

Ask your doctor for information about:

- fall prevention clinics and/or community programs
- physical or occupational therapy
- dietician consultation
- social worker and/or home support services



Staying active keeps me connected with my community and helps me to continue to do the things I enjoy.



I want to live in my home as long as possible. I use a walker so that I can get around safely and keep my legs strong.

Did you know...



- Without prevention efforts, about one third of people aged 65 years and over typically fall once or more each year.
- Staying fall-free can help you to stay independent and avoid the need to enter a long-term care facility.
- Falls usually happen due to the combined effects of factors that can be prevented.
- Ways to prevent falls include improving mobility, correcting vision problems, and reducing trip and slip hazards in your home or outdoors.
- The more risk factors a person has, the greater their chances of falling.



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SeniorsBC.ca



General Practice Services Committee

BC INJURY research and prevention unit



BRITISH COLUMBIA MEDICAL ASSOCIATION



CENTRE OF EXCELLENCE ON MOBILITY, Fall Prevention and Injury in Aging

For more information please visit:
www.seniorsbc.ca/stayingindependent

STAYING INDEPENDENT

Falls are the main reason why older adults lose their independence.

Are you at risk?



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

Check Your Risk for Falling		Actions to Staying Independent	
Yes (2)	No	I have fallen in the last 6 months.	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes (2)	No	I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes (1)	No	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes (1)	No	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes (1)	No	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes (1)	No	I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes (1)	No	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes (1)	No	I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes (1)	No	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes (1)	No	I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes (1)	No	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.
Yes (1)	No	I often feel sad or depressed.	Talk with your doctor about symptoms of depression, and help with finding positive solutions.

Total

Add up the number of points in parentheses for each "yes" response.
 If you scored 4 points or more, you may be at risk for falling.
 Discuss this brochure with your doctor to find ways to reduce your risk.



To help you stay independent and prevent falls:

Your doctor may ask you about:

- previous falls
- if you feel unsteady when you stand or walk
- how you manage your daily activities
- if you are worried about falling

Your doctor may assess your:

- medications
- calcium and vitamin D
- blood pressure, heart rate and rhythm
- muscle strength
- feet and footwear
- incontinence
- vision
- mobility and balance

*The above checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). This brochure is adapted with the permission of J.Stevens, R.Vivrette, J.Kramer, & L. Rubenstein.