

KAISER PERMANENTE
 FALLS PREVENTION VIDEO SCRIPT
 DRAFT 3a
 May 4, 2012

MODULE 1: INTRODUCTION AND OVERVIEW

<p>INTERIOR: MAGGIE AND GEORGE'S BEDROOM. On the bed are piles of clothing. Maggie is holding two sweaters over a stack of clothes. George enters the room, holding a small shopping bag.</p>	<p>MAGGIE So which sweater should I pack ... this blue one or the green one?</p>	<p>MAGGIE ¿Qué suéter llevo... este azul o el verde?</p>
<p><i>(He's clearly not invested in this decision, but he is taken aback by the stacks of clothes.)</i></p>	<p>GEORGE For cryin' out loud ... we're gonna be there for a week, not a month. Why do you need all these clothes?</p>	<p>GEORGE Por lo que más quieras... vamos por una semana, no por un mes. ¿Para qué necesitas toda esa ropa?</p>
<p><i>Maggie decides that's a rhetorical question and that George isn't going to weigh in on the sweater decision. She eyes the bag that George is holding.</i></p>	<p>MAGGIE Oh, did you pick up those books for Jason and Lisa?</p>	<p>MAGGIE Oye, ¿recogiste los libros para Juanito y Lucy?</p>

<p><i>The scene continues as each of them go on with their preparations.</i></p>	<p>GEORGE They're on the dining room table.</p>	<p>GEORGE Están en la mesa del comedor.</p>
	<p>MAGGIE (Voice Over) We were so looking forward to getting away and spending a week with our grandchildren!</p>	<p>MAGGIE (Voice Over) ¡Estábamos tan emocionados de ir a pasar una semana con nuestros nietos!</p>
<p>INTERIOR: GEORGE AND MAGGIE'S LIVING ROOM - SIX MONTHS AFTER GEORGE'S FALL - THEIR "STORYTELLING SETTING" <i>George and Maggie are sitting together, talking to camera, as if relating their story to a visitor over coffee.</i></p>	<p>MAGGIE Our daughter Julia told us that she and her husband James wanted to get away for their anniversary ... just the two of them.</p>	<p>MAGGIE Nuestra hija Julia nos contó que ella y su esposo Jaime querían escaparse, los dos solos, a celebrar su aniversario.</p>
	<p>GEORGE So we offered to go over to their place and watch the kids. It would give them some time together, and give us time with the grandkids.</p>	<p>GEORGE Por eso nos ofrecimos a ir a su casa a cuidar a los niños. Así, ellos podrían pasar juntos unos días, y nosotros disfrutar de los nietos.</p>
	<p>MAGGIE Well, that was the plan ...</p>	<p>MAGGIE Pues sí, ese era el plan...</p>

<p>INT. STORAGE ROOM IN GEORGE AND MAGGIE'S HOUSE</p> <p>Door opens and light turns on, revealing shelves that are stacked to overflowing, spilling onto the floor. George moves items to make his way to a rear shelf where the suitcases are located. He grabs two of them and starts making his way out of the storage room. He tries lifting the suitcases to clear some of the other items, doesn't quite make it, resulting in an extreme slow motion cascade of items, causing George to lose his balance. A series of close-ups in slow motion show items falling, George's fingers losing their grip on the door frame, etc.</p> <p>Cut to George lying on the floor. In the background, Maggie enters and approaches George.</p>	<p>MAGGIE Oh, my gosh, George! Are you alright?!</p>	<p>MAGGIE ¡Ay, Dios mío, Jorge! ¿Estás bien?</p>
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	<p>GEORGE I think I broke something You'd better call an ambulance.</p>	<p>GEORGE Creo que me rompí un hueso... Llama a la ambulancia.</p>
INT. STORYTELLING LOCATION	<p>GEORGE As I was lying there, I thought, "Oh, please, don't let it be a broken hip!" Well, it was. I went through surgery, spent a couple days in the hospital, went through rehab, and months recuperating.</p>	<p>GEORGE Mientras estaba en el suelo, pensé: ¡Por favor, Dios mío, que no me haya fracturado la cadera!" Pues sí, me la fracturé. Me operaron, estuve algunos días en el hospital, fui a rehabilitación y pasé meses recuperándome.</p>
	<p>MAGGIE Needless to say, we never did get to spend the week with our grandchildren. In fact, Julia and James cancelled their plans and spent the week with us.</p>	<p>MAGGIE Ya no pudimos ir con nuestros nietos. Entonces Julia y Jaime cancelaron sus planes y vinieron a pasar la semana con nosotros.</p>
	<p>GEORGE You know, for as much pain as the broken hip caused me, the worst part was losing my independence, and the burden I put on our kids. One moment, we're getting ready to spend the week with our grandkids, and just like that (<i>snapping his fingers</i>) I'm in the hospital, not able to walk or even go to the bathroom by myself. And I hate asking for help!</p>	<p>GEORGE ¿Saben? Aunque la cadera fracturada me ha causado mucho dolor, lo peor fue perder mi independencia y las molestias que les di a nuestros hijos. En un momento nos preparábamos para pasar la semana con nuestros nietos, y en un instante (<i>snapping his fingers</i>) ya estaba en el hospital, sin poder caminar o siquiera ir al baño yo solo. ¡Y no me gusta pedir ayuda!</p>

	<p>MAGGIE I must say, that fall changed our lives. It made us realize that we're not 45 anymore. We learned that we need to do things just a little bit differently now if we want to stay healthy.</p>	<p>MAGGIE Tengo que admitir que esa caída nos cambió la vida. Nos hizo darnos cuenta de que ya no somos jóvenes. Aprendimos que necesitamos hacer las cosas de otro modo si queremos seguir sanos.</p>
	<p>GEORGE Let me tell you, at first that was a tough pill to swallow.</p>	<p>GEORGE Al principio fue muy duro aceptarlo.</p>
	<p>MAGGIE But it doesn't mean we have to quit doing <i>everything</i>. Yes, there are some things we shouldn't be doing ... (<i>she turns to George</i>) like cleaning out the gutters ...</p>	<p>MAGGIE Pero eso no significa que tengamos que dejar de hacer <i>todo</i>. Claro, hay algunas cosas que ya no debemos hacer... (<i>she turns to George</i>) como limpiar el techo...</p>
	<p>GEORGE (to Maggie) ... or cleaning the top of the kitchen cabinets ...</p>	<p>GEORGE (to Maggie) ... o limpiar la parte de arriba de los muebles de la cocina...</p>
	<p>MAGGIE ... but there's still plenty we <i>can</i> do. And now we have the time and the wisdom to be more intentional about what it is we do.</p>	<p>MAGGIE ...pero aún hay muchas cosas que <i>podemos</i> hacer. Y ahora tenemos el tiempo y el sentido común para pensar bien en lo que <u>sí</u> podemos hacer.</p>
	<p>GEORGE Since my fall, I've learned a lot.</p>	<p>GEORGE Desde que me caí, he aprendido mucho.</p>
	<p>MAGGIE Our whole family has!</p>	<p>MAGGIE ¡Toda nuestra familia ha aprendido!</p>

	<p>GEORGE After I broke my hip, I developed this almost overwhelming fear of falling again. It was crazy! I was afraid of going anywhere. I certainly didn't want that fear to take over my life, so I decided to learn what I can do to prevent falls.</p> <p>MAGGIE And so did I! The folks at Kaiser Permanente have been great ... the doctors, the nurses, the therapists. And all that information they have their web site. We got a lot of great advice on how to prevent falls from happening!</p>	<p>GEORGE Después de fracturarme la cadera, me dio mucho miedo volver a caerme. ¡Qué locura! Tenía miedo de ir a cualquier parte. Desde luego, no quería que el miedo controlara mi vida y por eso decidí aprender <u>qué</u> podía hacer para prevenir caídas.</p> <p>MAGGIE ¡Y yo también! Todos en Kaiser Permanente han sido muy buenos: los doctores, las enfermeras, los terapeutas. Y tienen mucha información en su sitio web. Nos dieron muchas recomendaciones para prevenir las caídas.</p>
<p>MONTAGE OF MULTIPLE SCENES OF GEORGE AND MAGGIE WITH VARIOUS HEALTH CARE PROFESSIONALS ILLUSTRATING THEIR NARRATIVE.</p>		
	<p>GEORGE When I was recovering from my surgery, I went through quite a bit of therapy. In addition to just getting my body moving again safely, they helped me learn how to use the walker, and then how to use the cane. I learned how to</p>	<p>GEORGE Cuando me estaba recuperando de la cirugía, recibí mucha terapia. Además de aprender a moverme de nuevo con confianza, me enseñaron a usar la andadera y luego el bastón. Aprendí a subir y bajar del automóvil, a subir y</p>

	get in and out of the car, and going up and down stairs more safely ... even getting in and out of chairs.	bajar las escaleras con más seguridad, y hasta a sentarme y levantarme de los asientos.
INT: STORYTELLING SETTING	MAGGIE (ON CAMERA) What surprised me were all the little things around the house that can cause us to fall.	MAGGIE (ON CAMERA) Lo que me sorprendió fueron todos esos pequeños detalles en la casa que pueden causar una caída.
	GEORGE They gave us a list of things that we can do to make things easier and safer for us at home.	GEORGE Nos dieron una lista de lo que podíamos hacer para que las cosas fueran más fáciles y seguras en la casa.
VARIOUS LOCATIONS IN / OUT OF THE HOUSE <i>The following section would be a combination of George and Maggie's voice over describing what they learned, interspersed with dialogue between them and Julia and James ...</i>		
	MAGGIE Most of the things they suggested were so easy ...	MAGGIE Casi todo lo que nos recomendaron era muy fácil...
	GEORGE ...and pretty common sense.	GEORGE ...y, sobre todo, de sentido común.

	<p>MAGGIE We picked up clutter and improved the lighting around the house. We re-arranged the kitchen so that the heavier things are easier to get at.</p>	<p>MAGGIE Quitamos todo lo que nos estorbaba el paso y aumentamos luces en la casa. Reorganizamos la cocina para que nos sea más fácil alcanzar las cosas pesadas.</p>
	<p>GEORGE We put a chair in our dressing area so we wouldn't have to stand when we get dressed. Sitting on that chair sure did make putting my pants on a lot easier when I got home from rehab. We also got tips on how we can prevent falls while working outside.</p>	<p>GEORGE Pusimos una silla para no tener que estar de pie cuando nos vestimos. Cuando regresé de la rehabilitación, fue mucho más fácil ponerme los pantalones sentado en esa silla. También nos enseñaron a prevenir caídas cuando trabajamos en el jardín.</p>
INT: STORYTELLING SETTING	<p>MAGGIE They also talked about using other gadgets around the house to make things easier for us.</p>	<p>MAGGIE Nos hablaron de unos artefactos para ayudarnos en la casa.</p>
	<p>GEORGE “Assistive devices” is what they call them.</p>	<p>GEORGE Los llaman “dispositivos de ayuda”.</p>
INT: BATHROOM, GEORGE AND SON-IN-LAW INSTALLING GRAB BAR	<p>MAGGIE (V.O.) At first, George didn't like the idea of installing grab bars in our bathrooms. He kept saying, “Ah, those things are for old people!” But let me tell you, they do make life easier.</p>	<p>MAGGIE (V.O.) Al principio, a Jorge no le gustaba la idea de instalar barras en los baños para apoyarnos. Decía que esas cosas eran para viejos, pero déjenme decirles que facilitan mucho la vida.</p>

	<p>GEORGE</p> <p>And some things ... like bath benches, hand held showers, reachers, step ladders with handles, emergency call buttons ... just make good sense.</p>	<p>GEORGE</p> <p>Y algunas cosas, como los bancos para el baño, las duchas de mano, extensión para recoger cosas , las escaleras con barandales y los botones de emergencia... tienen mucho sentido.</p>
INT: STORYTELLING SETTING	<p>MAGGIE (VO)</p> <p>George's fall was quite a wake-up call for me, too. I finally got around to scheduling my annual visit with my doctor. Now we're both taking vitamin D and calcium supplements, which reduce the risk of falls and make our bones stronger.</p>	<p>MAGGIE (VO)</p> <p>La caída de Jorge me abrió los ojos advertencia a mí también. Por pedí una cita con mi doctor para hacerme mi examen anual. Ahora los dos tomamos vitamina D y calcio, que reducen el riesgo de sufrir caídas y fortalecen los huesos.</p>
	<p>GEORGE</p> <p>Who knew that something as simple as taking an over the counter vitamin D supplement once a day can actually prevent falls! Given my hip fracture, my doctor prescribed a medication for me to take just once a week to lower my chances of getting another broken bone down the road.</p>	<p>GEORGE</p> <p>¡Quién hubiera creído que algo tan sencillo como tomar vitamina D una vez al día puede prevenir caídas! Y como me fracturé la cadera, mi médico me recetó un medicamento para tomarlo una vez a la semana, que reduce las chanzas de que me rompa otro hueso en el futuro.</p>
INT / EXT: TAI CHI CLASS	<p>MAGGIE</p> <p>And everyone kept telling both of us, "Stay active!"</p>	<p>MAGGIE</p> <p>Y todos nos decían: "¡Manténganse activos!"</p>
	<p>GEORGE</p> <p>So we signed up for a Tai Chi class.</p>	<p>GEORGE</p> <p>Por eso tomamos una clase de Tai Chi.</p>

<p>MONTAGE OF EXERCISES: AT HOME AND IN PARK WITH FRIENDS</p>	<p>MAGGIE (VO) And as soon as George’s therapist said it was OK, we started making physical activity a part of our daily routine. We started doing some exercises to help with our strength and balance, and just got ourselves moving.</p>	<p>MAGGIE (VO) Cuando la terapeuta de Jorge le dio el visto bueno, empezamos con la actividad física en nuestra rutina diaria. Empezamos a hacer ejercicios para el equilibrio que nos ayudan a estar más fuertes y a movernos.</p>
	<p>GEORGE (VO) No matter what your ability level is, there are things you can do to stay physically active. As they say, you can get stronger at any age!</p> <p>MAGGIE (VO) We do some of our exercises at home. But it’s also nice to get out of the house. A lot of times we’ll meet up with our friends and do things together.</p>	<p>GEORGE (VO) A cualquier nivel de capacidad, siempre hay cosas que podemos hacer para mantenernos físicamente activos. Como dicen, ¡puedes ser más fuerte a cualquier edad!</p> <p>MAGGIE (VO) Hacemos ejercicio en casa, pero también nos gusta salir. Muchas veces nos reunimos con nuestros amigos y hacemos cosas juntos.</p>
<p>GEORGE AND MAGGIE AT COMPUTER, KP.ORG SCREEN SHOTS</p>	<p>MAGGIE (VO) We also got a lot of information on the Kaiser Permanente web site. There’s all kinds of information just for us seniors, including a whole section on preventing falls.</p>	<p>MAGGIE (VO) En el sitio web de Kaiser Permanente conseguimos mucha información. Hay todo tipo de información para adultos mayores y una sección completa sobre prevención de caídas.</p>
<p>INT: STORYTELLING SETTING</p>	<p>MAGGIE My goodness, we learned so much!</p>	<p>MAGGIE ¡Y hemos aprendido mucho!</p>

	<p>GEORGE But what we've told you so far is just scratching the surface. If you'd like to know more, go to KP.org/healthyaging, <i>(or click on the video below)</i> and we can give you a lot more details about what we've learned.</p>	<p>GEORGE Pero lo que les hemos contado hasta el momento es apenas una probadita. Si quieren saber más, vayan a sitio web: KP.org/healthyaging <i>(o hagan clic en el video de aquí abajo)</i>, y les daremos todos los detalles de lo que hemos aprendido.</p>
	<p>MAGGIE And if you have family or caregivers that help you out, encourage them to watch as well.</p>	<p>MAGGIE Y si tienen familia o alguien que los cuida y ayuda, invítenlos a ver también.</p>
	<p>GEORGE In the meantime, stay healthy ...</p>	<p>GEORGE Mientras tanto, cuidense y ¡manténganse sanos...</p>
	<p>MAGGIE ... and stay safe!</p>	<p>MAGGIE ... y salvos!</p>

MODULE 2: PREPARING YOURSELF (HEALTH FACTORS)

<p>INT: GEORGE AND MAGGIE’S BEDROOM</p> <p>Repeat of the sequence is which George falls, we see him lying on the floor, and Maggie discovers him and calls 911.</p>	<p>GEORGE (VO) That fall changed everything for me.</p>	<p>GEORGE (VO) Esa caída cambió todo para mí.</p>
<p>INT – STORYTELLING SETTING</p>	<p>GEORGE I found out that after you fall once, it increases your chances of falling again. For a while, I was so afraid that I would fall again, I didn’t want to move.</p>	<p>GEORGE Me enteré de que después de una caída, aumentan las chances de sufrir otra caída. Por un tiempo, tenía tanto miedo de volver a caerme que no quería moverme.</p>
<p>INT – KP PHYSICAL THERAPY ROOM A physical therapist is working with George, giving instructions on how to use a walker.</p>		
<p><i>Short excerpt of PT giving George instructions on using the walker.</i></p>	<p>GEORGE (VO) My therapists were a great help. They explained that sitting around actually increases my risk for falls and that I need to stay active. The more I moved, the more I began to trust my body again, and the less that I feared falling.</p>	<p>GEORGE (VO) Mis terapeutas me ayudaron mucho. Me explicaron que quedarme sentado aumentaba el riesgo de sufrir caídas y que necesitaba mantenerme activo. Cuanto más me movía, más confiaba de nuevo en mi cuerpo y tenía menos temor de caerme.</p>

	<p>GEORGE (VO) In addition to helping me learn how to use the walker, they gave me tips on how I should do things more safely.</p>	<p>GEORGE (VO) Además de ayudarme a aprender a usar la andadera, me dieron consejos para hacer las cosas con mayor seguridad.</p>
<p>EXT – DRIVEWAY, PARKING AREA <i>PT shows George the proper way to get in and out of a car.</i></p>		
<p>INT – LIVING ROOM <i>Maggie put pillow / cushion on chair; George tests it by sitting down and getting up.</i></p>	<p>GEORGE (VO) Just putting a cushion on chairs raises them up just enough so it's easier to sit down and stand up.</p>	<p>GEORGE (VO) Un simple cojín en las sillas eleva el asiento lo suficiente para sentarse y levantarse con más facilidad.</p>
<p><i>James and Julia remove a rocker and bring in a solid wingback chair.</i></p>	<p>MAGGIE (VO) And whoever said that seniors belong in rockers was off his rocker! Since rockers move back and forth, they don't give you something stable to hang onto. So we replaced our rocker with a good solid chair.</p>	<p>MAGGIE (VO) Y quien haya dicho que las mecedoras son para los adultos mayores...está loco! Las mecedoras se mueven de un lado a otro y no hay de dónde agarrarse. Por eso cambiamos nuestra mecedora por un sillón muy estable.</p>
<p>INT – STORYTELLING SETTING</p>	<p>MAGGIE I was amazed at the progress George made.</p>	<p>MAGGIE Me sorprendió el progreso que hizo Jorge.</p>
	<p>GEORGE Yeah ... With the physical therapy and regular exercises, I could feel myself getting stronger and steadier all the time.</p>	<p>GEORGE Sí... Con la terapia física y el ejercicio regular, me sentí cada vez más fuerte y firme...</p>

<p>INT – KP PHYSICAL THERAPY AREA</p> <p><i>PT gives George tips on using the cane, especially on uneven surfaces. He/she then shows how to use the cane while going up and down stairs.</i></p>		
<p>INT / EXT: SENIORS TAI CHI CLASS</p> <p>George and Maggie are among a group of about 6-8 seniors participating in a Tai Chi class. GEORGE and MAGGIE’s comments are interspersed among instructions, demonstrations and comments by the instructor.</p>	<p>GEORGE</p> <p>Everyone kept telling me that one of the key things I can do to prevent another fall is to improve my balance and the control I have over my body. When I was far enough along in my recovery, they recommended that I sign up for an exercise class. One of the things they suggested was Tai Chi, which is a kind of exercise helps with balance.</p>	<p>GEORGE</p> <p>Todos me decían que lo mejor que podía hacer para prevenir otra caída era mejorar mi equilibrio y el control de mi cuerpo. Cuando ya estaba casi recuperado por completo, me recomendaron una clase de ejercicio. Me sugirieron Tai Chi, que es un tipo de ejercicio que ayuda con el equilibrio.</p>
	<p>MAGGIE</p> <p>It sounded interesting, so I thought I’d join him. We were lucky to find one in our neighborhood, so off we went! It’s helped with <i>my</i> balance, too. And I seem to be more aware and in better control of my body.</p>	<p>MAGGIE</p> <p>Me pareció interesante y pensé en inscribirme con él. Tuvimos suerte de encontrar uno en nuestro barrio, ¡y allá nos fuimos! A <i>mí</i> también me ha ayudado con el equilibrio, creo que estoy más consciente y tengo mejor control sobre mi cuerpo.</p>

	<p>GEORGE When I first started doing Tai Chi, I felt a bit awkward and stiff ... especially having recently broken my hip. But I was surprised at how quickly I caught on.</p>	<p>GEORGE Cuando empecé a hacer Tai Chi, me sentía un poco torpe y rígido, especialmente porque hacía poco que me había roto la cadera, pero me sorprendió lo rápido que avancé.</p>
	<p>MAGGIE Another benefit is that the class has given us a chance to meet people and make some new friends!</p>	<p>MAGGIE Otra ventaja es que en la clase hemos conocido a más personas y ahora tenemos nuevos amigos.</p>
INT: STORYTELLING SETTING	<p>MAGGIE With all that George was going through, I realized that it had been well over a year since my last check-up. So I scheduled an appointment with my primary care doctor, and naturally the subject of falls came up.</p>	<p>MAGGIE Con todo lo que Jorge estaba pasando, me di cuenta de había sido más de un año de mi último examen médico. Hice una cita para ver a mi doctor de cabecera y, como es lógico, salió el tema de las caídas.</p>

INT: EXAM ROOM

We join Maggie and her PCP as they begin to talk about fall prevention. In his/her own words, the doctor goes over the following points with Maggie:

- **Review of Medications:** *Maggie says that some of her meds have been making her a bit dizzy. The doctor orders a change in meds.*
- **Sleeping Pills:** *The doctor asks if Maggie has been having trouble sleeping. She says she has, and says that she's been taking some OTC sleep aids. The doctor encourages her to stop taking those and gives her tips to help with sleep, i.e., relaxation regimen before bedtime, reduce caffeine, exercise, etc.*
- **Osteoporosis / Bone density:** *The doctor notes that he/she ordered a bone density test for Maggie the last time she was in, and she never got it. Maggie says she forgot all about it. The doctor re-orders it and urges her to take it. He/she explains that osteoporosis is quite common for women of her age. If that's the case for Maggie, the doctor will order meds that will enhance her bone strength and reduce the risk of fractures.*

- **Vitamin D and Calcium:** Maggie says that she read that Vitamin D and Calcium supplements were a good idea. Is that true? The doctor agrees, and gives a brief overview of the findings for both, and adds that Vitamin D and Calcium are encouraged for all seniors, so George should take them as well
- **Eye exam:** The doctor learns that it's been nearly two years since Maggie's last eye exam, and encourages her to schedule an appointment
- **Physical Activity:** The doctor emphasizes that perhaps the most important thing is Maggie and do is to stay active!

<p>INT: GEORGE AND MAGGIE'S HOUSE: LIVING ROOM, FAMILY ROOM George and Maggie are doing exercises. George is doing chair exercises; Maggie's are a bit more aggressive. (NOTE: <i>These exercises will be monitored by a PT to make sure they are appropriate for George and Maggie.</i>)</p>	<p>GEORGE (VO) As I was getting better, my therapist gave me a list of exercises that I could do to help my recovery.</p>	<p>GEORGE Cuando empecé a mejorar, mi terapeuta me dio una lista de ejercicios que podía hacer para recuperarme más pronto.</p>
	<p>MAGGIE (VO) And I got my own list of exercises that I should be doing.</p>	<p>MAGGIE (VO) Y yo también tengo mi propia lista de ejercicios que debo hacer.</p>
	<p>GEORGE (VO) We're doing this in addition to the Tai Chi because it gives us a different kind of workout than we get with Tai Chi. Whenever we can, we try to do get out of the house and go for a walk. It feels good just to stay active.</p>	<p>GEORGE (VO) Los hacemos aparte del Tai Chai, porque nos dan otro tipo de ejercicios diferentes del Tai Chi. Siempre que podemos, tratamos de salir a caminar un rato. Nos sentimos muy bien de estar activos.</p>

	<p>MAGGIE (VO) We're also looking into signing up for a seniors exercise class. That will not only give us a scheduled workout, but it will also give us a chance to stay connected with other people.</p>	<p>MAGGIE (VO) También estamos pensando tomar una clase de ejercicio para adultos mayores. Así, no sólo tendremos un horario fijo de ejercicio, sino que nos mantenemos en contacto con otras personas.</p>
<p><i>The scene ends with George and Maggie meeting some friends in the park and visiting.</i></p>		

MODULE 3: PREPARING YOUR HOME

<p>INT: THE DEN OF GEORGE AND MAGGIE’S HOUSE George and Maggie are surrounded by plastic storage boxes, books, photo albums, papers, etc. They banter back and forth about how to rearrange the furniture, what to get rid of, what to put into storage.</p>	<p>GEORGE (VO) Maggie has been on my case for years about cleaning up my den.</p>	<p>GEORGE (VO) Margarita me ha insistido desde hace años en que limpie mi área de trabajo en casa.</p>
	<p>MAGGIE (VO) But now there’s an especially good reason ... to prevent falls.</p>	<p>MAGGIE (VO) Pero ahora tenemos una razón muy especial para hacerlo: prevenir las caídas.</p>
<p>INT: STORYTELLING SETTING</p>	<p>GEORGE When I was recovering from my broken hip, my therapist gave me a checklist of things we can do in our home to make it easier for me to get around. Since I was using a walker at the time, it helped a lot.</p>	<p>GEORGE Cuando me estaba recuperando de la fractura de la cadera, mi terapeuta me dio una lista de cosas que podíamos hacer en casa para que me fuera más fácil moverme. Como tenía que usar una andadera en ese momento, me ayudó mucho.</p>
	<p>MAGGIE And I found that the changes we made to the house made it easier for <i>me</i> to get around and do things, too. And it made me feel much safer for the both of us. As they say ... an ounce of prevention is worth a pound of cure!</p>	<p>MAGGIE Y descubrí que los cambios que hicimos en la casa también <i>a mí</i> me facilitaban moverme y hacer cosas. Sentí que así estábamos mucho más seguros. Como dicen, más vale prevenir que lamentar.</p>

<p>INT / EXT: VARIOUS LOCATIONS IN AND AROUND THE HOUSE <i>George, Maggie, Julia and James go from room to room around the house, referring to the checklist as they do the “makeover.” George and Maggie’s voice over narrative are intermixed with comments by the four of them as they discuss details, logistics, etc. of each of the changes that they make.</i></p>	<p>GEORGE (VO) Julia and James came by and helped us. We went from room to room and went down the checklist that we got from Kaiser Permanente.</p>	<p>GEORGE (VO) Julia y Jaime vinieron a ayudarnos. Fuimos de cuarto en cuarto y revisamos la lista que nos dieron en Kaiser Permanente.</p>
	<p>MAGGIE (VO) The first thing we did was to pick up all those things that we can slip on or trip over, like throw rugs, extension cords, and clutter like newspapers and magazines that end up on the floor.</p>	<p>MAGGIE (VO) Lo primero que hicimos fue sacar todo lo que podía hacernos resbalar o tropezar, como tapetes, cables de extensión y cosas amontonadas, como periódicos y revistas que siempre acaban en el piso.</p>
	<p>GEORGE (VO) James helped us installing some extra lighting in some dark places around the house.</p>	<p>GEORGE (VO) Jaime nos ayudó a instalar algunas lámparas en rincones oscuros de la casa.</p>
	<p>MAGGIE (VO) We also put in night lights so we can see where we’re going when we get up in the middle of the night.</p>	<p>MAGGIE (VO) También pusimos lámparas de noche para ver por dónde vamos cuando nos levantamos a medianoche.</p>

	<p>GEORGE (VO) He also put colored tape on the edges of the steps coming up to the front of our house. The color on the edges really helps to see the steps more clearly.</p>	<p>GEORGE (VO) También puso una cinta de color en la orilla de los escalones que dan a la puerta de entrada de la casa. El color en las orillas me ayuda a ver los escalones más claramente.</p>
	<p>MAGGIE (VO) We also went through all my kitchen cabinets to get the things that I use the most, and the heavier items in places where I can get at them easily.</p>	<p>MAGGIE (VO) Revisamos todos los muebles de la cocina para poner a la mano los utensilios que más uso y poner las cosas pesadas donde puedo alcanzarlas fácilmente.</p>
	<p>GEORGE (VO) And we have a mop handy to clean up any spills that happen. Nothing worse than a wet floor!</p>	<p>GEORGE (VO) Y tenemos a la mano un trapeador para limpiar los líquidos que se derraman. ¡No hay nada más peligroso que un piso mojado!</p>
	<p>MAGGIE (VO) We both spend a lot of time in the garden. So they suggested we use a bench and a gardening cart to make it easier to work and get at the things that we need.</p>	<p>MAGGIE (VO) Pasamos mucho tiempo en el jardín y, por eso, nos recomendaron usar un banco y una carretilla para facilitar el trabajo y tener a la mano todo lo que necesitamos.</p>
<p>INT: STORYTELLING SETTING</p>	<p>GEORGE A lot of what we're doing now is just about being a little more careful and intentional about what we're doing. Like when we're carrying things. Instead of loading ourselves up with a lot of things so we can carry it all in one trip, we carry fewer things, and make multiple trips.</p>	<p>GEORGE Lo que hacemos ahora es poner más atención y ser más cuidadosos en lo que hacemos. Por ejemplo, como cuando cargamos cosas. En lugar de llevar muchas cosas al mismo tiempo para hacer un solo viaje, llevamos menos cosas aunque tengamos que hacer varios viajes.</p>

	<p>MAGGIE Not only is it safer, but we get a little more exercise that way. It's just about thinking about what we're doing, and making those little changes.</p>	<p>MAGGIE No sólo es más seguro, sino que también hacemos un poco más de ejercicio. Tenemos que pensar en lo que hacemos y hacer esos pequeños cambios.</p>
	<p>GEORGE (to Maggie) Yeah ... like your shoes ...</p>	<p>GEORGE (a Maggie) Sí, como lo de tus zapatos.</p>
	<p>MAGGIE (recalling a somewhat painful memory) Oh, yeah ... the shoes ...</p>	<p>MAGGIE (recalling a somewhat painful memory) Ah, sí... los zapatos...</p>
<p>INT: EXAM ROOM</p> <p><i>Flashback to Maggie's visit with her PCP. The doctor notices Maggie's high heeled shoes and tells her how high heels, flip flops, etc. can increase the risk of falls. He/she tells her to wear supportive, low heel, lace up, rubber soles, etc.</i></p>		
<p>INT: MAGGIE'S CLOSET</p> <p><i>George is taking charge here ... perhaps a payback for the den clean-up project. He goes through Maggie's shoes and, using the doctor's guidelines, throws multiple pairs into a box to be given to charity. Maggie</i></p>		

<p><i>stresses over her cherished shoe collection, making protests over shoes George throws into the box. She looks sadly at the few “sensible” shoes remaining on the shelf. She suddenly brightens up: “Well, I guess I just need to go shopping for some more stylish appropriate shoes.” George rolls his eyes. This was not the turn of events he had anticipated.</i></p>		
<p>INT: THE DEN OF GEORGE AND MAGGIE’S HOUSE The scene in the den is a marked contrast to the initial scene. Things are put away, furniture is rearranged to make it easier to get around, etc. George is surveying his newly made-over den.</p>	<p>GEORGE (<i>somewhat dubious</i>) Well, I <i>think</i> I can make this work ...</p>	<p>GEORGE (<i>somewhat dubious</i>) Bueno, ya me acostumbraré...</p>
	<p>MAGGIE Of course you will! Everything’s neat and tidy, you’ll be able to find things easily, and most importantly, it’s much safer than that horrible mess you had here before!</p>	<p>MAGGIE ¡Por supuesto que sí! Todo está limpio y en orden. Así podrás encontrar todo más fácilmente. Y lo más importante: es mucho más seguro que ese desorden espantoso que tenías.</p>
	<p>GEORGE What do mean “horrible mess”? I knew exactly where everything was ...</p>	<p>GEORGE ¡Cuál “desorden espantoso”? Yo sabía exactamente dónde estaba todo...</p>

<i>The scene ends as they ad lib bantering back and forth.</i>		

MODULE 4: MAKING LIFE EASY AND SAFE

<p>INT: BATHROOM IN GEORGE AND MAGGIE’S HOUSE</p> <p>George and his son-in-law James are installing a grab bar next to the toilet. James is reading the instructions; George is forging ahead with the installation process</p>	<p>GEORGE We don’t need those ridiculous directions</p>	<p>GEORGE No necesitamos esas instrucciones ridículas.</p>
	<p>JAMES Yes, we do! Now just hold on a second!</p>	<p>JAMES ¡Claro que sí! ¡Espera un momento!</p>
	<p>GEORGE (VO) Installing these grab bars was Maggie’s idea.</p>	<p>GEORGE (VO) Fue idea de Margarita instalar esas barras de apoyo.</p>
<p>INT: STORYTELLING SETTING</p>	<p>MAGGIE Well, I’ve been reading that the bathroom is one of the most common places for people to fall. George was resistant at first ...</p>	<p>MAGGIE Pues sí, es que leí que el baño es uno de lugares donde más se cae la gente. Al principio Jorge no quería...</p>

	<p>GEORGE Yeah, I didn't want the place to look like old people live here. And I don't like putting holes in the walls.</p>	<p>GEORGE Sí, no quería que la casa se viera como una casa de viejitos. Y no me gusta hacer agujeros en las paredes.</p>
	<p>MAGGIE I pointed out that we're seeing grab bars in restrooms everywhere these days. They're not just for seniors. It's really nice having something solid to hold on to when you're using the bathroom, or getting in and out of the bathtub and shower.</p>	<p>MAGGIE Le dije que ahora se ven barras de apoyo en baños en todas partes. No son sólo para adultos mayores. Es muy bueno tener algo firme en qué apoyarte cuando usas el baño, o entras y sales de la tina y de la regadera.</p>
	<p>GEORGE When I was using the walker, I got a bath bench, and a hand-held shower. I must say, that made showering a lot easier.</p>	<p>GEORGE Cuando usaba la andadera, me compré un banco para baño y una ducha de mano. Tengo que admitir que ahora es más fácil bañarme.</p>
	<p>MAGGIE And James also installed non-skid strips in the bathtub.</p>	<p>MAGGIE Y Jaime también instaló esas tiras antideslizantes en la tina.</p>
<p>INT: DEN / OFFICE Maggie and daughter Julia are on the computer, looking at web sites that feature accessibility items. They ad lib comments about items that they see.</p>	<p>MAGGIE (VO) It's amazing all the things that are out there these days that can help make getting around and doing tasks so much easier. Furniture risers, reachers ency call buttons, motion detector light switches so you don't have to grope around in the dark to turn the lights on ...</p>	<p>MAGGIE (VO) Es increíble todo lo que hay ahora que nos ayuda a hacer todo más fácilmente. Hay elevadores de muebles, extensión para recoger cosas, botones de emergencia, interruptores de luz con detector de movimiento para no andar a tientas en la oscuridad adivinado dónde se prende la luz...</p>

<p>INT: STORYTELLING SETTING</p>	<p>MAGGIE I don't think we need to get some of those things right away, but it's something to be aware of when the time comes.</p>	<p>MAGGIE No creo que tengamos que comprar algunas de esas cosas en este momento, pero son algo que hay que tomar en cuenta cuando llegue el momento.</p>
	<p>GEORGE We've also been talking about doing some remodeling. Like updating our toilets to the newer low-water models. I found out that a lot of models come with higher seats, which makes it easier getting up and down.</p>	<p>GEORGE También hemos hablado de hacer algunas renovaciones, como cambiar los inodoros por esos modelos nuevos que consumen menos agua. Me enteré de que muchos modelos vienen con asientos más altos para que sea más fácil sentarse y levantarse.</p>
	<p>MAGGIE We'll definitely get those when we get around to replacing our old toilets. (Turning to George) ... which we'll be soon, right?</p>	<p>MAGGIE Claro que nos compraremos unos de esos cuando decidamos a cambiar los inodoros viejos (Turning to George) ... que será muy pronto, ¿verdad?</p>
	<p>GEORGE (giving a "Yes, dear" nod) Mm-hmm.</p>	<p>GEORGE (giving a "Yes, dear" nod) Mm-hmm.</p>
<p>INT: LIVING ROOM / DINING ROOM Julia and James talk to camera, interspersed with a montage of scenes of George and Maggie, recapping the measures they've taken to avoid falls.</p>	<p>JULIA When we got the call about Dad's fall we were really upset. Sure, we had to cancel our vacation, but we were more concerned about the long-term impact that his fall might have on Dad, and Mom ... and frankly on us.</p>	<p>JULIA Cuando nos avisaron que papá se había caído, nos preocupamos mucho. Claro, tuvimos que cancelar las vacaciones, pero lo que más nos preocupaba era el efecto a largo plazo que esa caída podría tener en papá y mamá... y, francamente, también en nosotros.</p>

	<p>JAMES They've always been very active and independent. Now that they're retired and are in a position to really enjoy life, it would be awful to have a fall take all of that away.</p>	<p>JAMES Siempre han sido muy activos e independientes. Ahora que están jubilados y pueden disfrutar de la vida, sería horrible que una caída les quitara todo eso.</p>
	<p>JULIA We're glad that they've recognized that it's up to them to take charge and do what they need to do to minimize their risk of falling.</p>	<p>JULIA Nos da mucho gusto que hayan aceptado que depende de ellos cuidarse y hacer lo que sea necesario para reducir el riesgo de caerse.</p>
	<p>JAMES It's great to see them active and exercising regularly,</p>	<p>JAMES Es fantástico verlos activos y haciendo ejercicio con regularidad.</p>
	<p>JULIA And it's good to see them out socializing with other people. They're even getting out on Friday nights and dancing with their buddies.</p>	<p>JULIA Y también es bueno que socialicen con otras personas. Incluso están saliendo los viernes por la noche a bailar con sus amigos.</p>
	<p>JAMES They're staying on top of their other medical issues ... like taking their calcium and Vitamin D supplements ... which of course will help them stay healthier ... while reducing their risk of falls.</p>	<p>JAMES Se están haciendo cargo de sus otros problemas médicos, como tomar suplementos de calcio y vitamina D, que, por supuesto, les ayudarán a mantenerse sanos y a reducir el riesgo de caerse.</p>

	<p>JULIA And the things they've done around the house make a lot of sense. From the grab bars to the rearranging of furniture and cleaning up ... it's all made a big difference.</p>	<p>JULIA Además, lo que han hecho en la casa es lo más sensato. Desde instalar barras de apoyo hasta reorganizar los muebles y hacer limpieza... y todo ha ayudado para que las cosas cambien.</p>
	<p>JAMES We know there are no guarantees, but we all feel a lot better that they've done everything they can to keep on enjoying life and each other.</p>	<p>JAMES Sabemos que no hay garantías, pero nos sentimos mucho mejor ahora que han hecho todo lo que podían para seguir disfrutando de la vida y de su compañía mutua.</p>
<p><i>At this point, George and Maggie enter the scene from the background, ad libbing that dinner's almost ready, and they could use some help setting the table. Good-natured bantering goes on as they get things out for dinner.</i></p>		