**291 words, not counting title & falls free checkup. 309 with falls free checkup link**

**Age With Confidence, Prevent Falls**  
Visit Falls Free® Wisconsin Today!

Chances are you or someone you know has experienced a fall. If you have, you’re not alone. According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 older adults (ages 65+) have a fall each year and 1 out of every 10 falls causes an injury. The good news is that falls are preventable!

There are things you can do to reduce your risk and age with confidence. The Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has just the thing for you – [**FallsFreeWI.org**](FallsFreeWI.org) – an interactive website that gives you the information and tools to prevent falls.

**What You’ll Find at** [**FallsFreeWI.org**](FallsFreeWI.org)**:**

* Take the Falls Free CheckUp and find out your risk of falling and what increases your risk.
* Learn simple balance and strength exercises that you can do from the comfort of your own home.
* Go through our interactive Home Safety Challenge and identify hazards and helpful tips to make your home safer.
* Find information about falls prevention programs, such as Stepping On (which has been proven to reduce older adult falls by 31%) near you.
* See how medications, footwear, vision, and hearing can affect your risk of falling.

With videos, interactive quizzes, printable handouts, helpful links and more, Falls Free Wisconsin provides you with the steps, tools, and resources to help you stay safe.

Falls prevention is for everyone and you have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. WIHA and YOUR AGENCY NAME HERE encourages you to visit [**FallsFreeWI.org**](http://www.fallsfreewi.org/) today! Age with confidence, prevent falls.

If you have room, you could add: Take the Falls Free CheckUp online at [**bit.ly/FallsFreeCheckUp**](bit.ly/FallsFreeCheckUp) or on page XX to assess your risk of falls. [if including on page XX...see below]

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**Stay healthy and independent by checking your risk for a fall.**

Falls are not a natural part of aging. Even if you’re healthy or have talked with your health care provider, it’s important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions to get your falls risk score and resources to prevent falls.

**1-I have fallen in the past year.** YES (2) / NO (0)

People who have fallen once are more likely to fall again.

**2-I use or have been advised to use a cane or walker to get around safely.** YES (2) / NO (0)

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 (1) / NO (0)

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

**4-I steady myself by holding onto furniture when walking at home.** YES (1) / NO (0)

The need to steady yourself is a sign of poor balance.

**5-I am worried about falling**. YES (1) / NO (0)

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 (1) / NO (0)

Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.

**7-I have some trouble stepping up onto a curb.** YES (1) / NO (0)

Trouble stepping onto a curb is a sign of weak leg muscles.

**8-I often have to rush to the toilet.** YES (1) / NO (0)

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

**9-I have lost some feeling in my feet.** YES (1) / NO (0)

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 (1) / NO (0)

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

**11-I take medicine to help me sleep or improve my mood.** YES (1) / NO (0)

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

**12-I often feel sad or depressed.** YES (1) / NO (0)  
 Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.

Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling. Visit [**FallsFreeWI.org**](http://www.fallsfreewi.org/)for tips to reduce your risk of falling. Age with confidence, prevent falls!

*This checklist, distributed by the National Council on Aging, 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(6)493-499).*