

# MY HEALTH MANAGEMENT PLAN: BEYOND BALANCE

## Green Zone: All Clear



- No dizziness
- No falls
- No difficulty in breathing
- Pain within tolerable levels
- **Keep following your daily routines**

## Yellow Zone: Caution



- Increased shortness of breath
- Fever of 100.5 oral or 99.5 under arm
- Dizziness, unsteadiness or increased weakness
- One or more falls with minor or moderate injury
- **Call your health care provider TODAY**

## Red Zone: Medical Alert



- Severe pain in calf or leg when standing
- Severe numbness and/or changes in strength
- Increased frequency/severity of chest pain - (relieved with medicine)
- New irregular heart rate or other serious heart symptoms
- **Seek medical attention NOW**

CALL

**911**

### DANGER ZONE

- Unrelieved shortness of breath or chest pain
- Fallen down and cannot get up

**CALL 911 IMMEDIATELY!!**



### Medicine

I will...

- take my medicine every day as directed
- let my doctor know about any over the counter medicines I am taking
- take pain medicine only as directed



### Home Safety

I will...

- use a night light at night in my bedroom and bathroom
- remove or secure rugs and reduce clutter and obstacles
- make my bathroom safe by securing grab bars and adding safety equipment



### Prevention

I will...

- get 8 hours of sleep each night
- change positions regularly and avoid sitting too long
- eat a healthy diet to promote health and prevent constipation



### Mobility & Exercise

I will...

- always use my walker or cane as directed
- perform my exercises regularly as instructed
- follow precautions from my doctor and therapist (i.e. no bending, twisting)

Other Goals \_\_\_\_\_ Barriers to reaching my goals \_\_\_\_\_

# LIVING SAFE AT HOME



## Precautions

- Monitor your blood pressure, if instructed by your doctor
- Avoid certain movements as instructed by your doctor (for example, no bending, lifting more than 5 pounds or twisting)
- Stay active and avoid sitting or lying down in one position too long
- Take pain medicine if ordered/needed
- Stop and rest when tired, dizzy or feeling weak



## Making Your Home Safe

- Remove rugs or secure them to eliminate the trip hazard
- Keep pathways clear and well-lit
- Place often-used items in easy-to-reach locations
- Secure grab bars in locations where more support is needed
- Use a shower chair or bench to sit for a shower and get in/out of your tub safely



## Getting Up Safely

- Sit at the edge of the bed or couch for 30-60 seconds before standing
- Clench fists/flex ankles 10 times before rising
- Wait for 1 minute after standing before walking away
- Don't bend over at the waist to reach down low
- Don't get up too quickly after a meal
- Drink 6-8 glasses of non-caffeinated fluids daily



## Your Medicine Is Important

- Keep a list of your medicines and know **WHEN** and **HOW** to take them
- Know possible side effects
- Use a pillbox to take the right dose
- Take only the dose prescribed to you at the same time every day
- Talk to your doctor before starting a new over-the-counter medicine
- If you forget to take your medicine do not take extra doses to catch up
- Reorder medicines when you are down to a one-week supply
- Store your medicine safely
- Watch for side effects as instructed by your health care provider/pharmacist



## Working Together With Your Doctor

- Keep your appointment with your doctor
- Bring a list of your medicines and questions for your doctor with you to every appointment
- Between appointments, report important symptoms



## Your Mobility & Exercise

- Ask for assistance when standing up, if needed
- Always use walking devices (cane/walker)
- Complete your exercise program as often as directed
- Perform exercises only as instructed and have someone close by to assist
- Do not strain when doing strengthening exercises

**HC** HOLY CROSS  
HOME CARE AND HOSPICE

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