

Assessing Personal Risk of Falls

Assessing one's personal risk of falling is a great first step towards identifying potential environmental and personal hazards for falls. Each "no" answer in the below survey indicates that a change in one's home or habits should be considered.

- Yes No Do you take time to regain your balance when sitting up or standing up?
- Yes No Do both your shoes and slippers have soles that provide traction?
- Yes No Are your bathrobes or dresses free of long cords or ties?
- Yes No Are you steady on your feet?
- Yes No If you feel dizzy every now and then, do you use a cane or walker?
- Yes No When you carry bulky packages, do you make sure they do not restrict your view of where you are walking?
- Yes No Do you ask for help when you could use it to avoid a fall?
- Yes No Do you avoid rushing to answer the doorbell or cross a street, especially in slippery weather conditions?
- Yes No If you must reach a high place, do you ask for help or if you are steady enough, always use a step stool rather than a chair to stand on?
- Yes No Can you turn on a light without first having to walk into a dark room?
- Yes No Are your chairs and tables stable enough to support your weight if you lean on them?
- Yes No Do you use non-skid wax or no wax on your floors?
- Yes No Are walkways kept free of clutter and cords?
- Yes No Are your glasses the right prescription or have you gotten your eyes checked recently?
- Yes No Do you allow time for your eyes to adapt to changes in lighting?
- Yes No Do you go out alone in the dark if your vision is poor?
- Yes No Do you understand the side effects of all of your medications?
- Yes No Do you have grab bars, hand rails and a non-skid mat in your bathroom and tub?
- Yes No Do you have handrails on all of your stairways?
- Yes No Do you have nightlights to guide your way to the bathroom at night?

As a part of our in-home care assessment, **Continuum** will provide a free home safety evaluation and suggest simple home modifications that will allow a frail senior to be safer at home. We can then coordinate implementing those alterations and further help reduce fall risks by providing reliable, attentive, and dependable care.

Visit ContinuumCare.com for more information.



Sources: 411seniors, National Center for Injury Prevention and Control, Medscape