

Check your risk for falling

	Tick 'Yes' or 'No'	
These are about your history of falls		
I have fallen in the past year.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I am worried about falling.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
These are about balance, strength and mobility		
I use or have been advised to use a walking stick or walker to get around safely.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sometimes I feel unsteady when I am walking.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I steady myself by holding onto furniture when walking at home.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I need to push with my hands to stand up from a chair.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I have some trouble stepping onto a curb.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
These are about medications use		
I am taking medication to help me sleep or improve my mood.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I am taking four or more medications.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
This is about eyesight		
Because of my eyesight, I am finding it difficult to see where I am stepping.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
These are about other conditions associated with falls		
I sometimes feel light-headed or dizzy.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I have foot pain that lasts for at least a day.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I often have to rush to the toilet.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
I have been in hospital in the past six months.	<input type="checkbox"/> Yes	<input type="checkbox"/> No



Unsteadiness and needing support are signs of poor balance or weak leg muscles, which are major reasons for falling.



Side effects from medicines such as drowsiness and dizziness can increase your chances of falling.



Painful feet make it difficult to walk and may cause you to stumble or trip.

Rushing to the bathroom, especially at night, increases your chances of tripping or falling.



Speak to your GP using the answers you have provided in this checklist.

Your doctor may suggest:

- Attending a fall prevention program or exercise class.
- Seeing a physiotherapist or occupational therapist to help you prevent falls.
- Changing your medicines and speaking to your pharmacist.
- Having your eyesight checked.
- Having your feet checked.
- Having other medical tests.

How to fall-proof yourself

Things you can do to prevent falls and stay independent:

- Be physically active and involved in an exercise program to improve your leg strength and balance.
activeandhealthy.nsw.gov.au (NSW)
- Ask your doctor or pharmacist to review your medicines.
- Is your vision changing? Get annual eye check-ups.
- Make your home safer by:
 - Removing clutter, slipping (e.g. moss) and tripping hazards.
 - Installing railings on stairs and grab bars in the bathroom.
 - Having good lighting, especially on stairs.

Stay Independent

Falls are common in older people

But falls can be prevented!

Do this quick screen and speak to your doctor about what you can do to prevent falls.

