

The more risk factors a person has, the greater chance of falling.

Key things you can do to prevent falls:

- Talk openly with your healthcare provider about fall risks and prevention.
- Ask your doctor or pharmacist to review your medications.
- Begin an exercise program to improve your leg strength and balance.
- Replace eyeglasses as needed.
- Remove clutter and tripping hazards.

20% to 30% of seniors will have a fall this year

Falls are the leading cause for injury related hospital admissions for seniors.

Falls are preventable.

Take action today to prevent yourself from falling.

LEARN MORE

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



211 Ontario
Call 211
www.211ontario.ca

Finding Balance Ontario
www.findingbalanceontario.ca

The Erie St.Clair Health Line
www.eriesticclairhealthline.ca

 **Public Health** Janaury 2018

STAY INDEPENDENT

Falls are the main reason older adults lose their independence.



Are you at risk?

Complete the checklist in this brochure.

Talk to your healthcare provider about your risk of falling.

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Helpful Tips
Yes (2)	No (0)	I have fallen in the past year.	Learn more about reducing your fall risk, as people who have fallen are more likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	Ask your doctor to see a physiotherapist or occupational therapist about the most appropriate walking aids for your needs
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Exercise to build strength and to improve your balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	Do balance exercises every day. Remove hazards at home that might cause a trip or slip.
Yes (1)	No (0)	I am worried about falling.	Reduce your fear: Stay active and follow these helpful tips to prevent falls.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Exercise to strengthen your muscles to reduce your risk of falling and being injured.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes (1)	No (0)	I often have to rush to the toilet.	Talk with your doctor or healthcare provider about treatment options.
Yes (1)	No (0)	I have lost some feeling in my feet.	Talk with your doctor, a podiatrist, or chiropractor as numbness in feet can cause stumbles and falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer ways to get a good night's sleep.
Yes (1)	No (0)	I often feel sad or depressed.	Ask for help if you need it. Talk with your doctor or healthcare provider about how you are feeling.
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.	

This checklist 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). Adapted by the Centers for Disease Control and Prevention with permission of the authors.