

maxona

care

| CHECK YOUR RISK FOR FALLING | | | |
|-----------------------------|--------|---|---|
| | | CIRCLE "YES" OR "NO" FOR EACH STATEMENT BELOW | WHY IT MATTERS: |
| YES (2) | NO (0) | I HAVE FALLEN IN THE PAST | PEOPLE WHO HAVE FALLEN ONCE ARE LIKELY TO FALL AGAIN |
| YES (2) | NO (0) | I USE OR HAVE BEEN ADVISED TO USE A CANE OR WALKER TO GET AROUND SAFELY | PEOPLE WHO HAVE BEEN ADVISED TO USE A CANE OR WALKER MAY ALREADY BE MORE LIKELY TO FALL |
| YES (1) | NO (0) | SOMETIMES I FEEL UNSTEADY WHEN I AM WALKING | UNSTEADINESS OR NEEDING SUPPORT WHILE WALKING ARE SIGNS OF POOR BALANCE |
| YES (1) | NO (0) | I STEADY MYSELF BY HOLDING ONTO FURNITURE WHEN WALKING AT HOME | THIS IS ALSO A SIGN OF POOR BALANCE |
| YES (1) | NO (0) | I AM WORRIED ABOUT FALLING | PEOPLE WHO ARE WORRIED ABOUT FALLING ARE MORE LIKELY TO FALL |
| YES (1) | NO (0) | I NEED TO PUSH WITH MY HANDS TO STAND UP FROM A CHAIR | THIS IS A SIGN OF WEAK LEG MUSCLES, A MAJOR REASON FOR FALLING |
| YES (1) | NO (0) | I HAVE SOME TROUBLE STEPPING UP ONTO A CURB | THIS IS ALSO A SIGN OF WEAK LEG MUSCLES |
| YES (1) | NO (0) | I OFTEN HAVE TO RUSH TO THE TOILET | RUSHING TO THE BATHROOM, ESPECIALLY |

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| | | | <i>AT NIGHT, INCREASES YOUR CHANCE OF FALLING</i> |
| YES (1) | NO (0) | I HAVE LOST SOME FEELINGS IN MY FEET | <i>NUMBNESS IN YOUR FEET CAN CAUSE STUMBLES AND LEAD TO FALLS</i> |
| YES (1) | NO (0) | I TAKE MEDICINE THAT SOMETIMES MAKES ME FEEL LIGHTHEADED OR MORE TIRED THAN USUAL. | <i>SIDE EFFECTS FROM MEDICINES CAN SOMETIMES INCREASE YOUR CHANCE OF FAILING.</i> |
| YES (1) | NO (0) | I TAKE MEDICINE TO HELP ME SLEEP OR IMPROVE MY MOOD | <i>THESE MEDICINE CAN SOMETIMES INCREASE YOUR CHANCE OF FAILING.</i> |
| YES (1) | NO (0) | I OFTEN FEEL SAD OR DEPRESSED | <i>SYMPTOMS OF DEPRESSION, SUCH AS NOT FEELING WELL OR FEELING SLOWED DOWN, ARE LINKED TO FALLS.</i> |
| <hr/> | TOTAL | ADD UP THE NUMBER OF POINTS FOR EACH “YES” ANSWER. IF YOU SCORED 4 POINTS OR MORE, YOU MAY BE AT RISK FOR FALLING. DISCUSS THIS BROCHURE WITH YOUR DOCTOR. | |

This material was adapted from resources provided by the Centers for Disease Control and Prevention. To learn more, please visit www.cdc.gov/injury or www.stopfalls.org.