**Fall Prevention is a Team Effort**  
Visit Falls Free® Wisconsin Today!

Everyone in the community has a role to play in preventing falls, including you! The Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, encourages everyone to work together to prevent falls. Our team consists of older people, family and friends, businesses, and communities. By working together, we can create safer environments where everyone can move with greater confidence and maintain independence as we age.

**What You Can Do to Help Prevent Falls:**

* Check your home and local businesses to ensure rugs are secure with no curled edges, spills are cleaned up promptly, walkways are kept clear, and snow and ice are removed as soon as possible.
* Support your friends, neighbors, and loved ones by checking in often and connecting them to local resources and falls prevention workshops.
* Participate in regular exercise to keep your body strong and your balance on point.
* Advocate for community initiatives that provide reliable public transportation, community exercise and social or health promotion programs, and create more walkable, accessible, and connected neighborhoods.

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!

Preventing falls isn't just about physical safety — it's also about providing a sense of security and independence for everyone in our community. By taking proactive steps and encouraging others to do the same, we are contributing to healthier, more connected communities. Keep the conversation going by sharing these tips with family, friends, and neighbors. Together, we can create supportive environments that value the well-being of everyone.

We all play a part in creating safer spaces to support healthy, independent living. Your efforts make a difference in building a safer and more inclusive world for everyone. WIHA and YOUR AGENCY NAME HERE encourages you to visit [**FallsFreeWI.org**](http://www.fallsfreewi.org/) **today** to discover resources to share and learn more tips. Preventing falls is a team effort; we're all in this together!

**435 words, not counting title, but including reference. 395 without the reference.**

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

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.

*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).*