

What's Your Risk for a Fall?

Falling is NOT a normal part of aging. Are you at risk? Answer these questions to determine your risk and take steps to reduce it.

- 1) **I have fallen in the past year:** Yes No

People who have fallen once are likely to fall again.

- 2) **I use or have been advised to use a cane or walker to get around safely:** Yes No

People who have been advised to use a cane or walker may already be more likely to fall.

- 3) **Sometimes I feel unsteady when I am walking:**

Yes No

Unsteadiness or needing support while walking are signs of poor balance.

- 4) **I steady myself by holding onto furniture when walking at home:** Yes No


This is also a sign of poor balance.

- 5) **I am worried about falling:** Yes No

People who are worried about falling are more likely to fall.

- 6) **I need to push with my hands to stand up from a chair:**

Yes No

This is a sign of weak leg muscles, which is a major reason for falling. 

- 7) **I have some trouble stepping up onto a curb:**

Yes No

This is also a sign of weak leg muscles.

- 8) **I often have to rush to the toilet:** Yes No

Rushing to the bathroom, especially at night, increases your chance of falling.

- 9) **I have lost some feeling in my feet:** Yes No

Numbness in your feet can cause stumbles and lead to falls.

- 10) **I take medicine that sometimes makes me feel light-headed or more tired than usual:** Yes No

Side effects from medicines can sometimes increase your chance of falling.

- 11) **I take medicine to help me sleep or improve my mood:**

Yes No

These medicines can sometimes increase your chance of falling.

- 12) **I often feel sad or depressed:** Yes No

Symptoms of depression such as not feeling well or feeling slowed down are linked to falls.

If you answered **YES** to four or more questions, you may be at risk for falling. To learn more about steps you can take to reduce your risk, contact:

Your local Aging & Disability Resource Center or healthcare provider