



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

**Five things you can do to prevent falls:**

1. Exercise daily to build strength and improve balance.
2. Wear safe footwear.
3. Have regular eye check-ups.
4. Make your home safer.
  - Remove clutter and tripping hazards.
  - Add railings on all stairs and grab bars in the bathroom.
  - Have good lighting, particularly on stairs.
5. Talk to your healthcare provider to learn more about your risk.

**For more information go to:**

- National Center for Injury Prevention and Control (CDC) <http://www.cdc.gov/injury/>
- Public Health Agency of Canada (PHAC) <http://www.phac-aspc.gc.ca/seniors-aines/index-eng.php>

Alternate versions of this brochure are available upon request from Wellington-Dufferin-Guelph Public Health at 1-800-265-7293.

**This brochure was developed in collaboration with:**



Adapted with permission from the “Stay Independent” brochure from the Centers for Disease Control and Prevention – National Center for Injury Prevention and Control

# Staying Independent

**Falls are the main reason older adults lose their independence.**



**To find out if you are at risk:**

1. Answer the statements in this pamphlet.
2. Take this form to your healthcare provider to discuss your risk factors.

# Am I at risk of falling?

**Instructions:** Circle “YES” or “NO” for each statement below. Add up the total number of points for each “YES” answer in the box.

CIRCLE “YES” OR “NO”				HELPFUL TIPS
I have fallen in the past year.	YES 2	NO 0	Learn more about reducing your fall risk, as 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	Exercise to build strength and improve your balance.	
I steady myself by holding onto furniture when walking at home.	YES 1	NO 0	Do balance exercises every day. Remove hazards at home that might cause a trip or slip.	
I am worried about falling.	YES 1	NO 0	Knowing how to prevent a fall can reduce fear and promote active living.	
I need to 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	Talk with your doctor or healthcare provider about treatment options.	
I have lost some feeling in my feet.	YES 1	NO 0	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and 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 the risk of falls.	
I take medication to help me sleep or improve my mood.	YES 1	NO 0	Talk with your doctor or pharmacist about safer ways to get a good night’s sleep.	
I often feel sad or depressed.	YES 1	NO 0	Talk with your doctor or healthcare provider about how you are feeling. Ask for help if you need it.	
<b>If you scored <u>4 points</u> or more, you may be at risk for falling. Discuss your risk factors with your healthcare provider.</b>	<b>TOTAL SCORE:</b> _____			