Fall Risk Self-Assessment Tool

Staying Independent



Falls are the main reason older adults lose their independence

Ways to prevent falls and injuries from falls, maintain independence and promote healthy aging:

- **Be active**
  Daily activity can give you the balance, strength and flexibility you need to stay healthy.
- **Use medication wisely**
  Medications can affect your alertness, balance, and stability. Review your medications with your health care provider or pharmacist every six months.
- **Do a home safety check**
  Ensure good lighting, particularly on stairs. Take your time; move at a pace that is comfortable.
- **Eat a well-balanced diet**
  Follow Canada's Food Guide and enjoy a variety of healthy foods each day.
  Calcium and vitamin D are important for bone health; ask your doctor if you are getting enough.

The more risk factors a person has, the greater their chances are of falling.

Five things you can do to prevent a fall:



Exercise daily to build strength and improve



Wear safe footwear



Make your home safer by removing culture and trippinghazards. Add railings on all stairs and grab bars in the bathroom



Have regular eye check-ups



Talk to your doctor or health care provider to learn more about your risk

Flip the page over to find out if you, or someone you know, are at risk of falling.

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26-PH3-064

York Region

Am I at risk of falling?

Answer the statements below.

Take this resource to your doctor or health care provider to discuss your risk factors.

CIRCLE "YES" OR "NO"			HELPFUL TIPS
I have fallen in the past year.	**YES (2)**	**NO (0)**	Learn more about reducing your risk; people who have fallen are more likely to fall again.
I use or have been advised to use a cane or walker to get around safely.	**YES (2)**	**NO (0)**	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Sometimes I feel unsteady when I am walking.	**YES (1)**	**NO (0)**	Exercising to build strength and to improve your balance can reduce your risk of a fall.
I steady myself by holding onto furniture when walking at home.	**YES (1)**	**NO (0)**	Do balance exercises every day. Consider having a home safety assessment. Remove hazards at home that might cause a trip or slip.
I am worried about falling.	**YES (1)**	**NO (0)**	Learning how to prevent a fall can reduce fear and promote active living.
I push with my hands to stand up from a chair.	**YES (1)**	**NO (0)**	Strengthening your muscles can reduce your risk of falling and being injured.
I have some trouble stepping up onto a curb.	**YES (1)**	**NO (0)**	Daily exercise can help improve your strength and balance.
I often have to rush to the toilet.	**YES (1)**	**NO (0)**	Rushing increases your risk of falling. Make sure the pathway to the bathroom is well lit and free of clutter. Talk with your doctor about potential treatment options.
I have lost some feeling in my feet.	**YES (1)**	**NO (0)**	Talk with your doctor or health care provider as numbness in your feet can cause falls.
I take medication that sometimes makes me feel light-headed or more tired than usual.	**YES (1)**	**NO (0)**	Talk with your doctor or pharmacist about medication side effects that may increase your risk of a fall.
I take medication to help me sleep or improve my mood.	**YES (1)**	**NO (0)**	Talk with your doctor or pharmacist about other ways to get a good night's sleep or improve your mood.
I often feel sad or depressed.	**YES (1)**	**NO (0)**	Talk with your doctor or health care provider about symptoms of depression and finding help with positive solutions.
Add up the number of points for each "YES" answer and enter your total score.		**TOTAL SCORE:** _____	**If you scored 4 POINTS or more, you may be at risk. Talk to your doctor or health care provider about any questions you may have.**

* **This resource was adapted** from the Centers for Disease Control and Prevention's "Stay Independent" brochure with permission from:
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