



## Ageing Well Together Falls Prevention

# ARE YOU IN DANGER OF FALLING?

Please check all items that apply to you.

### Personal Risks

- Have you fallen before?
- Do you often slip, trip or nearly fall?
- Do you need a cane or walker to keep your balance?
- Does climbing stairs make you feel unsteady or out of breath?
- Do you sometimes feel dizzy?
- Do you have foot problems, weak muscles or stiff joints?
- Do you have osteoporosis?
- Do you sometimes have to rush to the bathroom?
- Do you have trouble seeing clearly or difficulty concentrating?
- Do you take three or more medications? (Over-the-counter and herbal medicines count)
- Do you drink alcohol frequently?

Adapted from  
Go Ahead Seniors Inc./  
Healthy Living Program  
for Older Adults

### Risks in Your Home

- Does your home have stairs?
- Are there throw rugs or carpets that are not secured to the floor?
- Do you have a cat or dog?
- Do you have trouble getting in or out of the tub?
- Are parts of your home poorly lit?
- Can you see phone or electrical cords loose on the floor?
- Do you have to get out of bed to reach a telephone or lamp?
- Do you climb on a chair—or anything other than a sturdy step stool—to reach things stored in high places?

### Risks Outdoors

- Do you have to climb stairs to enter your home?
- Are there poorly lit or dark areas around your home?
- Are the sidewalks in your neighbourhood cracked or uneven?
- Are the stairs and walks that you use often snowy or icy in the winter, or covered with leaves in the fall?

**If any of these items apply to you, you may be in danger of falling.  
Talk with a health professional to find out how to reduce your risk.**