<table>
<thead>
<tr>
<th>HRA Q#</th>
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<th>Action/Information/Referrals</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Aerobic exercise</td>
<td>Recommended at least 5 days a week; if less, then provide information on suitable types of aerobic exercise (i.e., walking, cycling), and list of senior community centers for exercise classes</td>
<td>Office on Aging 1-800-510-2020 for exercise classes; list of Senior Centers (Section 5)</td>
</tr>
<tr>
<td>2</td>
<td>Resistance exercise</td>
<td>Recommended twice a week; if less, then provide information on strengthening/resistance exercises</td>
<td>Same as above, plus Strong and Stable Brochure or Workout To Go (Section 6)</td>
</tr>
<tr>
<td>3-5</td>
<td>Diet</td>
<td>Recommended servings should be consumed daily; if less, then provide information on diet/nutrition; consider referral to dietician if needed</td>
<td>Healthy Eating After 50 Age Page (Section 6)</td>
</tr>
<tr>
<td>6</td>
<td>Fast Food</td>
<td>No recommendation on frequency, but if excessive, provide information on diet or referral to meal service</td>
<td>See #7 below</td>
</tr>
<tr>
<td>7</td>
<td>Food Insecurity</td>
<td>Determine if it’s a lack of money or lack of assistance; refer to Meals on Wheels and/or food banks if lack of money; refer to In Home Supportive Services (IHSS) if lack of assistance and if qualified</td>
<td>Food Banks <a href="http://www.211oc.org/food.html">http://www.211oc.org/food.html</a> See Resource List for numbers for Meals on Wheels, IHSS and Office on Aging Infoline</td>
</tr>
<tr>
<td>8</td>
<td>Alcohol</td>
<td>Recommended 1 or less per day; if more, document amount in chart, provide information on alcohol reduction, and screen for alcohol use disorder with CAGE questionnaire (Section 3)</td>
<td>Alcohol Use in Older Adults Age Page; Alcohol/drug abuse clinics: OC LINKS 855-625-4657; AA [<a href="http://www.oc-aa.org/">http://www.oc-aa.org/</a>] (714) 556-4555</td>
</tr>
<tr>
<td>9</td>
<td>Sleep</td>
<td>Recommended 7 hours or more per day; if less, provide information on sleep hygiene</td>
<td>Sleep Age Page (Section 6)</td>
</tr>
<tr>
<td>10</td>
<td>Tobacco</td>
<td>Recommend to avoid use and exposure; if smoking, provide referral to smoking cessation</td>
<td>Smoking cessation hotline: 1-866-NEW-LUNG (1-866-639-5864); flyer in Section 5</td>
</tr>
<tr>
<td>11</td>
<td>Socialization</td>
<td>No recommendations on frequency</td>
<td>See # 26 on back page</td>
</tr>
<tr>
<td>12</td>
<td>Pain</td>
<td>If significant, consider referral to pain management specialist/center</td>
<td>Pain Age Page (Section 6)</td>
</tr>
<tr>
<td>13</td>
<td>Dental</td>
<td>If yes, then refer to dentist. If uninsured, refer to Adult Emergency Dental Clinic at HCA (extractions only; every Tues and Thurs, 20 clients per day on first-come, first served basis with numbers handed out starting at 7:30 AM)</td>
<td>Adult Emergency Dental, 1725 W. 17th Street; call 1-800-564-8448 for information</td>
</tr>
<tr>
<td>14</td>
<td>Financial Insecurity</td>
<td>If no, can refer to programs that may assist with specific financial needs (housing, utility, medical bills, food programs)</td>
<td>Office on Aging 1-800-510-2020 or Social Service Agency (SSA) (714) 541-4895</td>
</tr>
<tr>
<td>15</td>
<td>Medication questions</td>
<td>If medication adherence poor, ask further questions to determine reasons. For OTC meds, review what is being taken and add to medication list (if not already listed). If poly-pharmacy, consider referral to Senior Health Outreach and Prevention Program (SHOPP) for visit with a pharmacist</td>
<td>Medication Use or Dietary Supplements Age Page (Section 6) SHOPP referral (714) 972-3700 for pharmacist review of meds (Section 5)</td>
</tr>
<tr>
<td>16</td>
<td>Driving</td>
<td>If no, provide information on transportation resources. If unsafe driving suspected, refer for driver evaluation at St. Jude's, or self-assessments (computerized) at The Driving Center; report to DMV (report form in Section 8) if loss of consciousness or disorder which affects driving</td>
<td>Transportation resources: Office on Aging 1-800-510-2020, or 2-1-1. Driving Safety: St. Jude’s Center for Rehab and Wellness, 714-578-8720; The Driving Center, 949-380-0155; Driving Age Page</td>
</tr>
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June 2017
## Health Risk Assessment (HRA) ACTION/REFERRALS

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<td>17</td>
<td>Sexual activity</td>
<td>If more than one partner, ask about sexual practices and condom use; counsel as appropriate to reduce risk and screen for STIs if at high risk</td>
<td>Hearing impaired: Providence Speech and Hearing Center <a href="http://www.pshc.org">www.pshc.org</a> 855-901-7742; Visually impaired: Braille Institute <a href="http://www.brailleinstitute.org/orangecounty/714-821-5000">http://www.brailleinstitute.org/orangecounty/714-821-5000</a></td>
</tr>
<tr>
<td>18</td>
<td>Hearing /vision</td>
<td>If hearing impaired, refer to audiology; if visually impaired or if in need of exam, refer to optometry</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Balance/falls</td>
<td>If yes to balance problems, provide information on fall prevention; if yes to falls, consider PT evaluation or fall prevention program. Also, administer screening tests during visit to more fully assess risk.</td>
<td>Balance Basics Brochure (Section 6); Fall Prevention Center of Excellence <a href="http://www.stopfalls.org">www.stopfalls.org</a></td>
</tr>
<tr>
<td>20</td>
<td>Memory</td>
<td>Administer MOCA (Section 3); if score of concern, refer for further evaluation of dementia</td>
<td>Forgetfulness Age Page (Section 6), Alzheimer’s Orange County (949) 955-9000 or 844-435-7259 <a href="http://www.alzoc.org">http://www.alzoc.org</a></td>
</tr>
<tr>
<td>21</td>
<td>Incontinence</td>
<td>If yes, review causes of incontinence, refer as needed</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Financial abuse</td>
<td>If yes, ask more questions; if suspicion is low, provide information on prevention of financial abuse; if suspicion high, report to authorities: Adult Protective Services (APS) if living in the community, or Long term Care Ombudsman if living in a facility</td>
<td>In Section 7: Abuse Report Form Report (APS Registry 800-451-5155 or Ombudsman 800-300-6222 for questions); flyers on prevention of abuse</td>
</tr>
<tr>
<td>22, 24</td>
<td>ADLs/iADLs</td>
<td>If yes to any/all, review resources patient has, and refer for Long Term Supports and Services (LTSS) or personal assistance if needed</td>
<td>Office on Aging 1-800-510-2020 for information on LTSS</td>
</tr>
<tr>
<td>25</td>
<td>Caregiver</td>
<td>If no, refer to Caregiver Resource Center</td>
<td>Caregiver Resource Center 800-543-8312 <a href="http://www.caregiveroc.org/">http://www.caregiveroc.org/</a> (flyer Section 5)</td>
</tr>
<tr>
<td>26</td>
<td>Socialization</td>
<td>If socialization needed/desired, refer to Senior Centers, Friendly Visitor Program or Community Based Adult Services (CBAS) Centers</td>
<td>Call Office on Aging 1-800-510-2020, or see list of Senior Centers, CBAS Centers or Friendly Visitor Program (Section 5)</td>
</tr>
<tr>
<td>28</td>
<td>Abuse</td>
<td>If yes and suspicion high for abuse, ask more questions and report</td>
<td>See # 23 above</td>
</tr>
<tr>
<td>29</td>
<td>Advance Directive</td>
<td>If yes, ask who has a copy of it and document in chart; if no, provide information about it and/or form to fill out</td>
<td>Advance Directive fillable form and registration (Section 8)</td>
</tr>
<tr>
<td>33-35</td>
<td>Depression/ anxiety</td>
<td>If score on PHQ-2 (Q# 34-35) is &gt; 3, administer PHQ-9 and refer if PHQ-9 indicates major depressive disorder</td>
<td>Private referral or OC LINKS 855-625-4657 (Section 5)</td>
</tr>
</tbody>
</table>

All websites above accessed June 2, 2017.