



Staying On Your Feet Safety Plan & Medical Alarms

The purpose of having a personal safety plan is to make sure that you have a clear, step by step way to find the help that you might need after having a fall - either one that causes an injury or if you have difficulty getting up on your own from the floor. A medical alarm is worth considering as an option to help support your health and independence.

A medical alarm is in most cases a wireless pendant or transmitter that can be activated in the event of an emergency. Once it is activated, help (a medical responder or designated contact) can be dispatched. Medical alarms may also be referred to as Personal Emergency Response System (PERS) or Medical Alert.

The **benefits** of having a medical alarm include:

- Greater independence
- Increased quality of life
- Enhanced support
- Instant access to emergency assistance

Several different **types** of medical alarms are available with various features and accessories. When selecting an alarm you may want to consider the following:

- What services does the company provide?
- What do they charge for maintenance?

- What do they charge for services fees or mileage fees?
- Do they offer 24 hour assistance?
- How fast is their response?
- Do they charge you if you press it by accident?
- How reliable is the equipment?
- Is the alarm 100% waterproof or only water resistant?
- Is it lightweight?
- What distance can you be away from the home unit?
- Is it transferable between places in Canada and the United States if you want to visit family somewhere else?

If you are interested in purchasing an alarm system, refer to the yellow pages of the Saskatoon phone book under **Medical Alarms** for a list of places where you can purchase them.

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