

Your Guide to Independent Living

Are you at risk for falls?

One out of every 3 seniors suffers one or more falls every year. Most falls occur at home during usual daily activities.

Did you know?

- Falls are the most common cause of injury and the 6th leading cause of death for seniors.
- 2 out of every 10 people who break their hip because of a fall die within one year.
- 5 out of every 10 people who break a hip are not able to manage their daily activities as they did before the fall.
- Women are 3 times more likely than men to be in hospital because of a fall.
- 4 out of every 10 seniors in long-term care facilities are there because they fell.

Complete the Falls Risk Survey

Complete this Falls Risk Survey to check your risk for falling.

To complete the survey:

1. Check the box if the statement applies to you.
2. Add up the number of points for each of the statements that apply to you.

Falls Risk Survey

- 2 I have fallen in the last six months.
- 2 I use or have been advised to use a cane or walker.
- 1 Sometimes I feel unsteady when I am walking.
- 1 I steady myself by holding onto furniture when walking at home.
- 1 I am worried about falling.
- 1 I need to push with my hands to stand up from a chair.
- 1 I have some trouble stepping up onto a curb.
- 1 I often have to rush to the toilet.
- 1 I have lost some feeling in my feet.
- 1 I take medicine that sometimes makes me feel light headed or more tired than usual.
- 1 I take medicine to help me sleep or improve my mood.
- 1 I often feel sad or depressed.

	Total Points
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If you score 4 points or more, take the survey results to your doctor and talk about ways to reduce your risk for falls.