

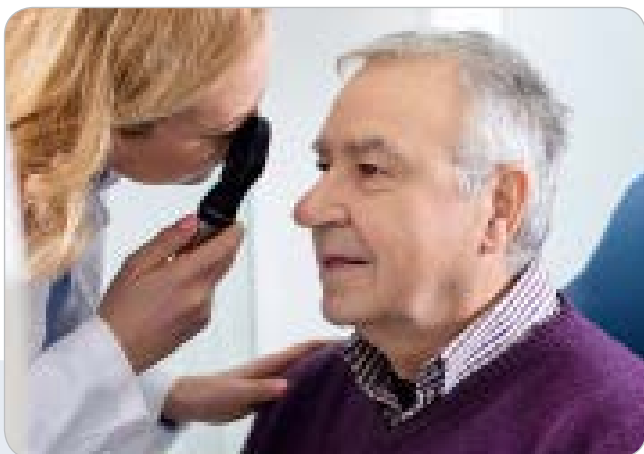
Fall Prevention

Why should I be concerned about falls?

Each year, millions of adults suffer falls that cause hip fractures or head trauma, both of which can increase the risk of early disability or death.

Here are some tips to help keep you on your feet and moving forward safely:

- **Exercise regularly.** Get up and move! Building muscles and keeping ligaments lean and strong helps you walk with confidence.
- **Regularly review your medications with your doctor and/or pharmacist.** This includes medications prescribed by all of your healthcare providers and any over-the-counter drugs, vitamins, supplements, or herbs you are using. Some combinations may cause side effects that increase your risk of falling. Take your medications only as prescribed.
- **Ask your doctor to assess your risk for falling.** And make sure to share your history of any recent falls.
- **Get your vision and hearing checked every year and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.



Check your risk for falling

Circle "Yes" or "No" for each statement below.

YES	2	NO	0	I have fallen in the past year.
YES	2	NO	0	I use or have been advised to use a cane or walker to get around safely.
YES	1	NO	0	Sometimes I feel unsteady when I am walking.
YES	1	NO	0	I steady myself by holding onto furniture when walking at home.
YES	1	NO	0	I am worried about falling.
YES	1	NO	0	I need to push with my hands to stand up from a chair.
YES	1	NO	0	I have some trouble stepping up onto a curb.
YES	1	NO	0	I often have to rush to the toilet.
YES	1	NO	0	I have lost some feeling in my feet.
YES	1	NO	0	I take medicine that sometimes makes me feel light-headed.
YES	1	NO	0	I take medicine to help me sleep or improve my mood.
YES	1	NO	0	I often feel sad or depressed.

TOTAL Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at increased risk for a fall. Discuss your fall prevention plan with your doctor.

- **Talk to your family members or others close to you.** Ask them to help you take simple steps to stay safe. An unsafe home increases the risk for falling for everyone, from the very young to the very old.
- **Keep your home safe.** Remove tripping hazards, such as rugs and toys, increase lighting in low-light areas, make stairs safe by installing hand rails and non-slip surfaces and removing obstacles, and install grab bars in areas of uneven flooring and the bathroom.
- **Take a fall prevention class.** Visit livingwellutah.gov or call 888-222-2542 to sign up.



Instructions from my doctor

Resource: Fall Risk Assessment Tool developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and its affiliates (Ruben-stein et al. J Safety Re; 2011:42(6)493-499). Adapted with permission of the authors. Centers for Disease Control and Prevention National Center for Injury Prevention and Control.

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