

Are you at risk for falling?

The possibility of a fall worries most older adults and their families. For good reason! As we grow older, gradual health changes and some medications can cause falls, but many falls can be prevented. Use this simple survey to assess risk of falling for you, or on behalf of a loved one.

Questions	Yes	No
1. Have you had any falls in the last six months?		
2. Do you take four or more prescriptions or over-the-counter medications daily?		
3. Do you have any difficult walking or standing?		
4. Do you use a cane, walker or crutches, or have to hold onto things when you walk?		
5. Do you have to use your arms to be able to stand up from a chair?		
6. Do you ever feel unsteady on your feet, weak or dizzy?		
7. Has it been more than two years since you had an eye exam?		
8. Has your hearing gotten worse with age, or does your family or friends say you have a hearing problem?		
9. Do you usually exercise less than two days a week? (30 minutes total each day you exercise)		
10. Do you drink any alcohol daily?		
11. Do you have more than three chronic health conditions? (such as a heart or lung problems, diabetes, high blood pressure, arthritis, etc. Ask your doctors(s) if you are unsure.)		

If you answered “YES” to any of the questions, you have an increased risk of falling; the more “YES” answers, the greater your fall risk. Take this checklist to your primary care provider and ask for help to manage your fall risks. To find a physician near you or for more information, visit eCommunity.com/touchpoint or call 800-777-7775.

Important note: This self-assessment is useful in developing a preliminary picture of your fall risk, but it is important to contact a trusted health professional for a more comprehensive assessment and recommendations.