

Health Risk Assessment (HRA) ACTION/REFERRALS

HRA Q#	Topic	Action/Information/Referrals	Resources
1	Aerobic exercise	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	Office on Aging 1-800-510-2020 for exercise classes; list of Senior Centers (Section 5)
2	Resistance exercise	Recommended twice a week; if less, then provide information on strengthening/resistance exercises	Same as above, plus Strong and Stable Brochure or Workout To Go (Section 6)
3-5	Diet	Recommended servings should be consumed daily; if less, then provide information on diet/nutrition; consider referral to dietician if needed	Healthy Eating After 50 Age Page (Section 6)
6	Fast Food	No recommendation on frequency, but if excessive, provide information on diet or referral to meal service	See #7 below
7	Food Insecurity	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	Food Banks http://www.211oc.org/food.html See Resource List for numbers for Meals on Wheels, IHSS and Office on Aging Infoline
8	Alcohol	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)	Alcohol Use in Older Adults Age Page; Alcohol/drug abuse clinics: OC LINKS 855-625-4657; AA http://www.oc-aa.org/ 714-556-4555
9	Sleep	Recommended 7 hours or more per day; if less, provide information on sleep hygiene	Sleep Age Page (Section 6)
10	Tobacco	Recommend to avoid use and exposure; if smoking, provide referral to smoking cessation	Smoking cessation hotline: 1-866-NEW-LUNG (1-866-639-5864); flyer in Section 5
11	Socialization	No recommendations on frequency	See # 26 on back page
12	Pain	If significant, consider referral to pain management specialist/center	Pain Age Page (Section 6)
13	Dental	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)	Adult Emergency Dental, 1725 W. 17 th Street; call 1-800-564-8448 for information
14	Financial Insecurity	If no, can refer to programs that may assist with specific financial needs (housing, utility, medical bills, food programs)	Office on Aging 1-800-510-2020 or Social Service Agency (SSA) 714-541-4895
15	Medication questions	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	Medication Use or Dietary Supplements Age Page (Section 6) SHOPP referral (714) 972-3700 for pharmacist review of meds (Section 5)
16	Driving	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	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

Health Risk Assessment (HRA) ACTION/REFERRALS

HRA Q#	Topic	Action/Information/Referrals	Resources
17	Sexual activity	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	
18	Hearing /vision	If hearing impaired, refer to audiology; if visually impaired or if in need of exam, refer to optometry	Hearing impaired: Providence Speech and Hearing Center www.pshc.org 855-901-7742; Visually impaired: Braille Institute http://www.brailleinstitute.org/orangecounty/ 714-821-5000
19	Balance/falls	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.	Balance Basics Brochure (Section 6); Fall Prevention Center of Excellence www.stopfalls.org
20	Memory	Administer MOCA (Section 3); if score of concern, refer for further evaluation of dementia	Forgetfulness Age Page (Section 6), Alzheimer's Orange County (949) 955-9000 or 844-435-7259 http://www.alzoc.org
21	Incontinence	If yes, review causes of incontinence, refer as needed	
23	Financial abuse	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	In Section 7: Abuse Report Form Report (APS Registry 800-451-5155 or Ombudsman 800-300-6222 for questions); flyers on prevention of abuse
22, 24	ADLs/iADLs	If yes to any/all, review resources patient has, and refer for Long Term Supports and Services (LTSS) or personal assistance if needed	Office on Aging 1-800-510-2020 for information on LTSS
25	Caregiver	If no, refer to Caregiver Resource Center	Caregiver Resource Center 800-543- 8312 http://www.caregiveroc.org/ (flyer Section 5)
26	Socialization	If socialization needed/desired, refer to Senior Centers, Friendly Visitor Program or Community Based Adult Services (CBAS) Centers	Call Office on Aging 1-800-510-2020, or see list of Senior Centers, CBAS Centers or Friendly Visitor Program (Section 5)
28	Abuse	If yes and suspicion high for abuse, ask more questions and report	See # 23 above
29	Advance Directive	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	Advance Directive fillable form and registration (Section 8)
33-35	Depression/ anxiety	If score on PHQ-2 (Q# 34-35) is ≥ 3 , administer PHQ-9 and refer if PHQ-9 indicates major depressive disorder	Private referral or OC LINKS 855-625-4657 (Section 5)

All websites above accessed June 2, 2017.