



FOR MORE INFORMATION:

Check Your Risk for Falling

1. I have fallen in the past year.

Yes No

2. I use or have been advised to use a cane or walker to get around safely.

Yes No

3. Sometimes I feel unsteady when I am walking.

Yes No

4. I steady myself by holding onto furniture when walking at home.

Yes No

5. I am worried about falling.

Yes No

6. I need to push with my hands to stand up from a chair.

Yes No

7. I have some trouble stepping up onto a curb.

Yes No

8. I often have to rush to the toilet.

Yes No

9. I have lost some feeling in my feet.

Yes No

10. I take medication that sometimes makes me feel light-headed or more tired than usual.

Yes No

11. I take medicine to help me sleep or improve my mood.

Yes No

12. I often feel sad or depressed.

Yes No

See <https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/> for how to interpret your risk

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6 Steps to Reduce Falls Risk



1. Find a good exercise program that can help build balance, strength and flexibility.



2. Talk to your health care provider regularly about your falls history and any recent changes. You can also ask for a falls assessment to know your risk.



3. Review your medications regularly with your pharmacist and/or your health care provider to make sure they are not increasing your risk of falling.



4. Get your hearing and vision checked on a regular basis. Your eyes are key to keeping you on your feet.



5. Assess your home by removing any tripping hazards, increasing lighting, installing grab bars, and making stairs safe, as necessary.



6. Talk to your family members and include them in your efforts to make your surroundings and yourself safe from falls.

Falls Facts

FALLS ARE COMMON

- One in four Americans aged 65+ falls each year

FALLS ARE COSTLY

- Falls have significant impacts on independence and quality of life
- Medical costs are estimated at more than \$50 billion a year

FALLS ARE PREDICTABLE

- Physical, behavioral, and environmental risk factors exist—but they can be modified

FALLS ARE LARGELY PREVENTABLE

- Everyone has a role to play and can make a difference within their own sphere of influence

Evidence Based Falls Prevention Programs

Unscramble the words to see which highly researched and effective programs might be available in your community.

1. A TETRMA FO EALBNCA
2. ITA IHC NGVMIO RFO REBTET ENLBAAC
3. STYA AIVTCE NDA NDNEPITNDEE OFR ELFI (SILA)
4. RTCEXEIES CLTEES
5. CEZGOBNII
6. WKLA THIW SEEA
7. HNANCEDE TNISFES

KEY: 1. A MATTER OF BALANCE; 2. TAI CHI MOVING FOR BETTER BALANCE; 3. STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL); 4. TEXERCISE SELECT; 5. BINGOCIZE; 6. WALK WITH EASE; 7. ENHANCED FITNESS