

# 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](http://ContinuumCare.com) for more information.



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