

## Check Your Risk for Falling

Please circle "Yes" or "No" for each statement below.

Yes(2)	No(0)	I have fallen in the past year.
Yes(2)	No(0)	I use or have been advised to use a cane or walker to get around safely.
Yes(1)	No(0)	Sometimes I feel unsteady when I am walking.
Yes(1)	No (0)	I steady myself by holding onto furniture when walking at home.
Yes(1)	No (0)	I am worried about falling.
Yes(1)	No (0)	I need to push with my hands to stand up from a chair.
Yes(1)	No (0)	I have some trouble stepping up onto a curb.
Yes(1)	No (0)	I often have to rush to the toilet.
Yes(1)	No (0)	I have lost some feeling in my feet.
Yes(1)	No (0)	I take medicine that sometimes makes me feel light-headed.
Yes(1)	No (0)	I take medicine to help me sleep or improve my mood.
Yes(1)	No (0)	I often feel sad or depressed.

Total \_\_\_\_\_ Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.

Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.

For more information on fall prevention, please visit:

[www.utahfallsprevention.org](http://www.utahfallsprevention.org)  
[www.cdc.gov/steady](http://www.cdc.gov/steady)  
[www.stopfalls.org](http://www.stopfalls.org)



Centers for Disease Control and Prevention  
 National Center for Injury Prevention and Control

Utah Falls Prevention Alliance  
[www.ucoa.utah.edu/fpa](http://www.ucoa.utah.edu/fpa)

# Live Independent Stay Independent

Step Up, Step On.



Fall-related injuries are one of the main reasons why people lose their independence

*Are you at risk?*

## Help Prevent Falls

1. **Exercise regularly.** Get up and move!
2. **Regularly review your medications** with your doctor and/or pharmacist, including any over the counter supplements or vitamins you may take. Make sure side effects aren't increasing your risk of falling and take your medications only as prescribed.
3. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
4. **Get your vision and hearing checked** annually and update your eyeglasses. Your eyes and ears are key to keeping your on your feet.
5. **Talk to your family members.** Enlist the support of family members in taking simple steps to stay safe. An unsafe home, makes a hazard for falling for the very young to the very old.
6. **Keep your home safe.** Remove tripping hazards, increase lighting in low light areas, make stairs safe and install grab bars in key areas of uneven flooring.

## Keep Your Home Safe

- **Floors:** Look at the floors in each room.
  - Keep furniture out of walking path.
  - Keep throw rugs out of walking path or use double-sided tape or non-slip backing so rugs won't slip.
  - Remove obstacles from middle of floor (books, towels, shoes, magazines, boxes, blankets, etc.).
  - Keep cords or wires out of walking path or tape or attach to the wall so they can't be tripped over.

## Keep Your Home Safe (cont.)

- **Stairs and steps:** Look at the steps both inside and outside your home
  - Keep stairs free of loose objects (books, shoes, papers, etc.)
  - Fix loose or uneven steps.
  - Make sure stairs are well lit so that you can see the depth of the step.
  - Make sure there are light switches at the top and the bottom of the stairs.
  - Replace burned out light bulbs.
  - Make sure carpet is firmly attached to steps.
  - If handrails are loose, fix them or put up new ones. Make sure there are handrails on both sides of stairs.
- **Kitchen and bathrooms:** Look at all kitchens and bathrooms
  - Make sure that items that are used often are easy to reach.
  - If you need a step stool to get things, make sure it is very steady and has hand rails to hold on to.
  - Place a non-slip rubber mat on the floor of tub or shower.
  - If you need support to get into or out of the shower or tub, put handrails up.
- **Bedrooms:** Look at all bedrooms
  - Place lamps or lighting close to beds where it is easy to reach.
  - Keep path to bed clear and keep a night-light on.
- **Other things to do to prevent falling and to help if you fall:**
  - Get up slowly after sitting or lying down.
  - Have uniform lighting in every room.
  - Paint contrasting color at the top edge of steps so you can see them better.
  - Keep emergency numbers near phone which should be close to the bed and close to the floor in case you fall.
  - Don't get up immediately – Take time to check your body for injury and plan how to safely get up.