



You can prevent a fall



# Staying Independent

## Self-Assessment Checklist

Check Your Risk for Falling			Actions to Staying Independent
Please indicate "Yes" or "No" for each statement.			
Yes (2)	No (0)	I have fallen in the last 6 months.	Learn more on how to reduce 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.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes (1)	No (0)	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes (1)	No (0)	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Strengthening your muscles can 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 incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the 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 alternatives for a good night's sleep.
Yes (1)	No (0)	I often feel sad or depressed.	Talk with your doctor about symptoms of depression and help with finding positive solutions.
<b>Total</b>		Add up the number of points for each "yes" response. If you scored 4 points or more, you may be at risk for falling. Discuss this screener with your doctor to find ways to reduce your risk.	

**Stay safe and stay on your feet!**

*With some planning you CAN prevent a fall and maintain your health and your independence.*

\*The above 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 (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). This brochure is adapted with the permission of J.Stevens, R.Vivrette, J.Kramer, & L. Rubenstein.