

**Answer the statements in this pamphlet and bring it to your primary healthcare provider to discuss your risk factors.**



## To help you stay independent and prevent falls:

### Your provider may ask you about:

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

### Your provider may ask about your:

- vision and hearing
- medications
- calcium and vitamin D
- blood pressure, heart rate and rhythm
- muscle strength
- feet and footwear
- bladder control
- ability to move around and balance

## Did you know?

- Staying fall-free can help you to stay independent and help delay the need to enter a long-term care facility.
- Falls usually happen due to a factor or combination of factors that can be prevented.
- The more risk factors a person has, the greater their chances of falling.

**For more information, consult with your primary care provider and/or visit:**



NB Trauma Program  
Programme de  
traumatologie du NB

[www.NBTrauma.ca](http://www.NBTrauma.ca)



[www.FindingBalanceNB.ca](http://www.FindingBalanceNB.ca)



[www.nbms.nb.ca](http://www.nbms.nb.ca)

# STAYING INDEPENDENT

Falls are the main reason older adults lose their independence.



## ARE YOU AT RISK?



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# Check Your Risk for Falling

Circle “Yes” or “No” for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	Strengthening your leg muscles can reduce your risk of falling and being injured.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total

Add up the number of points for each “yes” answer. If you scored 4 points or more, you may be at risk for falling. Answer the statements above and bring this pamphlet to your primary healthcare provider to discuss your risk factors.