UW Medicine | VALLEY MEDICAL CENTER

Greetings,

Thank you for choosing Valley Medical Center for your medical care. You are receiving this packet because you may be at a higher risk for slips, trips, stumbles or falls at home. It is never too early to start planning how to prevent falls. Begin your fall-prevention plan by making an appointment with your primary care doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescriptions, over-the-counter medications, and supplements to bring to your primary doctor appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you slipped, tripped or stumbled but did not fall. Detailing events like these may help your doctor identify specific fall-prevention strategies.
- **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk. For example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

Remember, falling is not a normal part of aging. The enclosed documents have helpful prevention tips, information, and home check-off sheets for you to use. I encourage you to review the enclosed information with a friend or family member. Reach out to your primary care doctor with any questions. Also a great outreach resource in WA state is WA Community Living Connections **waclc.org.**

Thank you,

Katherine Bendickson BSN, RN
Trauma Program Manager | Valley Medical Center
Office: 425.690.3034

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## Four Things You Can Do to Prevent Falls:

### ① Speak up.

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

### ② Keep moving.

Begin an exercise program to improve your leg strength and balance.

### ③ Get an annual eye exam.

Replace eyeglasses as needed.

### ④ Make your home safer.

Remove clutter and tripping hazards.



**1 in 4 people 65 and older falls each year.**

## Learn More

**Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:**

- go.usa.gov/xN9XA
- www.stopfalls.org

For more information, visit www.cdc.gov/steadi

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence

**Centers for Disease Control and Prevention**
National Center for Injury Prevention and Control

2017

# Stay Independent

## Learn more about fall prevention.



STEADI

# Check Your Risk for Falling

| Circle "Yes" or "No" for each statement below | | | Why it matters |
|---|---|---|---|
| Yes (2) | No (0) | I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2) | No (0) | I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1) | No (0) | Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1) | No (0) | I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1) | No (0) | I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1) | No (0) | I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1) | No (0) | I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1) | No (0) | I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1) | No (0) | I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1) | No (0) | I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1) | No (0) | I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |

**Total** _____ Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499). Adapted with permission of the authors.




# MyMobility Plan

## What can you do to stay independent?

Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. This includes changes in your mobility—your ability to get around.

It's not easy to talk about, but as we get older, physical changes can make it harder to get around and do things we want or need to do—like driving, shopping, or doing household chores.

There may be a time when you still need to get around, but can no longer drive.

You might not have mobility problems now, but you could in the future. You may even know others who already do—perhaps a parent, relative, friend, or neighbor. While it may not be possible to prevent all of these changes, there are actions you and your loved ones can take today, and as you age, to help keep you safe and independent tomorrow.

**MySelf**
**A plan to stay independent**

**MyHome**
**A plan to stay safe at home**

**MyNeighborhood**
**A plan to stay mobile in my community**

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

**Make a plan today.**
**Stay independent tomorrow.**

# MySelf | A plan to stay independent



Staying healthy and managing chronic conditions help maintain your mobility.

To start building your plan, complete the checklist below.

☐ **Get a physical checkup each year.**

Some health issues may increase your risk of falling (such as leg weakness and balance problems).

Last Exam Date: _____

Next Exam Date: _____

☐ **Review all your medicines with a doctor or pharmacist.**

Certain medicines can have side effects that can change your ability to drive, walk, or get around safely.
To learn more, go to:
https://go.usa.gov/xPADs

☐ **Get a medical eye exam each year.**

Eye problems can increase your risk of falling or being in a car crash.

Last Exam Date: _____

Next Exam Date: _____

**MyMobility Tip**

Good eyesight is about more than 20/20 vision. For example, you need to see well in the dark to drive safely at night.

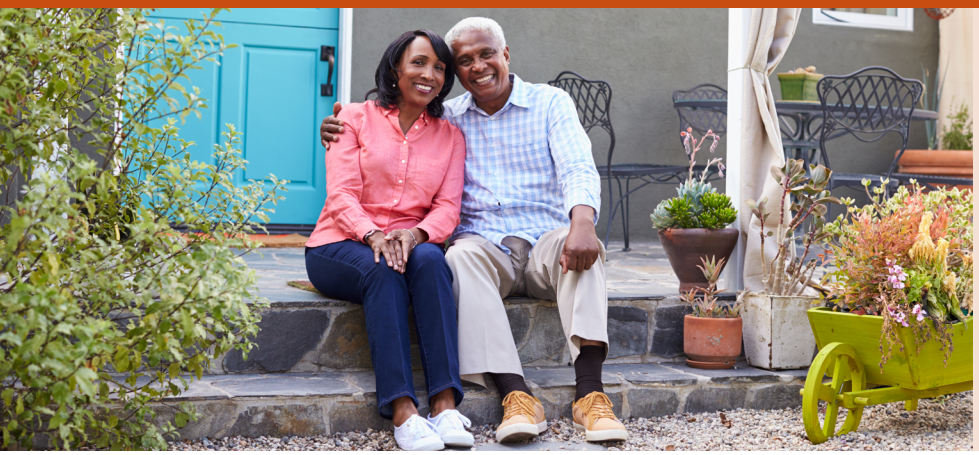
Get a medical eye exam each year and address any issues.

☐ **Follow a regular activity program to increase your strength and balance.**

Strength and balance activities, done at least 3 times a week, can reduce your risk of falling. Other activities, like walking, are good for you, but don't help prevent falls. Visit the National Institute on Aging's website for suggestions:
www.go4life.nia.nih.gov/exercises

| Strength Activity | | Balance Activity | |
|---|---|---|---|
| Exercise | Start Date | Exercise | Start Date |
| *Chair stand* | *Next Monday* | *Tai Chi* | *Next Monday* |
| | | | |
| | | | |

# MyHome | A plan to stay safe at home



To continue your plan, schedule a time to go through the following home safety checklist to help prevent falls.

## Check the FLOORS in each room and reduce tripping hazards:

- ☐ Keep objects off the floor.
- ☐ Remove or tape down rugs.
- ☐ Coil or tape cords and wires next to the wall and out of the way.

## Check the KITCHEN:

- ☐ Put often-used items within easy reach (about waist level).
- ☐ For items not within easy reach, always use a step stool and never use a chair.

## Check the BEDROOMS:

- ☐ Use bright light bulbs.
- ☐ Place lamps close to the bed where they are within reach.
- ☐ Put in night-lights to be able to see a path in the dark. For areas that don't have electrical outlets, consider battery-operated lights.

## Check inside and outside STAIRS and STEPS:

- ☐ Check for loose or uneven steps. Repair if needed.
- ☐ Make sure carpet is firmly attached to every step, or remove carpet and attach non-slip rubber treads.
- ☐ Check for loose or broken handrails. Repair if needed.
- ☐ Consider installing handrails on both sides of the stairs.
- ☐ Use bright overhead lighting at the top and bottom of the stairs.
- ☐ Consider putting light switches at both the top and bottom of the stairs.

## Check the BATHROOMS:

- ☐ Put non-slip rubber mats or self-stick strips on the floor of the tub or shower.
- ☐ Consider installing grab bars for support getting in or out of the tub or shower, and up from the toilet.

### MyMobility Tip

Falls are more likely when wearing inappropriate footwear, such as flip flops that don't cover the heel.

Wear safe shoes that fit well, have a firm heel to provide stability, and have a textured sole to prevent slipping.

For more home modification information and resources: https://go.usa.gov/xUEs3

# MyNeighborhood | A plan to stay mobile in my community



Finish your plan by filling out the table below.

Think of all the places you go and how you get there.

Then, consider how you would get to these same places if you couldn't use your current way.

☐ **Find transportation options in your ZIP code:**

- Rides in Sight
  1-855-607-4337
  www.ridesinsight.org

Ride share services can help keep you connected to family and friends. Staying social helps maintain quality of life as you age.

| **Where do I go now?** (Such as doctor, grocery store, or physical activity class) | **How do I get there now?** (Such as drive, get a ride, or use public transportation) | **How will I get there in the future?** (Such as bus, rideshare, or ride with a friend) |
|---|---|---|
| *Meet friends for lunch* | *Drive myself* | *Get a ride from a friend* |
| | | |
| | | |
| | | |

☐ **Consider a driver refresher course.**

Some insurers give a discount on your car insurance for taking a course:

- AARP (888) 687-2277 or www.aarp.org
- AAA (800) 222-4357 or www.aaa.com

**MyMobility Tip**

Practice safe behaviors, such as always wearing a seatbelt, as a driver or a passenger.

For more information visit:
www.cdc.gov/motorvehiclesafety/older_adult_drivers/mymobility

# Fall Prevention and Recovery

Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall, and every year 25% of Americans aged 65+ take a fall, according to the National Council on Aging. These falls result in more than 2.8 million injuries treated in emergency departments every year, including more than 800,000 hospitalizations and 27,700 deaths.

While falls can cause mild to severe injuries, such as breaking a hip and head injuries, and can increase the risk of early death, many falls can be prevented.

## Be aware of medical problems that increase risk of falling

- Problems with heart rate and/or arrhythmia
- Cognitive impairment—related to dementia rather than normal aging
- Incontinence—losing control of urinating (peeing) or bowels (pooping)
- Depression
- Foot problems

## Medication management

- Have your healthcare provider or pharmacist review your medicines for fall-related side effects.
- Use only one pharmacy where a pharmacist can keep track of your medication list.
- Tell your provider if you have side effects.
- Ask your provider about taking vitamin D supplements for muscle, bone and nerve health.

**Examples of medicines that increase fall risk include:**

- Depressants like alcohol and sleeping pills
- Stimulants like nicotine or caffeine
- Opioids or pain medicine
- Medicine that can cause sleepiness or confusion
- Medicine that can cause low blood pressure

## What can you do?

- Do balance and strengthening exercises at least three times a week.
- Ask your doctor to do a fall risk screening and tell them if you have fallen recently.
- Always wear shoes that fit your feet well and have solid, non-skid soles.
- Have your vision checked by an eye doctor every year, and wear glasses if needed.
- Talk with your provider about whether physical therapy would be helpful to find out why you may have been falling more and how to prevent future falls.



**Outpatient Therapy Services**

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## Make your home safe

- Make sure you have enough light in all rooms of your home.
- Place a lamp close to the bed.
- Use nightlights for improved safety with walking at night.
- Move furniture to make sure walkways are clear.
- Remove rugs, or use double-sided tape or nonslip backing so rugs do not slip.
- Pick up things on the floor or stairs.
- Coil and tape cords and wires next to the wall so you can't trip on them.
- Keep items in kitchen on lower shelves to avoid using chairs or a step stool to reach things.
- Have grab bars put in next to the shower and toilet.

## What to do if you fall

**Check yourself for major injuries. If you think you may have a major injury, do not get up without help.**



### FIND HELP

- Can you get someone's attention by shouting or banging?
- If you wear a personal safety alarm, press it.
- If your phone is within reach, make a call if possible.

### GET COMFORTABLE

- Find a nearby pillow, cushion, or rolled up item of clothing to put under your head.

### KEEP WARM

- Cover yourself with clothing, tablecloth or rug.

### KEEP MOVING

- Change your position to keep from getting pressure sores.
- Move your joints to keep them from getting stiff and to help with circulation.
- If you have urinated (peed), try to roll away from the damp area to protect your skin.



## How to get up if you are not injured and able

1. If you think you are not hurt, look for a chair, staircase, or other sturdy piece of furniture that is closest to you.
2. Roll onto you side by turning your head in the direction you want to roll, then move your shoulder and arm, followed by hip and leg.
3. Slowly push your upper body up.
4. Move to your hands and knees, and crawl to the chair or other sturdy furniture.
5. Put your hands on the chair and place one foot forward so it's flat on the floor, while other knee stays bent and on the floor.
6. Slowly push up from the floor with your hands and turn your body to sit in the chair.
7. Sit for a few minutes before trying to stand.
8. Even if you feel okay, tell someone what happened. You might not know that you are hurt.

## Learn more

Contact your local community or senior center for information on exercise, fall prevention programs, and ways to help the safety in your home, or visit:

- **stopfalls.org**
- **ncoa.org/older-adults/health/prevention/falls-prevention**
- Search **go.usa.gov/xN9XA** for a list of fall prevention resources

## Outpatient Therapy Services

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Google Translate

Use the Google Translate app for your language

**425.690.3650 valleymed.org/rehab**

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Recycled Paper

# Exercises for Fall Prevention

***Physical activity is the single most important thing you can do to reduce your fall risk***

## Chair Rise Exercise

**Instruction**

- Begin sitting at edge of chair
- Feet flat on the floor
- Arms across chest
- Stand up fully, then sit down slowly with control
- Do as many as you can (with control) in 30 seconds





***Why Do It?***

- ❖ Inability to stand up and sit down repeatedly without the use of arms is a risk for falls

**Check your risk**

| Number of stands in 30 seconds<br>Values below norms listed indicate risk for falls | | |
|---|---|---|
| **Age** | **Male** | **Female** |
| 60-69 | 12 | 11 |
| 70-79 | 11 | 10 |
| 80-89 | 8 | 8 |

***If Too Difficult:***

- Stand from a higher surface such as a bed
- Add a cushion to the chair
- Use hands on arm rests or hands on thighs to help push up
- Have a family member stand next to you



***To Add More Challenge:***

- Try to take 5 or more seconds to lower
- Rise up ***quickly*** with speed and control
- Sway arms up overhead as you stand
- Place one leg slightly more forward
- Place one leg slightly out to side
- Stand up as shown, then take a step and reach as if about to get out of a chair to shake someone's hand
- Sit part of the way down, then rise to stand
- Have a family member tell you to quickly (and randomly) ***change*** your movement to either standing or sitting
- Try with eyes closed—have family member next to you initially for safety
  Do any of the variations in combination

***Safety First:***

- ❖ ***Make sure your doctor has cleared you to exercise before attempting!***
- ❖ ***Do not attempt this exercise or any variations unless you feel safe.***
- ❖ ***Stop this exercise or make it easier if you notice pain, shortness of breath or racing heartbeats.***

Version 1, Revised 05/2021

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# Exercises for Fall Prevention

***Physical activity is the single most important thing you can do to reduce your fall risk***

## Ankle Sways

**Instruction**

- Begin standing with feet hip-width apart
- Have a chair in front of you for safety
- Shift your weight to the right side as far as possible, then return to center
- Repeat to the left side
- Keep your feet flat on the floor
- Do not bend at the waist.
- Imagine that you are a tree swaying and make your movement come from the ankle
- See how far you can shift



***Why Do It?***

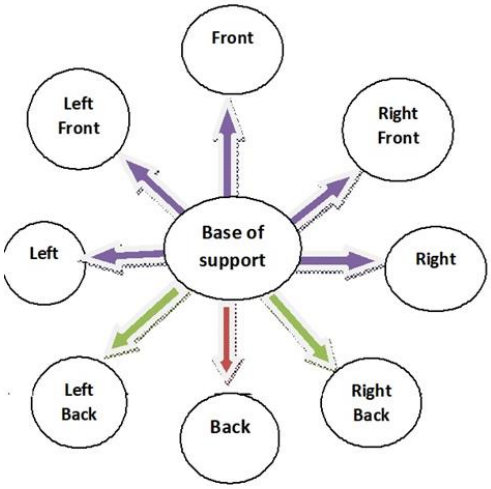
- ❖ The ability to make small adjustments at the ankle is critical for balance
- ❖ Research has shown that repeated fallers are less able to react at the ankles to maintain balance
- ❖ The greater you can shift your weight without bending at the waist, or taking a step, the greater your "limits of stability" which will allow you to do more activities with greater confidence

***If Too Difficult:***

- Stand with feet wider apart
- Stand in a corner with a chair in front
- Have a family member stand next to you
- Begin with tiny slow movements

***To Add More Challenge:***

- Stand with feet closer together
- Add different directions (see graphic)
  - Note: backward sways most challenging
- If able, let go of the chair and pretend to hold an imaginary ball or gently reach with an arm in the direction that you are shifting your weight, but do NOT bend at the waist
- Vary the speed: slow, fast
- Pause at the farthest point that you can shift
- Avoid stopping in the center, make random patterns as you shift




***Safety First:***

- ❖ ***Make sure your doctor has cleared you to exercise before attempting!***
- ❖ ***Do not attempt this exercise or any variations unless you feel safe.***
- ❖ ***Stop this exercise or make it easier if you notice pain, shortness of breath or racing heartbeats.***

Version 1, Revised 05/2021

# Exercises for Fall Prevention

***Physical activity is the single most important thing you can do to reduce your fall risk***

## Weight-Shifting

**Instruction**

- Stand behind a chair with one foot forward at a diagonal as shown
- Keep feet flat on the floor
- Start by shifting all your weight onto the back leg
- Then shift all your weight onto the forward leg
- Extend an arm gently forward, but do NOT bend at the waist
- See how far you can shift your weight in each direction





***Why Do It?***

- ❖ This exercise works on balance needed just before taking a step forward or backwards

***If Too Difficult:***

- Widen your stance
- Start with small slow movements
- Have a family member stand beside you

***To Add More Challenge:***

- Shift further forward and lift back heel up
- Shift farther back and raise front toes up
- Vary the speed: slow, fast
- Pause at furthest limit
- Try not to hold chair





***Safety First:***

- ❖ ***Make sure your doctor has cleared you to exercise before attempting!***
- ❖ ***Do not attempt this exercise or any variations unless you feel safe.***
- ❖ ***Stop this exercise or make it easier if you notice pain, shortness of breath or racing heartbeats.***

Version 1, Revised 05/2021

# Transportation Resources

## Volunteer/No Cost Transportation

**Sound Generations Volunteer Transportation**: 206-448-5740
https://soundgenerations.org/our-programs/transportation/volunteer-transportation/

- Patient must live in King Co, age 60+, able to transfer into a vehicle with minimal assistance.
- Rides must be called in the Tuesday prior to any appointments the following week.

**Hyde Shuttle**: 206-727-6262
https://soundgenerations.org/our-programs/transportation/hyde-shuttle/

- Door to door van service for adults 55+ and adults with disabilities in many King County cities.
- Operates 8 AM-4 PM and shuttles only travel inside city limits of participating cities. See website for current list of cities participating.

**Catholic Community Services Volunteer Transportation**: 844-851-9380
https://ccsww.org/get-help/services-for-seniors-people-with-disabilities/volunteer-services/volunteer-services-king-county/

- Limited services at this time due to COVID-19, some outside yard work and grocery/medication deliveries

**HopeLink**: 800-923-7433
https://www.hopelink.org/need-help/transportation

- For Medicaid clients only (that have Apple Health or have CNP/CNP-QMB)

## Fee-based transportation

**TriMed Cabulance:** 206-988-5000
https://www.trimedambulance.com/cabulance/

- Fees approximately $85 one-way, services King County.

**Northwest Transport:** 800-600-9225
http://www.nwt1cabulance.com/

- Non-emergency cabulance and ambulatory transport for King, Pierce and Snohomish County. See website for rates. Door to door service.

**Around the Sound**: 253-858-7088
https://atstrans.org/medical-transportation/

- Non-emergency cabulance transportation, serves Puget Sound area

**Tri-County Cabulance**: 206-553-1003 or 425-775-8358
http://tricountycabulance.com/

- Non-emergency cabulance transportation, serves King and Snohomish County

## Help Lines

Search tool for transportation services in King, Pierce and Snohomish County (tools for VA and Medicaid transportation, also regional transit trip planning resources): www.findaride.org

Hopelink Mobility Line (one-on-one support with finding transportation options): 425-943-6760 option 2

# Home Assessment and Repair

| Organization/Company | Phone | Notes |
|---|---|---|
| King County EMS Fall Prevention (One Step Ahead) | 206-263-8544 | Free program, 50+, King County resident and have fallen within the past 6 months and called 911. Home safety walk, education, installation of fall safety devices as determined. For private homes only https://kingcounty.gov/depts/health/emergency-medical-services/community/fall-prevention.aspx |
| King County Housing Repair | 206-263-9095 | Provides funding for housing repair services to low-income homeowners and special needs renters in King County https://kingcounty.gov/depts/community-human-services/housing/services/housing-repair.aspx |
| Valley Regional Fire Authority CARES | 253-288-5887 Email: askthevrfa@vrfa.org | Trained staff from King County Emergency Medical Services (EMS) will assess patients' risk for falling and survey the home for safety. They will receive recommendations for preventing falls and possibly installation of assistive devices free of charge.<br><br>To request a free evaluation of fall risk in the home, contact the CARES team (servicing the cities of Algona, Auburn, and Pacific) https://www.vrfa.org/docs/fall-prevention/ |
| Puget Sound FD CARES | 253-856-4300 | Services Kent/Covington/Maple Valley/Seatac https://pugetsoundfire.org/fdcares/ |
| City of Seattle Home Repair | 206-684-0244 | Serves city of Seattle residents https://www.seattle.gov/housing/homeowners/home-repair |
| Sound Generations Minor Home Repair program | 206-448-5751 | Serves Seattle/Shoreline Bellevue area https://soundgenerations.org/our-programs/minor-home-repair/ |
| Covington Minor Home Repair | 253-480-2411 | Serves Covington city limits |
| Des Moines Minor Home Repair program | 206-870-6535 | Serves Des Moines city limits |
| Kent Minor Home Repair program | 253-586-5065 | Serves Kent city limits |
| Renton Housing Repair Assistance | 425-430-6693 | Serves Renton city limits |
| Seatac Minor Home Repair program | 206-973-4815 | Serves Seatac city limits |
| Tukwila Minor Home Repair program | 206-433-7180 | Serves Tukwila city limits |
| Habitat for Humanity Home Repairs | 206-855-5083 | Eligible to apply if you live in SE Seattle, White Center, SE Renton, Federal Way, Glendale, Bryn Mawr and Skyway and meet income requirements https://www.habitat.org/volunteer/near-you/home-preservation |

| | | |
|---|---|---|
| Rebuilding Together Seattle | 206-682-1231 | Serves greater Seattle area http://www.rtseattle.org/ |
| Rebuilding Together South Sound | 253-238-0977 | Serves Pierce County and cities of Federal Way and Auburn. Also has a volunteer ramp build in October https://rebuildingtogetherss.org/ |
| Rampathon | 425-860-8232 | Currently on hold due to COVID-19 https://www.mbaks.com/community/rampathon |
| ALTSA (Aging & Long Term Support Administration) | 1-800-422-3263 option #6 | If you are covered by Medicaid, COPES or have developmental disability, you may be able to get financial assistance with home modifications |
| Triumph Foundation | 661-803-3700 | assists people with spinal cord injuries get necessary adaptive equipment for ADLs, home modifications for wheelchair accessibility https://triumph-foundation.org/ |
| Multiple Sclerosis Foundation | | Assistive Technology program for those with MS diagnosis, includes home and vehicle modifications. Application online at https://msfocus.org/Get-Help/MSF-Programs-Grants/Assistive-Technology-Program |
| Bryon Riesch Paralysis Foundation | 262-547-2083 | For those with neurological disorders (preference going to spinal cord injuries), request should be for a specific item or modification https://brpf.org/charitable-grant-application/ |

# Home Health Agencies

| | | |
|---|---|---|
| Amicable Home Health | Intake Phone: 206-444-7410<br>Intake Fax: 206-926-9212<br>Office Phone: 206-444-7410<br>Office fax: 206-246-0562 | Services King, Pierce and Snohomish County |
| Assured Home Health Renton | Phone: 425-336-0008<br>Intake Fax: 844-238-0067<br>Office fax: 425-336-0010 | Services south of downtown Seattle, South King County and some Eastside King County |
| Assured Home Health Puyallup | Phone: 253-838-7916<br>Intake Fax: 844-238-0067<br>Office fax: 253-838-7094 | Services Pierce County |
| Assured Home Health Mountlake Terrace | Phone: 206-364-1484<br>Intake Fax: 844-238-0067<br>Office fax: 206-364-1286 | Services downtown Seattle and north, also Kirkland, Redmond, and Woodinville |
| Brookdale Home Health | Phone: 206-417-7700<br>Intake/office fax: 206-417-7701 | Services King and Snohomish Counties |
| Careage Home Health King County | Phone: 425-519-1265<br>Intake/office fax: 425-861-7879 | Services King County |
| Careage Home Health Pierce County | Phone: 253-254-6933<br>Intake/office fax 253-507-7099 | Services Pierce County |
| CHI Franciscan Home Health | Phone: 253-534-7090<br>Intake Fax: 253-534-7610 | Services Pierce County |
| Eden Home Health | Phone: 206-717-8161<br>Intake/office fax: 206-899-1641 | Services King County |
| Envision Home Health King County | Phone: 206-452-0058<br>Intake/office fax: 844-500-0721 | Services King County |
| Envision Home Health Pierce County | Phone: 253-509-5004<br>Intake/office fax: 844-500-0721 | Services Pierce County |
| Evergreen Home Health | General phone: 425-899-3300<br>General fax: 425-899-1016<br>Intake phone: 425-899-3970<br>Intake fax: 425-899-3228 | Services King and Snohomish counties |
| Kindred at Home (Bellevue) | Phone: 425-827-2415<br>Intake fax 877-814-1971 | Services Renton north-King County |
| Kindred at Home (Kent) | Phone: 253-395-5133<br>Fax: 253-395-8746<br>Intake Phone:253-395-3470<br>Intake Fax: 888-814-1970 | Services Renton south-King County |
| Kindred at Home (Puyallup) | Phone: 253-435-9953<br>Intake Fax: 888-914-5978 | Services Pierce County |
| Kindred at Home (Seattle) | Phone: 206-729-7773<br>Intake fax: 1-888-814-1968 | Services greater Seattle area |
| Kline Galland Home Health | Phone: 206-805-1930<br>Office/intake fax: 206-805-1931 | Services King County |

| | | |
|---|---|---|
| Multicare Home Health | Phone: 253-301-6400<br>Intake/office fax: 253-301-6528 | Services Pierce County |
| Providence Home Health | Phone: 425-525-6800<br>Intake/office fax: 425-525-6825 | Services King County |
| Puget Sound Home Health | Phone: 253-581-9410<br>Fax: 253-581-9207 | Services King and Pierce counties |
| Signature Home Health | Phone: 253-661-5166<br>Intake/Office Fax: 866-567-6279 | Services King/Pierce/Snohomish/Skagit/Whatcom counties |
| Wesley Homes Home Health | Phone: 206-870-1127<br>Intake/office fax: 206-870-4165 | Services King and Pierce Counties |

*Please contact the individual agencies for specific zip codes served and current availability.

# Durable Medical Equipment Suppliers

## MOBILITY EQUIPMENT SUPPLIERS

| Company | Address | Phone | Website/Other |
|---|---|---|---|
| Access Medical Equipment Co | 4300 Talbot Rd S #106; Renton WA 98055 | Phone: 425-228-2210 | (Formerly Cornell's). Does rentals of medical equipment as well as sales, they do not bill insurance. |
| American Seating and Mobility | 170 Stewart Rd SW, Pacific WA 98047 | Phone: 253-896-3535; FAX: 866-557-6939 | www.asmrehab.com |
| Bath+ (division of Bellevue Healthcare) | | Phone: 425-941-2258 | www.bath-plus.com<br>Bathroom Modifications, Home accessibility, and lifts |
| Bellevue Healthcare | | Phone: 866-451-2842<br>Fax: 425-467-6661 | https://bellevuehealthcare.com/Documents/BHC-Contracted-Insurance-List-2021.pdf<br>Multiple DME items, contracted with Medicare/Medicaid, and multiple other plans, contracted list is here: |
| Lincoln Pharmacy | 821 S 38th St; Tacoma WA 98418 | Phone: 253-473-1155<br>Fax: 253-473-1158 | www.lincolnrx.com<br>Manual wheelchairs, home health care/medical/bariatric supplies,diabetic shoes and inserts. Will bill Medicare and most insurance companies. |
| MD Medical Supplies | 7687 S 180th St; Kent WA 98032 | Phone: 425-556-1490<br>Fax: 425-867-5087 | https://www.mdmedicalsupplies.com<br>Contracted with Medicare/Medicaid |
| National Seating and Mobility | 34310 9th Ave S Suite 105; Federal Way WA 98003 | Phone: 360-532-2222<br>Fax: 360-533-4320 | https://www.nsm-seating.com/ |
| Norco Seattle | 4135 Stone Way N Seattle WA 98103 | Phone: 206-547-2200<br>Fax: 206-971-3883 | https://www.norco-inc.com/ |
| Norco Tacoma | 1902 Tacoma Ave S; Tacoma WA 98402 | Phone: 800-735-7156<br>Fax: 253-474-4869 | https://www.norco-inc.com/ |
| Northwest Access Fund | | Phone: 206-328-5116 | https://pacmedicalop.com/<br>Low interest loans for assistive technology |
| Numotion Seattle | | Phone: 206-204-3330<br>Fax: 206-204-0131 | www.numotion.com |
| Numotion Tacoma | 11106 25th Ave E #A; Tacoma WA 98445 | Phone: 253-830-2020<br>Fax: 253-537-0208 | www.numotion.com |
| Professional Medical Corp | 12733 28th Ave NE; Seattle WA 98125 | Phone: 800-741-3996<br>Fax: 888-741-3997 | https://professionalmedicalcorp.com<br>Contracted with WA Medicaid, also services COPES and MAC/TSOA clients for approved supplies |
| Ramp Arts | | Phone: 206-440-9999 | www.rampartsnw.com<br>Home ramp installation, free estimates |
| Sound Health Medical | 2811 S 12th St; Tacoma WA 98405 | Phone: 253-274-5000 | www.soundhealthmedical.com<br>Multiple mobility items, Medicare-contracted |

# DISCOUNT/DONATED EQUIPMENT

| Company | Address | Phone | Website/Other |
|---|---|---|---|
| Access Medical Equipment Co | 9550 Aurora Ave N; Seattle WA 98013 | Phone: 206-365-7700 | www.accessmedicalequipment.com<br>No insurance billing, offers used equipment and rental options |
| Bridge Ministries | 12340 Northup Way, Bellevue WA 98005 or 1120 Industry Drive, Tukwila WA 98188 | Phone: 253-277-2041 (Tukwila) or (425)-628-1751 (Bellevue) | www.bridgemin.org<br>Donated equipment (free or low cost) |
| Discount Medical Supply | 5510 6th Avenue; Tacoma WA 98406 | Phone:253-752-7900 | New and pre-owned equipment, rentals, no insurance billing |
| Maple Valley Community Center Lending Closet | | Phone: 425-432-1272 | Call for available inventory |
| MSHH Donor Closet | 409 Howell Way, Edmonds WA or 3635 S Lawrence St, Tacoma WA | Phone: 425-712-1807 (Edmonds) 253-327-1033 (Tacoma) | Low cost refurbished DME, locations in Tacoma and Edmonds http://www.mshh-donorcloset.com/ |
| Wheelchair Haven | 8411 Pacific Hwy E; Tacoma WA 98422 | Phone: 253-926-8971<br>Fax 253-926-2488 | New and pre-owned mobility equipment, rent-to-own option, no insurance billing |

Durable Medical Equipment Charting Tips for Providers: https://bellevuehealthcare.com/partners/partner-resources/

Apple Health/Medicaid Durable Medical Equipment Guides: https://www.hca.wa.gov/billers-providers-partners/programs-and-services/durable-medical-equipment-dme