

# HighPoint & Homecare

SUMNER REGIONAL MEDICAL CENTER

## HighSteps with HighPoint

Each year, thousands of seniors experience falls that result in serious injury, disability and even death. At least half of all falls happen at home. We'd like to change that.

The **HighSteps with HighPoint** program was created to assess the unique needs of each patient and develop a comprehensive plan to prevent falls both inside and outside of the home. Our homecare team evaluates each patient in the following areas:

- History of falling
- Vestibular weakness
- Medications
- Blood pressure
- Vision and hearing loss
- Nutrition and hydration
- Balance
- Gait issues/Imbalance
- Foot pain/shoe problems
- Equipment assessment
- Environmental falls risk (both inside and outside the home)
- Monofilament test for neuropathy
- Cognitive skills (safety awareness, judgment, insight into deficits)

In addition to the above assessment, the HighSteps with HighPoint program also provides:

- Caregiver training
- Balance, gait and strength training
- Safety check list
- Falls prevention education booklet
- Emergency preparedness information and recommended supply list

To learn more about our services, please call  
(615) 328-6589 or fax (615) 328-3891.

