

Falls Prevention: Risks Self-Assessment

A Guide to Maintaining Your Independence

Getting older does not mean that you have to lose your independence. Here are some simple questions and guidelines to help you remain independent throughout your “golden years.”

MEDICATIONS:

Do you take 4 or more prescription **Medications**?
 Do any of your **medications** (prescription or over-the-counter (OTC)) make you feel drowsy or confused?

Has it been more than 2 years since your last eye exam?

SENSATION

Do you ever feel lightheaded or dizzy?
 Do you drink more than 1 alcoholic drink a day? (12 oz Beer, 4 oz wine, 1 oz liquor)
 Do you have a decreased sense of touch/feeling, especially in your feet?
 Are you in the habit of not wearing shoes in the house?

YES	NO

MOBILITY

Do you have trouble getting to the toilet in time?
 Do you feel unsteady when walking outdoors or indoors?
 Do you use walls or furniture to support yourself when walking
 Have you fallen in the past year? If yes, how many times?

Are you afraid of falling?
 Do you avoid any activities because you think you might fall?

EXERCISE

Do you exercise for less than a total of 30 minutes per day at least 3 times a week?

MEMORY

Do you have trouble with your memory?

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FEELING SAD

Do you feel depressed, or have you been diagnosed with depression?

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VISION

Do you have trouble seeing even with your glasses?

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If you answered “Yes” to any of the above questions, you may be at increased Risk for Falling – Discuss this with your physician. OR Ask for a FREE Fall Risk Assessment - call Winnebago County Health Dept at 232-3000.

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