ACHIEVA REHAB

In-Home Mobility & Fall-Prevention Screening Tool

A Resource for Schuylkill County Families & Legal Advisors

Why This Matters: A sudden change in physical mobility or a catastrophic fall is the leading trigger for emergency nursing home placements. This screening tool helps families and elder law professionals catch subtle physical declines early—protecting independent living timelines and preventing unplanned crisis financial spend-downs.

Critical Mobility Red Flags: What to Look For

Observe your loved one or client during routine daily activities or office visits. Check any boxes that apply:

- ❑ **The Chair Struggle:** Needing multiple attempts or heavy momentum to push upward and stand up from a standard office or dining room chair.
- ❑ **'Wall-Walking' & Furniture Gripping:** Unconsciously touching walls, leaning on tables, or gripping door frames for balance while walking down a hallway.
- ❑ **The Step-Up Hesitation:** Visible anxiety, reaching out, or noticeable unsteadiness when approaching curbs, single steps, or uneven outdoor surfaces.
- ❑ **The 'Slow Down' Lifestyle Shift**: Voluntarily giving up driving, going out less frequently, or neglecting routine household tasks primarily due to a fear of falling.
- ❑ **Shuffling or Narrow Gait:** Walking with short, flat-footed shuffling steps rather than standard, confident heel-to-toe strides.

Our Clinical Framework & Insurance Coverage

Service Model: Specialized, medical-grade neurological, balance, and fall-prevention physical therapy delivered directly in the comfort of the client's home.
Regulatory Fit: Operated strictly under standard Medicare Part B outpatient rules. Clients do not need to meet restrictive 'homebound' criteria to qualify for care.
Insurance & Costs: Fully covered by traditional Medicare, Medicare Advantage, and major commercial insurance plans. There are zero out-of-pocket expenses for the family beyond standard plan copays or coinsurance.

Clinical Accountability:
All care is provided by our own dedicated, local W-2 professionals—ensuring strict operational control, liability coverage, and highly coordinated communication.

Next Steps: How to Take Action Before a Crisis
If you checked one or more red flags above, taking proactive action can prevent a major medical and legal emergency.

1. Initiate a Home Safety Discussion: Share this checklist neutrally with the family or adult child as a routine wellness check.
2. Request a Frictionless Screening: Contact Achieva Rehab to coordinate an in-home safety and baseline balance evaluation.
3. Protect the Asset Plan: By stabilizing physical mobility early, you maintain control over the client's independent living timeline.

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