

Checklist For Fall Risk

Take a step toward safety and wellness. Use the tool below to learn more about the causes of falling and to find out if you're at risk.

Yes (points)	No (points)	Risk Factor	Significance
2	0	I have fallen in the past year.	People who have fallen once are more likely to fall again.
2	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.
1	0	Sometimes I feel unsteady when I'm walking.	Unsteadiness or needing support while walking are signs of poor balance.
1	0	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
1	0	I'm worried about falling.	People who are worried about falling are more likely to fall.
1	0	I need to push or pull with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
1	0	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
1	0	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases the chance of falling.
1	0	I have lost some feeling in my feet.	Numbness in feet can cause stumbles and lead to falls.
1	0	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase the chance of falling.
1	0	I take medicine to help me sleep or improve my mood.	These medications can sometimes increase the chance of falling.
1	0	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total		Add up the number of points for each "yes" answer. If the score is 4 points or more, you may be at risk for falling. Discuss this information with your doctor.	

**For more information or an in-home evaluation, contact Independent Living, Inc.
Call 608-274-7900 and ask for the manager of the Home Safety Modification Program.**

Adapted from the VA Geriatric Research Education Clinical Center and affiliates in Los Angeles.