Four Things You Can Do to Prevent Falls:

1. **Speak up.**
   Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

2. **Keep moving.**
   Begin an exercise program to improve your leg strength and balance.

3. **Get an annual eye exam.**
   Replace eyeglasses as needed.

4. **Make your home safer.**
   Remove clutter and tripping hazards.

Learn More

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

- go.usa.gov/xN9XA
- www.stopfalls.org

Stay Independent

Learn more about fall prevention.

1 in 4 people 65 and older falls each year.

Falls can lead to a loss of independence, but they are preventable.

For more information, visit www.cdc.gov/steadi

This brochure was produced in collaboration with the following organizations: VA Greater Los Angeles Healthcare System, Geriatric Research Education & Clinical Center (GRECC), and the Fall Prevention Center of Excellence.

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### Check Your Risk for Falling

<table>
<thead>
<tr>
<th>Circle “Yes” or “No” for each statement below</th>
<th>Why it matters</th>
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</table>
| Yes (2)  
I have fallen in the past year. | People who have fallen once are likely to fall again. |
| Yes (2)  
I use or have been advised to use a cane or walker to get around safely. | People who have been advised to use a cane or walker may already be more likely to fall. |
| Yes (1)  
Sometimes I feel unsteady when I am walking. | Unsteadiness or needing support while walking are signs of poor balance. |
| Yes (1)  
I steady myself by holding onto furniture when walking at home. | This is also a sign of poor balance. |
| Yes (1)  
I am worried about falling. | People who are worried about falling are more likely to fall. |
| Yes (1)  
I need to push with my hands to stand up from a chair. | This is a sign of weak leg muscles, a major reason for falling. |
| Yes (1)  
I have some trouble stepping up onto a curb. | This is also a sign of weak leg muscles. |
| Yes (1)  
I often have to rush to the toilet. | Rushing to the bathroom, especially at night, increases your chance of falling. |
| Yes (1)  
I have lost some feeling in my feet. | Numbness in your feet can cause stumbles and lead to falls. |
| Yes (1)  
I take medicine that sometimes makes me feel light-headed or more tired than usual. | Side effects from medicines can sometimes increase your chance of falling. |
| Yes (1)  
I take medicine to help me sleep or improve my mood. | These medicines can sometimes increase your chance of falling. |
| Yes (1)  
I often feel sad or depressed. | Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls. |

#### 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.

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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):483–489). Adapted with permission of the authors.