

# Community Education

Provided by SCAN Independence at Home. Visit <https://independenceathome.org> or call +1-866-421-1964 for more information.



## Fall Risk Checklist

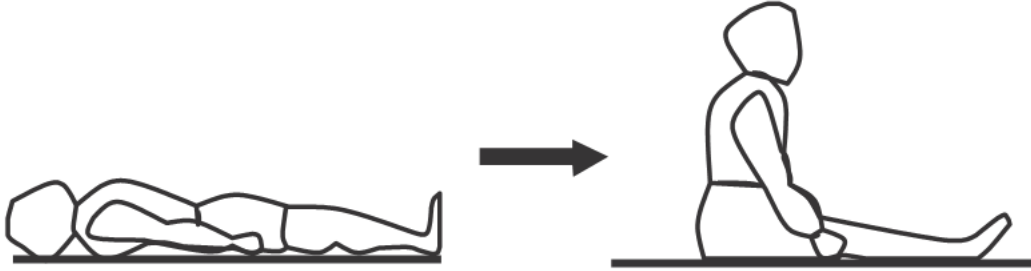
Please answer all questions and bring to the next visit with your health care provider.

Questions	Yes/No	If Yes--Actions to take:
1. Have you fallen in the past year and/or <ul style="list-style-type: none"><li>• Do you feel dizzy or have trouble getting out of a chair</li><li>and/or</li><li>• Do you feel unsteady when you walk?</li></ul>	<div><input type="checkbox"/> <input type="checkbox"/></div> <div><input type="checkbox"/> <input type="checkbox"/></div> <div><input type="checkbox"/> <input type="checkbox"/></div>	Ask your healthcare provider to check your: -Medication -Blood pressure lying and standing – Balance and walking
2. Do you take four or more medications, including: <ul style="list-style-type: none"><li>• Prescriptions</li><li>• Non-Prescription <i>e.g. for sleep or allergies</i></li><li>• Herbals</li></ul>	<div><input type="checkbox"/> <input type="checkbox"/></div> <div><input type="checkbox"/> <input type="checkbox"/></div> <div><input type="checkbox"/> <input type="checkbox"/></div>	Bring all <b>prescription, nonprescription and herbal medications</b> to your visit with your healthcare provider. Ask if any medications can be reduced or stopped. <b>Don't stop prescription drugs without asking your doctor.</b>
3. Do you have any vision problems while reading or driving?	<input type="checkbox"/> <input type="checkbox"/>	See your eye doctor if you haven't within the past year.
4. Do you have any problems with your feet?	<input type="checkbox"/> <input type="checkbox"/>	See your foot doctor if you haven't recently. Ask about the best footwear for you.
5. Do you have difficulty getting up from the floor without help?	<input type="checkbox"/> <input type="checkbox"/>	Review <i>Getting Up Techniques</i> (see back). Ask about obtaining a Personal Emergency Response System. Ask your health care provider to refer you to physical therapy.

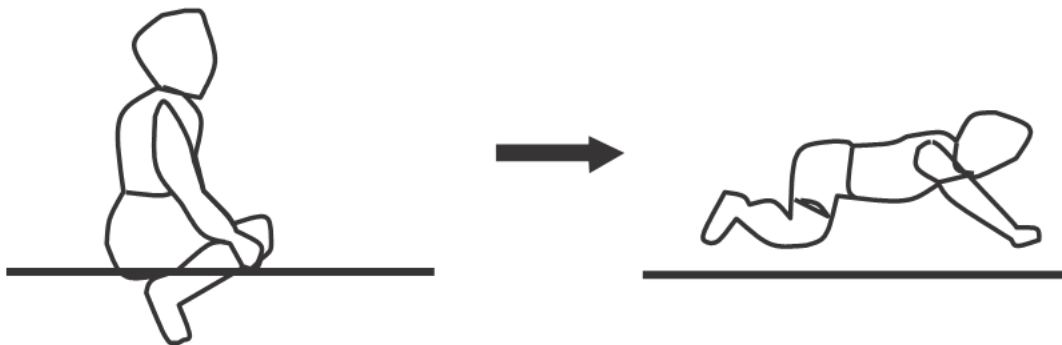
# Getting Up From The Floor

(Don't try if you are dizzy, unsteady, or in a lot of pain)

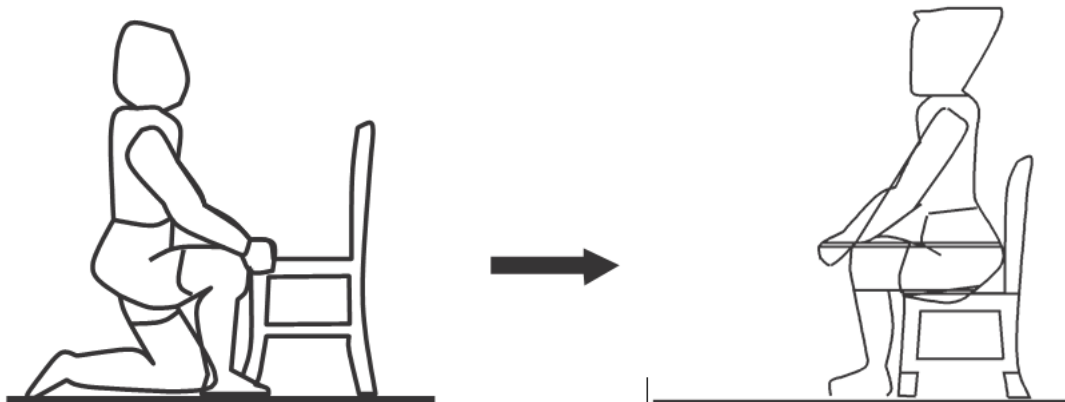
1. Move to a sitting position on the floor. Take a few moments to regain composure. Locate the nearest sturdy chair (best) or other solid piece of furniture.



2. Roll over onto hands and knees. Crawl to the chair.



3. Put your strongest leg under you so that the foot of that leg is on the floor. Push up using your arms on the chair for support.



4. Sit until you feel safe to attempt walking.

5. See your health care provider for a falls risk assessment!