapy, etc.) along with your medicines
- Keep all doctor visits
- Continue regular exercise as prescribed

YELLOW ZONE

CAUTION (WARNING)

If you have any of the following:

- Pain that is not at your comfort level with your usual treatments
- You are not able to do basic activities or rest comfortably
- New pain you have never had before
- If you are taking opioid medication, your bowels have not moved in 2 - 3 days
- You are sleeping more than usual
- You feel sick to your stomach
- You cannot take your medicine

Act Today!

- Your pain control plan may need to be changed

Actions | Call your:

- Home Health Nurse

(Phone Number)

- Doctor

(Phone Number)



Pain Zone Tool

RED ZONE

EMERGENCY

- You cannot get any relief from your usual treatments
- You have new, severe pain
- If you are taking opioid pain medication, your bowels have not moved for more than 3 days
- You are extremely sleepy, throwing up and/or are confused

Act NOW! You or your family need to call your nurse or doctor right away!

Actions | Call your:

- Home Health Nurse

(Phone Number)

- Doctor

(Phone Number)

Home Assessment Checklist

Below is a quick checklist to assess safety in your own home to reduce your risk of falls. This checklist can be done by the home-owner, family member, friend, or caregiver.



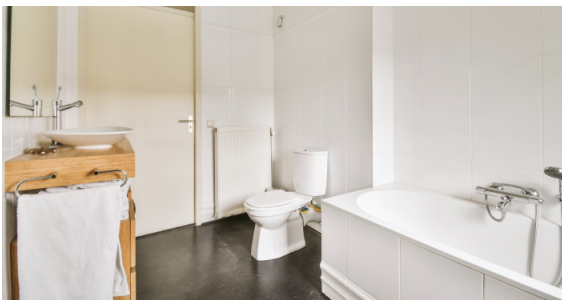
Exterior

- Is there overgrown landscape in the walkways?
- Is there lighting over or near the entryway doors?
- Are there handrails at all entry steps?
- Are the handrails secure?
- Are there large cracks in the walkways?
- Are there broken or cracked steps?
- Are garage walkways wide enough to safely walk?



Kitchen

- Are items that you use frequently easy to reach?
- Do all areas have adequate lighting?
- Are there throw rugs?
- Is medication stored in an accessible location?
- Are step stools stored out of the walkway when not in use?
- Is the refrigerator hard to open or unstable?
- If you have pets, are food/water bowls clear of walkways?



Bathroom

- Is the bathtub difficult to step over?
- Are frequently used items in the bathroom easy to access?
- Do bath rugs have non-slip backing?
- Is there a night light near the toilet?
- Are there slip resistant grab bars in the shower?
- Is the toilet too low?
- Are there support devices on or near the toilet?



Bedroom

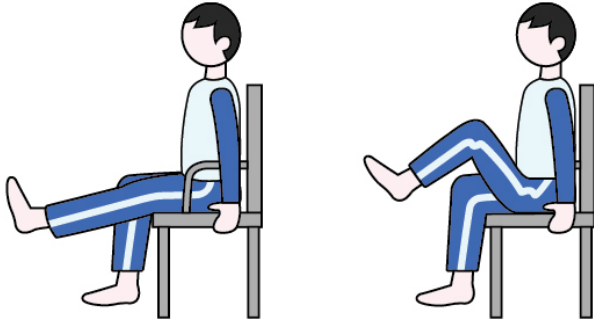
- Is there a light switch you can reach in bed?
- Are items easy to reach in the closet?
- Is all flooring safely secured?
- Do you have access to a telephone while in bed?
- Is your bed too high or too low?
- Is there an easily accessible pathway around your room?
- Are there night lights illuminating a safe pathway?

For more information, please visit qio.qsource.org

This content was adapted from the Indiana Fall Prevention Coalition, www.infallprevention.org. This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.QIO2.08.058

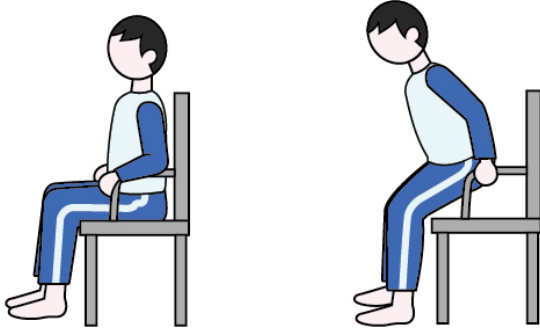


4 Simple Exercises to Assist in Reducing Your Risk of Falls



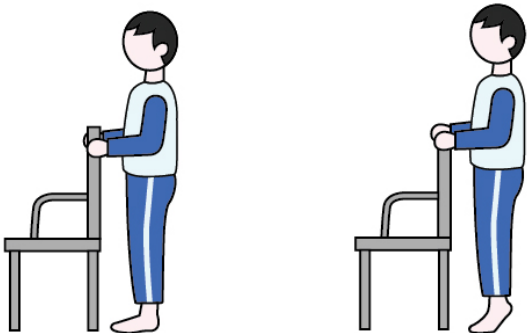
Chair Leg Raises

1. Seated in a sturdy chair, hold onto the bottom of the chair with both hands.
2. Extend one leg straight out and bring your knee in toward your chest without moving your upper body.
3. Extend your leg back out and lower your foot to the ground.
4. Repeat with opposite leg. Complete 5 per leg daily.



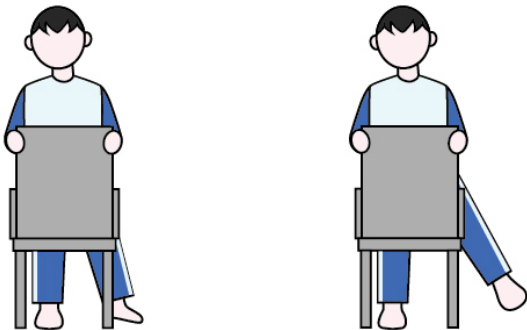
Sit to Stands

1. Seated in a chair with arms, brace yourself on the arms and push your butt up in the air using your legs as much as possible.
2. Slowly lower yourself back to a seated position.
3. Complete 3 times daily.



Heel Raises

1. Standing behind a chair, hold the back with both hands.
2. Position your feet hip-width apart.
3. Lift up on your toes and hold for 5 seconds.
4. Lower your heels back to the ground.
5. Repeat 10 times daily.



Side Leg Raises

1. Standing behind a chair, hold the back with both hands.
2. Stand on one leg, while raising the other leg sideways.
3. Hold for 5 seconds.
4. Repeat with opposite leg . Complete 10 per leg daily.

These exercises are being given to help strengthen yourself against the possibility of falling. This is not to say you will never fall. Always be careful when exercising and do not over extend yourself beyond what you can handle. If an emergency should arise, get help immediately, or call 911.

Your Menu of Personal Comfort Items

Choice of My Favorite Options for Relief Treatments (C.O.M.F.O.R.T.)

Controlling your discomfort is important. Although it may not go away entirely, there are many options available that may help you feel better. Being proactive can help you prepare a personally-crafted plan to reduce potential discomfort and maintain your normal routine. These measures may also decrease the need for medications and other medical interventions.

Sleep

- Darkness
- Essential oil
- Herbal tea
- Massage
- Music
- Night light
- No interruptions
- Quiet
- Snack or sandwich
- Sound machine
- Television
- Warm bath or shower

Relaxation

- Aromatherapy
- Recorded soothing sounds
- Rocking Chair
- Stress ball

Entertainment

- Adult coloring book
- Book (large print, audio)
- Deck of cards
- Magazine
- Visit with family/friends

Feeling Better

- Deep breathing
- Gentle stretching
- Meditation
- Prayer
- Scalp massage
- Shampoo
- Sunshine
- Walking

Comfort

- Extra pillows
- Ice pack
- Hand massage
- Lip balm
- Lotion
- Neck pillow
- Repositioning
- Temperature adjustment
- Warm blanket
- Warm washcloth

Additional Items

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All About You

Share Your Story

So much of our own life story includes connections – with people, places, pets, experiences. Using these prompts, take a moment to reflect and share your story, either in writing or in conversation with others.

What does home mean to you?

How do you make where you live feel like home?

Describe your childhood. Where did you live? Who were your family and friends?

What is your fondest memory?

What was the most significant event in your life? Why?

What person made the biggest impact on your life? Why?

What was your first job? Your favorite job?

What advice would you give others for having a happy life?

What are you most proud of?

What is your favorite family tradition?

What is your favorite community engagement or volunteer activity?

How has your perspective on the world changed over time?

What quality do you look for in a friend?



What is a Vision Board?

A vision board is a collage of pictures, quotes, and other visual images that describe the goals, dreams and hopes you want to achieve.

What are the benefits of a vision board?

1. Serves as a great reminder of what you want
2. Motivates you to take action to achieve your goals
3. Gives you something to focus on every day
4. Makes your dreams clear
5. Makes you more creative and relaxed
6. Makes you positive and happy



Vision Board Example

Creating Your Vision Board

1. Be specific about your vision: Take your time, relax, and imagine what you would like to accomplish this year.
2. Use SMART Goals (Specific, Measurable, Achievable, Relevant, and Time-based).
3. Organize your pictures and quotes according to your goals. Choose positive quotes.
4. Lay it all in front of you.
5. You set the mood. Bring positivity and your favorite music.

 Use a journal to make notes about what inspires you.

What You Will Need

1. Magazines: fashion, family, finance, home, travel, hobbies, pets, education, health/wellness, and nature
2. Poster board, white board, cork board, cardboard
3. Construction paper
4. Glue, glue sticks or tape
5. Markers with bold tips
6. Scissors

 Most items can be found in the home or your local dollar store.

Vision Board Outline Sample

Family/Relationship Goals

Have meals together twice a week.



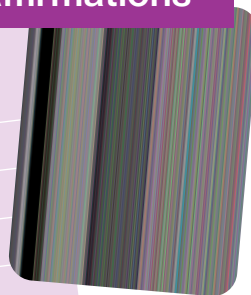
Career Goals

Start your own business.



Positive Affirmations

My challenges help me grow.



Health and Wellness Goals

Practice mindfulness daily for 30 minutes.



Travel Goals

Go to one tourist attraction in your town every month.



Education Goals

Take a certification course.



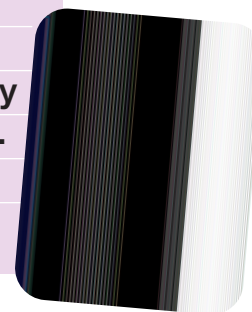
Money/Finance Goals

Take a free finance class.



Spiritual/Religious Goals

Meditate, pray or practice daily affirmations.





SMART Goals Worksheet

A SMART goal clarifies exactly what aim or goal is to be performed, the objectives of the goal, the process of achieving that goal and the measures used to determine if the goal has been achieved. Once goals have been identified, think about objectives and activities needed to accomplish these goals. You may need more than one objective for each goal.

A SMART goal is:

1. Strategic and Specific – Focuses on specific not general goal. Answers the questions “who” and “what”.
2. Measurable – The success toward meeting the goals can be measured and is objective. It answers the question “how”.
3. Attainable – Goal can be achieved in a specific amount of time. Rapid cycle improvement promotes rapid change cycles.
4. Realistic – The goals are aligned with a mission or strategy.
5. Time – Goals have a clearly defined time-frame, including a start date, target date

Examples

SMART goal:

In one month, I will be able to walk 15 minutes, three times a week.

Not a SMART goal:

I want to be healthier.



SMART Goals Worksheet

Instructions: Show how each part of the goal below reflects a SMART goal.

Goal: In one month, I will be able to walk 15 minutes, three times a week.

Key Component

Objective

Specific

What is the specific task to be performed that supports the goal?

I will take a walk around my neighborhood three days a week.

Measurable

What are the standards or parameters?

I will record each time I walk on my calendar.

Achievable

Is the task feasible?

I will go farther every week. I will ask a friend to walk with me.

Realistic

Are sufficient resources available?

Right now I can walk two blocks without getting tired. I want to be able to walk four blocks.

Time-Bound

What are the start and end dates?

One month from today, I will be able to walk 15 minutes, three times a week.



Did You Know?

Trivia

The following trivia questions can be used to test your own knowledge or to compete against your friends, family, fellow patients, or your care team.

Pop Culture

1. Fred, Wilma, Betty, and Barney were characters on which animated television show?
2. What New York Yankees player beat Babe Ruth's record of 60 home runs in a single season?
3. What American actress, whose real name was Norma Jean, starred in the movie *Some Like it Hot*?
4. Who was the original host of *Tonight*, which would later be called *The Tonight Show with Johnny Carson*?
5. Betty Friedan wrote what groundbreaking novel that sparked the second-wave feminist movement in the US?
6. *Hidden Figures* is about three black women at what American program?
7. Scout and Finch were characters in what 1961 bestseller by Harper Lee?
8. What American city was said to be the birthplace of the hippie movement?
9. What piece of women's clothing, named after a dog, became popular in the 1950s?
10. What major award-winning 1972 film starred Al Pacino and Marlon Brando?

Politics

1. The first televised presidential debate was held between which two candidates?
2. What pilot, who was also an American spy, was exchanged in a spy swap between the US and the Soviet Union in 1962?
3. What US president was an actor before entering politics?
4. Protests were held across the country in the 1960s and 1970s over what war?
5. Who was the first African American to be a Supreme Court Justice?
6. Richard Nixon was the first president to visit what country?
7. Nancy Reagan created what anti-drug campaign?
8. Following the death of JFK, who became president?
9. Which Apollo mission was the final moon landing by NASA?

Trivia

Music

1. The Beatles made their American TV debut on the Ed Sullivan Show in what year?
2. What was Louis Armstrong's musical instrument?
3. Which Grammy Award winning artist went solo from her musical group "The Supremes" in 1970?
4. Which Beatles member was killed in New York City in 1980?
5. Which music genre rose to popularity in the 1950s, led by artists such as Elvis Presley and Chuck Berry?
6. What music festival took place in 1969?
7. John Denver's song "Leaving on a Jet Plane" was made famous by what music trio?
8. Which song by The Temptations begins with the lines, "I've got sunshine on a cloudy day/ When it's cold outside I've got the month of May"?
9. What benefit concert was held in the 1980s to raise money for Ethiopian famine relief?
10. What music duo had a number one hit with "Bridge Over Troubled Water"?

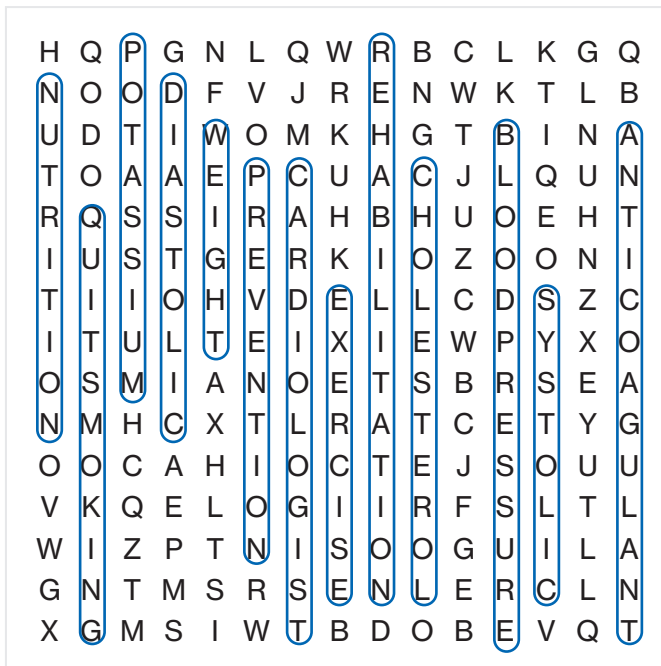
Answer Keys



Chronic Kidney Disease Word Search (pg. 9)

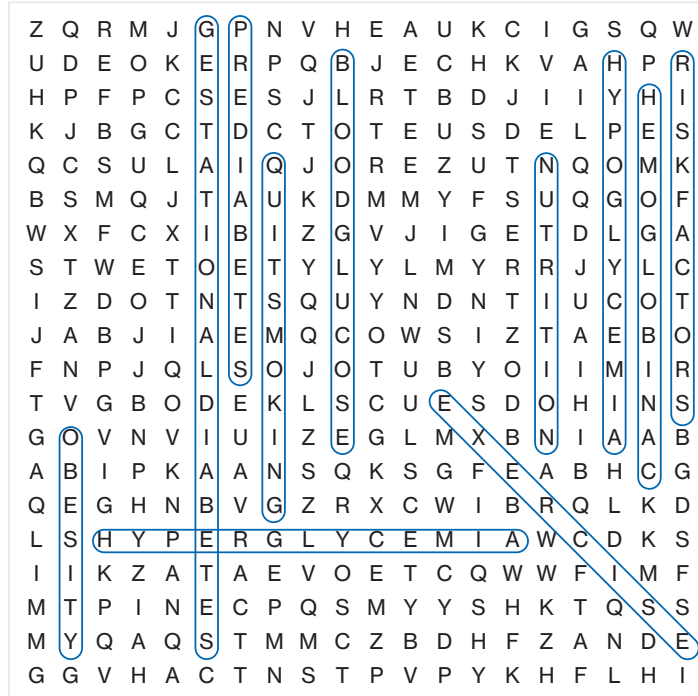


Heart Healthy Word Search (pg. 16)

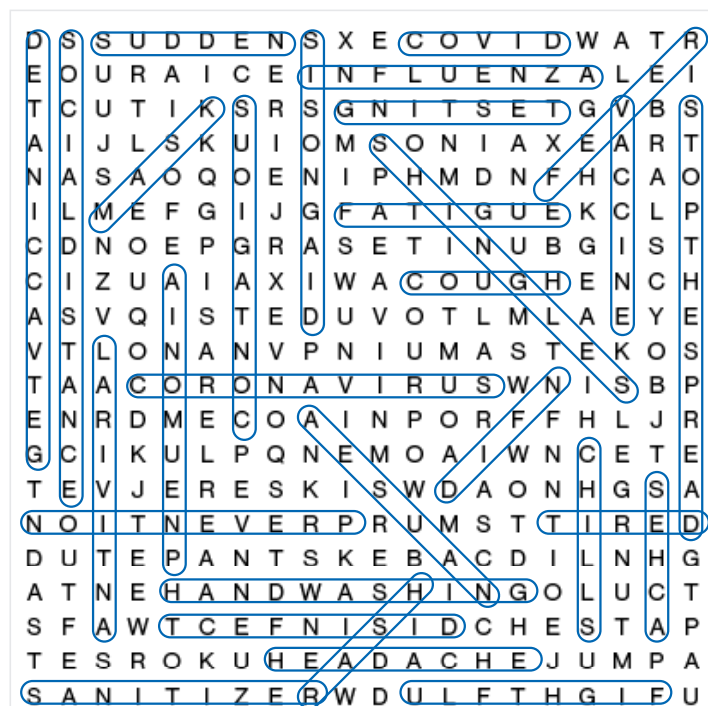




Pre-Diabetes Word Search (pg. 23)



Promoting Immunizations Word Search (pg. 31)

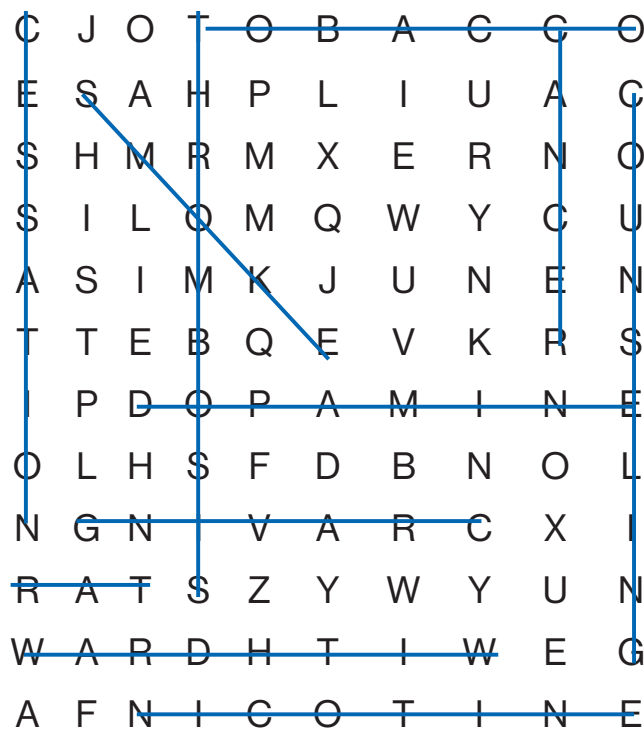




Be Antibiotics Aware Word Search (pg. 33)



Smoking Cessation Word Search (pg. 50)





Trivia Answers (pg. 69)

Pop Culture

1. The Flintstones
2. Roger Maris
3. Marilyn Monroe
4. Steve Allen
5. Feminine Mystique
6. NASA
7. To Kill a Mockingbird
8. San Francisco
9. Poodle Skirt
10. The Godfather

Music

1. 1964
2. Trumpet
3. Diana Ross
4. John Lennon
5. Rock and Roll
6. Woodstock
7. Peter, Paul, and Mary
8. My Girl
9. Live Aid
10. Simon & Garfunkel

Politics

1. Richard Nixon and John F. Kennedy
2. Gary Powers
3. Ronald Reagan
4. The Vietnam War
5. Thurgood Marshall
6. China
7. Just Say No
8. Lyndon B. Johnson
9. Apollo 17

Be Opioid Aware Word Search Answers (pg. 56)

An **OPIOID** is a class of drugs that includes prescription pain relievers and heroin.

Opioids can treat **PAIN** effectively, but you need to know how to use them safely.

Proper **STORAGE** of opioids includes keeping them locked up.

DISPOSAL boxes are available at many hospitals, police stations and pharmacies.

Pain **MEDICATION** can include opioids and should always be taken according to the prescriber's instructions.

PRESCRIPTION opioids include codeine, fentanyl, Vicodin, OxyContin, Norco and Demerol.

Mixing **ALCOHOL** with opioids can be deadly.

NONOPIOID pain relievers include **ACETAMINOPHEN** (Tylenol) and **IBUPROFEN**.

TREATMENT is available for opioid use disorder and **RECOVERY** is possible.

ACUTE pain is usually the result of an injury or accident.

ICE or **HEAT** may be helpful in relieving acute or chronic pain.

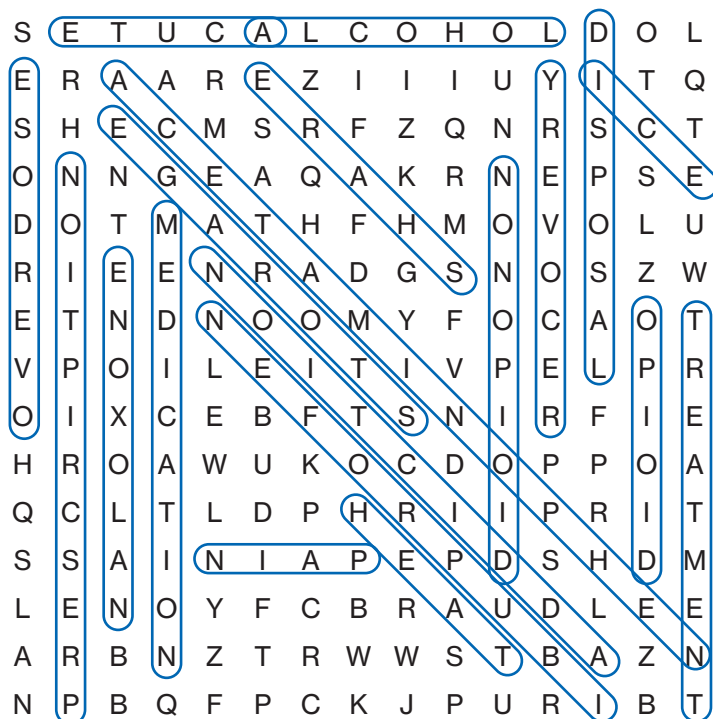
Use of opioids can lead to **ADDICTION**.

Never **SHARE** your prescription pain medications.

Signs of **OVERDOSE** include slow breathing, tiny pupils, blue/purple lips or fingernails, pale and clammy skin and slow or irregular heartbeat.

NALOXONE (Narcan) is a life-saving medication that temporarily reverses the effects of opioids.

Word Search Answer Key





Additional Resources

Administration for Community Living

- Eldercare Locator – <https://eldercare.acl.gov/Public/About/Index.aspx>
- Support to Caregivers - <https://acl.gov/programs/support-caregivers>

Centers for Disease Control and Prevention

- Caregiving - <https://www.cdc.gov/aging/caregiving/>
- Older Driver Safety - <https://bit.ly/3XGiEza>
- Promoting Health for Older Adults - <https://bit.ly/3Ollsr8>

Centers for Medicare & Medicaid Services

- Annual Wellness Visits - <https://bit.ly/2JKULCI>
- Find and compare nursing homes, hospitals and other providers near you - www.medicare.gov/care-compare

Health in Aging

- Caregiver Health - <https://www.healthinaging.org/a-z-topic/caregiver-health>
- Wellness & Prevention – <https://www.healthinaging.org/wellness-prevention>

IN.gov

- Family and Social Services Administration
Indiana Division of Aging - <https://www.in.gov/fssa/da/>
Health and Wellness - <https://www.in.gov/fssa/da/health-and-wellness/>
- Indiana MoneyWise Matters
Fraud Prevention - <https://bit.ly/3UkrK1j>

National Institute on Aging

- Health Information – <https://www.nia.nih.gov/health>
- Caregiving - <https://www.nia.nih.gov/health/caregiving>

United States Department of Justice

- Senior Scam Alert – <https://www.justice.gov/elderjustice/senior-scam-alert>

United States Health and Human Services Office of Disease Prevention and Health Promotion

- MyHealth Finder - <https://health.gov/myhealthfinder>
- Resources for Caregivers - <https://www.hhs.gov/programs/providers-and-facilities/resources-for-caregivers/index.html>



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