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Falls Prevention Training

Assisted living facilities and adult care homes can be the safest place for the elderly, disabled, or injured to stay when assistance is necessary by a medically trained staff. However, falls are a major common problem in these facilities causing severe injury to the residents living in them. Falls can be avoided by having fall prevention training classes every few months to help educate the staff on duty on how to prevent falls and handle them properly when they do occur.



Topics to Discuss in a Fall Prevention Training Class

Create an Exercise Plan for Residents in the Facility or Home: Explain to the staff that creating an exercise plan for the residents can help prevent falls by maintaining or strengthening their bones and muscles. The stronger the bones and muscles of an assisted living resident, the lower the chances of falling will be for them. Tell the staff you will be incorporating an exercise routine into your daily schedule and designating a few staff members each day to help with it.

Keep a Closer Eye on Residents Prone to Falling: Each week the staff should be informed of residents prone to fall. Knowing which ones are prone to fall helps staff keep an eye on them so they can be better assisted when they need help moving around. Typically, residents that are prone to falling more often are ones with cognitive impairment, diabetes, and females according to statistics at *National Center for Healthy Housing*.

Make Sure Safety Handles are Placed in Proper Spots: Incorporating safety handles in your assisted living facility or adultcare home in essential areas can prevent residents from falling down and injuring themselves severely. Some of the places safety handles should be placed are near bathtubs, showers, toilets, beds and staircases.

Place a Buzzer Alert System within the Facility: Placing a buzzer alert system in the facility so residents can get help when they need it is essential to preventing falls. Sometimes residents will try doing things on their own if they cannot alert someone for help. The buzzer alert system can also alert the staff that a resident has fallen and needs assistance immediately.

Make a list

Of what needs cleaned, thrown away, moved around or replaced. Its the new year. Let;s start off stress free and clutter free!

Tidy the doorway

Hang up coats. Put away shoes. Mop or vacuum the doorway. Beat the dirt and dust out of mats or rugs.

Lighten up

Get rid of things you no longer need or want. Sort these items into boxes labeled Recycling, Thrift Store, Friends, Garage Sale. Finding new homes for your items means putting resources in the hands of those who truly need or want them.

Put things where they go.

Get in the habit of always putting things away when you are done using them. Don't tell yourself you'll get it later or that maybe someone else will need to use it: just put it away. This habit will go the furthest in ensuring that your home stays organized.

Treat Yourself!

The reward concept serves as your motivation, so be sure to choose something that you'd really enjoy!

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5 Wheelchair Safety Tips

Wheelchairs are useful mobility vehicles that help individuals move around with ease. They work wonderfully for the elderly, disabled and ill residents. However, when wheelchairs are misused or not well-maintained accidents can occur that causes minor to serious injuries. When using a wheelchair some safety tips need to be kept in mind.

Learn Proper Brake Use:

Anytime you are parking your car somewhere you press on the brakes to prevent from moving and causing an accident. With a wheelchair, you must do the same thing. The brakes are designed to keep you from moving around while you are trying to stay put. The brakes should also be put on when you are trying to go from the bed to the wheelchair safely or the chair to the bed. If the brakes are not on when you are trying to get into bed or out of bed, you resident could fall or end up with an unnecessary

Maintain the Wheels:

If you notice the wheels on your wheelchair are broken or flat it is time to get them repaired. Trying to move around in a wheelchair with broken wheels could lead to an unwanted injury such as the wheelchair tipping over.

Avoid Sidewalk and Road Curbs:

When using your wheelchair on sidewalks or near roads it is important to stay away from curbs. Getting too close to a curb could cause your resident to become stuck, or worse have the wheelchair tip over causing serious injury.

Stay Away from Staircases:

Staircases are a huge no no! Never try going down a flight of stairs in a wheelchair. This could cause severe injury or even death. Instead, get assistance getting down the staircase or use an elevator to get to the floor you need to be on. Elevators were designed to help wheelchair riders get from one floor to the next with ease and safety.

No Reaching:

If you find something is out of your residents reach while in a wheelchair, never allow them to move to edge of the wheelchair seat or use the wheelchair as a step stool to reach what is needed. This could cause you to fall, or have the object you are trying to reach fall on top of you. Instead, ask for help.



*"If opportunity doesn't knock, build a door."
– Milton Berle*

Meet our Team!



Lisa Redmer
Account Manager

Lisa Redmer joined the PCALIC team with 6 years of experience in specialized insurance. Corresponding with her client base and working with them to understand the benefits of their policies and problem solve are what she enjoys most about her account management position. Outside of the office, she enjoys experimenting with new vegetarian recipes, fostering rescue puppies, and spending time with her husband and their two dogs.

Fun Facts about February!

Fact 1- February is National Bird-Feeding Month



Fact 2 - The month is named for the Latin word February which means purification.

Fact 3 -Both January and February had 28 days.

Top 3 Ways to Motivate Your Employees

1. Communicate Better

You should communicate with them frequently, and actually speak with them face-to-face. Your staff needs to know they are valued, and communicating in person with them is the best way to show your appreciation for their hard work.

2. Empower Them

Give your employees more of a say in how they do their job. Ask for their input and get suggestions on how they can improve their performance. Most employees have ideas about how they can be more efficient, but they may not share them with you unless you specifically ask them.

3. Offer Opportunities For Advancement

Your employees are more motivated when they know they're working towards something. If they think there's no opportunity for advancement, they don't have much to work for.

Assisted Living Valentine's Day Fun

Assisted living facilities and adult care home can be amazingly fun places, particularly on holidays like Valentine's Day. With activities and decorations aplenty, the festivities can start a little early and run for much of the month of February. Nothing beats the cold like the warmth of fellowship and love.

Dances: Hold a Valentine's Dance. Not everyone has as much pep in their step as they used to, but that's no reason not to hold a Sweetheart Dance. You can have residents vote for a King and Queen, set up a dance floor for residents, play music from their time, and even have a round robin style dance where the ladies and the gents can find a partner and take a few turns around the floor.

School Participation: Have local schools ask each child to make a valentine card. This is a great way to bring color and fun to the holiday. Having a wall or two filled with happy valentines made by young hands can cheer up residents.

Activities: You can have residents get together and share stories, play games, make Valentine cards, have snacks and door prizes or have a Valentine Candy Gram. This is a great way to get to know your residents.

Having a great Valentine's Day is all about making the time special for your residents. With decoration and a lot of remembrance, the time spent together is sure to be very special.

Happy Valentines

PCALIC, LLC
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