



Tip Sheet: Check Your Risk for Falling

Anyone can fall and get hurt. But, there are some things that make it more likely that you will fall. Take a look at this list of common fall risks. Circle **YES** or **NO** to the these questions:

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| 1. Have you had one or more falls in the past year? | YES | NO |
| 2. Do you take 4 or more medications each day? | YES | NO |
| 3. Do you need to hold onto furniture, cane or walker to walk safely? | YES | NO |
| 4. Do you sometimes feel dizzy when getting up from a chair or bed? | YES | NO |
| 5. Do you have poor vision? | YES | NO |
| 6. Do you have a hard time hearing? | YES | NO |
| 7. Do you have a lack of feeling in your feet? | YES | NO |
| 8. Do your feet hurt? Do you wear poorly fitted shoes? | YES | NO |
| 9. Do you have loose rugs, poor lighting, or clutter in your home? | YES | NO |
| 10. Do you feel you should get more exercise? | YES | NO |
| 11. Do you have a fear of falling? | YES | NO |
| 12. Do you sometimes have to rush to the toilet? | YES | NO |
| 13. Do you drink more than one alcoholic drink per day? | YES | NO |

The more “YES” circles you have, the more at risk you are for falls. The good news is that falls are preventable. For more information on how to prevent falls, watch the video **You Can Keep from Falling** (<http://ddssafety.net/node/983>) or **Tip Sheet: Six Steps to Keep From Falling** (<http://ddssafety.net/safety/fall-prevention/tip-sheet-6-steps-keep-you-falling>).

Adapted from Fall Prevention, StopFalls, *Napa Valley Fall Risk Screening Tool*.