Care Connection

October, 2026







A FALL CAN CHANGE AN OLDER ADULT'S INDEPENDENCE IN AN INSTANT. THE GOOD NEWS IS THAT MANY FALL RISKS CAN BE IDENTIFIED—AND REDUCED—BEFORE AN INJURY OCCURS.

5 Things to know about Falls and Home Safety

1. Near-Falls Matter, Too

Don't wait for an actual fall. Reaching for furniture, stumbling, hesitating on stairs, or suddenly avoiding certain activities can signal a change in balance, strength, or confidence.

2. Look Beyond the Throw Rugs

Loose rugs and clutter are important, but a home safety review should go further. Poor lighting, missing handrails, difficult steps, slippery bathrooms, electrical cords, pets underfoot, and frequently used items stored out of reach can all increase risk.

3. Medications Can Affect Fall Risk

Some medications—and combinations of medications—can contribute to dizziness, drowsiness, weakness, or changes in blood pressure. If you notice a change in balance or alertness, especially after a medication change, talk with the prescribing healthcare provider or pharmacist.

4. A Fall May Be a Symptom

A new fall or sudden unsteadiness shouldn't automatically be dismissed as "just getting older." Changes in vision, illness, dehydration, weakness, blood pressure, or other medical concerns may contribute. A significant change from someone's usual level of function deserves attention.

5. Prevention Should Protect Independence

Fall prevention isn't about restricting activity. In fact, unnecessarily limiting movement can contribute to weakness and loss of confidence. The goal is to identify risks, make appropriate modifications, and help older adults remain as safe, active, and independent as possible.

Quick Tip

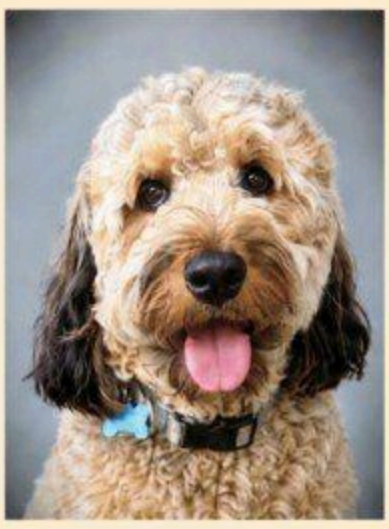
Create an Emergency Medical Information Sheet.

Keep one updated page containing:

- Current medications and dosages
- Allergies
- Medical conditions
- Physicians and specialists
- Emergency contacts
- Preferred hospital
- Insurance information
- Healthcare agent/decision-maker information

Place a copy somewhere easy to find and make sure the appropriate family members know where it is.

Update it whenever medications or important medical information changes.



Interested in having Bentley visit your organization or community? Contact us to learn more about Pawsitive Therapy visits.

THE RN CARE MANAGER'S CORNER

One Change I Never Ignore: A Change From Baseline

When I'm assessing a client, I'm not only looking for particular symptoms, I'm asking:

"Is this different for this person?"

New confusion, weakness, falls, medication mistakes, decreased appetite, unsusual fatigue, increased sleeping, difficulty walking or trouble managing something they previously handled independently deserves attention.

Families sometimes dismiss these changes as "just getting older." But a noticeable change from someone's normal baseline can be an important clue that something else is happening.

You don't need to wait for a crisis to take a closer look.

ARE YOU STARTING TO WONDER IF SOMEONE YOU LOVE NEEDS MORE SUPPORT?

You don't have to wait until something goes wrong. Foothills Care Management Services provides:

- **In-home Safety Assessments** by a *Certified Aging-In-Place Specialist* help identify current concerns, potential risks and available resources to give your family a clearer understanding of what may be needed now and in the future.
- **Comprehensive Care Assessments** look at health, medications, safety, function, support systems and care needs.
- **Active RN Care Management:** Ongoing coordination, advocacy, healthcare navigation and oversight.

Questions about whether care management may be appropriate for your family? Let's talk.

BENTLEY'S PAWSITIVE THERAPY

What Does a Therapy Dog Actually Do?

Meet Bentley, our H.A.B.I.T. therapy dog and a very special member of the Foothills Care Management Services team.

Therapy dogs provide comfort, companionship and positive interaction in settings such as senior communities, healthcare facilities, hospice programs and other organizations.

A visit with a therapy dog can encourage conversation, create moments of connection, and provide a welcome change in someone's day.

Bentley's job is wonderfully simple.

Bring comfort. Create connection. Encourage smiles.

Bentley loves his job, and he's very good at it!

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