Falls are a main reason many older adults lose their independence.

Did you know?
- Staying fall-free can help you to stay independent and help delay the need to enter a long-term care facility.
- Falls usually happen due to a factor or combination of factors that can be prevented.
- The more risk factors a person has, the greater their chances of falling.

For more information, consult with your primary care provider and/or visit:

- www.nbttrauma.ca
- www.findingbalancenb.ca
- www.nbms.nb.ca

To help you stay independent and prevent falls:
Your provider may ask you about:
- previous falls
- if you feel unsteady when standing or walking
- how you manage your daily activities
- if you are worried about falling

Your provider may ask about your:
- vision and hearing
- medications
- calcium and vitamin D
- blood pressure, heart rate and rhythm
- muscle strength
- feet and footwear
- bladder control
- ability to move around and balance

Answer the statements in this pamphlet and bring it to your primary healthcare provider to discuss your risk factors.

ARE YOU AT RISK?
# Check Your Risk for Falling

**Circle “Yes” or “No” for each statement below**

**Why it matters**

<table>
<thead>
<tr>
<th>Yes (2)</th>
<th>No (0)</th>
<th>Statement</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (2)</td>
<td>No (0)</td>
<td>I have fallen in the past 6 months.</td>
<td>People who have fallen once are likely to fall again.</td>
</tr>
<tr>
<td>Yes (2)</td>
<td>No (0)</td>
<td>I use or have been advised to use a cane or walker to get around safely.</td>
<td>People who have been advised to use a cane or walker may already be more likely to fall.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>Sometimes I feel unsteady when I am walking.</td>
<td>Unsteadiness or needing support while walking are signs of poor balance.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I steady myself by holding onto furniture when walking at home.</td>
<td>This is also a sign of poor balance.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I am worried about falling.</td>
<td>People who are worried about falling are more likely to fall.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I need to push with my hands to stand up from a chair.</td>
<td>Strengthening your leg muscles can reduce your risk of falling and being injured.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I have some trouble stepping up onto a curb.</td>
<td>This is also a sign of weak leg muscles.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I often have to rush to the toilet.</td>
<td>Rushing to the bathroom, especially at night, increases your chance of falling.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I have lost some feeling in my feet.</td>
<td>Numbness in your feet can cause stumbles and lead to falls.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I take medicine that sometimes makes me feel light-headed or more tired than usual.</td>
<td>Side effects from medicines can sometimes increase your chance of falling.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I take medicine to help me sleep or improve my mood.</td>
<td>These medicines can sometimes increase your chance of falling.</td>
</tr>
<tr>
<td>Yes (1)</td>
<td>No (0)</td>
<td>I often feel sad or depressed.</td>
<td>Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.</td>
</tr>
</tbody>
</table>

**Total ________**

Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Answer the statements above and bring this pamphlet to your primary healthcare provider to discuss your risk factors.

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This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011:42(4):343-499). Adapted with permission of the authors.