Are you at risk of falling?

Finding Balance

Circle YES or NO for each statement, then tally your score below.		Steps to lower your risk of falling
Have you fallen in the last 6 months?	YES 2 NO 0	Learn more about how to lower your fall risk to prevent yourself from falling again.
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES 2 NO 0	Talk with a physiotherapist to get the best walking aid for your needs.
Do you sometimes feel unsteady when you are walking?	YES 1 NO 0	Exercise to improve your strength and balance.
Do you have to steady yourself by holding onto furniture when walking at home?	YES 1 NO 0	Talk with a physiotherapist for exercises to improve your balance.
Do you worry about falling?	YES 1 NO 0	Talk to your healthcare provider if you are worried about falling, especially if it stops you from being active.
Do you need to push yourself up with your hands to stand up from a chair?	YES 1 NO 0	Do 30 minutes of physical activity 5 days a week. Strengthening your muscles can reduce your risk of falling.
Do you have trouble stepping up onto a curb?	YES 1 NO 0	Be active to improve strength and balance.
Do you often have to rush to the toilet?	YES 1 NO 0	Talk with your doctor or health care provider about managing the need to rush to the toilet.
Have you lost any feeling in your feet?	YES 1 NO 0	Talk with your podiatrist or doctor because numbness in your feet can cause a fall.
Do you take medication to help you sleep or improve your mood?	YES 1 NO 0	Review your medications, vitamins, and supplements with your pharmacist or doctor yearly or if your prescription changes.
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES 1 NO 0	Talk to your doctor or pharmacist about medication side effects or causes of light-headedness.
Do you often feel sad or depressed?	YES 1 NO 0	Talk to your healthcare provider or doctor about how you are feeling.
Do you have difficulty avoiding hazards in your path because you don't see well?	YES 1 NO 0	Visit an eye doctor yearly to check your eye health.

Add up the number of points for each YES answer.
If you scored 4 points or more, you may be at risk of falling.

TOTAL SCORE: _____

Talk to your healthcare provider or doctor for more information.