

# PREVENTIVE HEALTH CARE MEASURES

(Updated 1/2023)

Preventive health measures are those steps you take each day to maximize your health and functional independence. Here we share evidence-based information with some local resources on the following strategies:

- Fall prevention
- Home safety
- Immunizations
- Medic alerts jewelry
- Physical exercise
- Safe driving

The USC VHH Community Resource Center for Aging can be reached by telephone at 818.949.4033 to discuss information and options for your consideration in managing your health and wellness. While we cannot endorse or prescribe specific practices for you, this information is designed to educate and can be discussed more fully with your healthcare provider(s).

## **Fall Prevention**

Each year, one in three adults over the age of 65 fall, and 2 million are treated in emergency departments for fall-related injuries. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries, can impact the health and independence of older adults.

Studies show that a combination of interventions can reduce falls significantly. By taking preventive actions, you can reduce your risk of falling.

Since half of all falls occur at home, correct potential hazards in your home.

- Remove tripping hazards, such as shoes, books and clothes, from the floor and stairs.
- Install handrails and lights on staircases.
- Remove small throw rugs or use double-sided tape to keep rugs from slipping.
- Keep frequently used items in cabinets that you can reach easily without using a step stool.
- Put grab bars inside and next to the tub/shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home and have your eyes checked annually.

When you are outside, be aware of your surroundings.

- Look ahead while walking on sidewalks and watch for cracks, holes, and uneven and/or slippery surfaces.
- Take your time and do not rush.

- Pay attention and avoid distractions such as using your phone.

Experts recommend a physical activity regimen with balance, strength training, and flexibility components.

Name of Service/Contact	Description	Notes
<p><b>USC Verdugo Hills Hospital</b> Physical Medicine and Rehabilitation <a href="http://uscvh.org/hospital-services/physical-medicine-and-rehabilitation">uscvh.org/hospital-services/physical-medicine-and-rehabilitation</a></p> <p>1812 Verdugo Blvd. Glendale, CA 91208</p> <p><b>Physical Medicine:</b> (818)-790-7100</p>	<p><b>Fall Proof™</b> classes held weekly. Designed for all fitness levels to:</p> <ul style="list-style-type: none"> <li>• Improve balance, mobility and posture</li> <li>• Reduce the risk of falls</li> <li>• Improve overall health and well-being</li> <li>• Aquatic physical therapy is offered through the Crescenta-Cañada Family YMCA</li> </ul>	<p>FREE comprehensive balance screening prior to registration.</p> <p>Cost: \$10/class</p>

### Home Safety

Many older Americans are injured in and around their homes every year. Check out these websites for accessing home safety information and resources.

Name of Service/Contact	Description	Notes
<p>USC Leonard Davis School of Gerontology</p> <p><b>USC Fall Prevention Center of Excellence</b> <a href="http://homemods.org">homemods.org</a></p>	<p>Resources to adapting your home to reduce accidents and supporting independent living. <a href="#">Consumer Awareness Strategies</a></p>	<p>FREE access to library, links, videos, and consumer resources.</p>
<p><b>US Consumer Product Safety Commission</b> <a href="http://cpsc.gov">cpsc.gov</a></p>	<p>Home checklist for older adults to prevent injuries and accidents from consumer products. <a href="#">Safety for Older Consumers – Home Safety Checklist</a></p>	<p>FREE comprehensive checklist</p>

### Immunizations

As we get older, our immune systems weaken, putting us at higher risk for certain diseases. Vaccinations are the pinnacle of prevention of serious and often life-threatening diseases. The following vaccines are recommended for those 50 years and older.

- Seasonal Flu (influenza) vaccine every year.
- Td or Tdap vaccine (tetanus, diphtheria, and pertussis) every 10 years.
- Pneumococcal vaccines protect against pneumococcal disease, including infections in the lungs and bloodstream.
- Shingrix vaccine protect against shingles.
- COVID-19 vaccines protect against serious illness from COVID.

Adults with health conditions such as diabetes; cardiovascular, lung, liver, or renal disease or a weakened immune system, may need additional vaccines.

**Recommended Vaccines for Adults**

Name of Service/Contact	Description	Notes
<b>USC Pharmacy</b> <a href="http://pharmacies.usc.edu">pharmacies.usc.edu</a>  <b>USC Verdugo Hills Professional Pharmacy</b> 818-952-2223 <a href="http://pharmacies.usc.edu/pharmacies/verdugo-hills">pharmacies.usc.edu/pharmacies/verdugo-hills</a>	<ul style="list-style-type: none"> <li>• Flu and Covid vaccines available at 5 USC pharmacy locations</li> <li>• Hours of operation: Monday – Friday 9 AM to 5:30 PM, closed on Saturday &amp; Sunday</li> </ul>	Walk-ins and appointments
<b>California Department of Public Health</b> <a href="http://myturn.ca.gov">myturn.ca.gov</a>	Find a walk-in clinic. Make appointments for flu and covid vaccines.	Website available in multiple languages

**Medical Alerts Jewelry**

Medical alert jewelry provides security and safety. These are designed to alert others of a specific condition, illness, or allergy during an emergency. Conditions that may need medical alert jewelry include Alzheimer’s/memory-impairment, blood thinner medication, drug, food or insect allergies, epilepsy and hearing, sight or mental impairments, special needs for children and many others.

Name of Service/Contact	Description	Notes
<b>MedicAlert Foundation</b> <a href="http://medicalert.org">medicalert.org</a> 800-432-5378	Various bracelets and IDs are available for purchase. Various levels of membership available.	Shop online. Membership not required to purchase jewelry.

<b>American Medical ID</b> <a href="http://americanmedical-id.com">americanmedical-id.com</a> Customer Support: 800-363-5985	Various medical bracelets and IDs are available for purchase.	Shop online.
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## **Physical Activity**

Physical Activity is one of the most important things you can do for your health. Its benefits for the body and the mind include improved heart health, improved bone health, improved fat burning, decreased anxiety and depression and increased energy. Walking, hiking, bicycling, swimming, yoga, conditioning machines and aerobic classes are all beneficial. How much physical activity do older adults need? Check out these recommendations:

[How much physical activity do older adults need? | Physical Activity](#)

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<b>USC Verdugo Hills Hospital</b> Physical Medicine and Rehabilitation <a href="http://uscvh.org/hospital-services/physical-medicine-and-rehabilitation">uscvh.org/hospital-services/physical-medicine-and-rehabilitation</a> 1812 Verdugo Blvd. Glendale, CA 91208 818-952-2294	Get Up & Go classes held 2x/week. For all fitness levels: <ul style="list-style-type: none"> <li>• Improve strength, balance, coordination, and mobility.</li> <li>• Instruction by licensed physical therapist</li> </ul>	Cost: \$12/class or \$88/8 classes
<b>YMCA of the Foothills</b> 3 locations <a href="http://ymcafoothills.org">ymcafoothills.org</a> 818-790-0123	Exercise classes tailored for older adults. Aquatic classes and personal training are available.	Reduced monthly membership fee available for older adults.

## **Safe Driving**

It's a worthwhile investment of your time to refresh your driving skills. AAA offers driving improvement courses for seniors to keep driving knowledge fresh while reducing risk to you, your passengers and others on the road. Senior Guide for Safe Driving available at the DMV website: [www.dmv.ca.gov](http://www.dmv.ca.gov).

Name of Service/Contact	Description	Notes
<b>AAA – RoadWise Driver</b>	The program is an online senior defensive driving course. Topics: <ul style="list-style-type: none"> <li>• Extending driving career</li> </ul>	8-hour initial course- \$19.95

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<p><a href="http://exchange.aaa.com/safety/senior-driver-safety-mobility/">exchange.aaa.com/safety/senior-driver-safety-mobility/</a></p> <p>Contact your local AAA.</p>	<ul style="list-style-type: none"> <li>• Distractions, drowsiness, aggressive driving &amp; road rage</li> <li>• Managing visibility, time &amp; space</li> <li>• Alcohol &amp; medications</li> <li>• Comfort &amp; safety tips</li> <li>• Learn vehicle safety features</li> </ul>	<p>4-hour refresher course- \$15.95 AAA members save \$4.00</p> <p>Potential discount on insurance premiums.</p>
<p><b>AARP</b> Call: 800-350-7025 Text: 800-350-7025 <a href="http://aarpdriversafety.org">aarpdriversafety.org</a></p>	<p>Smart Driver Course for drivers 55+. State-recognized drivers improvement course.</p>	<p>AARP members- \$23.95 non-members- \$29.95</p>
<p><b>Rancho Los Amigos Wellness Center</b> Outpatient Referral Office: 562-385-6536</p> <p><a href="http://dhs.lacounty.gov/rancho/patient-programs-and-services/driver-rehabilitation-and-training-program/">dhs.lacounty.gov/rancho/patient-programs-and-services/driver-rehabilitation-and-training-program/</a></p>	<p>Driver Rehabilitation and Training Program - physician referral to Occupational Therapy required. Available in English and Spanish.</p> <ul style="list-style-type: none"> <li>• Driver Support Group also available generally on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month</li> </ul>	<p>Not covered by insurance.</p>