

# FALLS RISK CHECKLIST

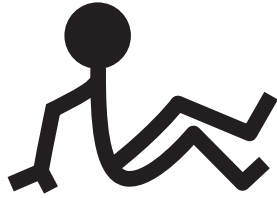
QUESTION	ACTION (IF YOU ANSWERED YES)
1. Do you have trouble getting out of a chair with one try? <b>OR</b> Do you feel unsteady when you walk? <b>OR</b> Do you feel dizzy when standing up after sitting?	Ask your doctor to check: <ul style="list-style-type: none"> <li>• your medications</li> <li>• your blood pressure (lying and standing)</li> <li>• your balance and walking</li> <li>• if physiotherapy or occupational therapy is needed</li> </ul>
2. Is it hard to eat all the healthy foods and drink all of the fluids you should?	See your dentist for a check-up. Ask your doctor if you should see a nutritionist.
3. Do you take four or more medications including: <ul style="list-style-type: none"> <li>• prescriptions</li> <li>• non-prescriptions (such as for allergies or pain)</li> <li>• natural remedies</li> </ul>	Review all prescription, non-prescription and natural remedies with your doctor every 6 months. Ask your doctor if you can take fewer medications. <b>Do not stop prescription drugs on your own.</b>
4. Do you have any eye problems (such as trouble reading or driving)?	See your eye doctor if this is a new problem or if your last eye appointment was over one year ago.
5. Do you have foot trouble (such as pain or numbness)?	Ask your doctor or foot specialist for advice. Ask about the best footwear for you.
6. Are other people worried about your forgetfulness?	Ask your doctor to check: <ul style="list-style-type: none"> <li>• your medications</li> <li>• your memory and thinking skills</li> </ul>
7. Do you have trouble getting up from the floor without help?	Practice getting up from the floor (see back of sheet). Ask your doctor if you need a walker or cane. Ask about a personal alarm call system.

Adapted with permission from Halton Region Health Department.

# WHAT TO DO IF YOU FALL

*Stay calm and rest for a moment*

## IF YOU CAN GET UP



1. Roll onto your side. Push up into sitting position.



2. Turn onto your hands and knees. Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet.



3. Place your hands on the seat.



4. Place one foot flat on the floor.



5. Lean forward and push up with your other foot.



6. Sit, rest, then tell someone you have fallen.

## IF YOU ARE INJURED

1. Do NOT try to get up.

2. Get help.

Drag yourself to a phone.  
Call 911 and stay on the line.

3. Keep Warm.

Use anything that is near: bedding, a coat, even a tablecloth.

4. If you are Wet

If your bladder “lets go” in the fall, move away from the damp area to keep warm.

5. Gently moving your arms and legs will help your circulation and reduce pressure areas.

## BE PREPARED

- Practice getting up before a fall occurs
- Activate your personal alarm call system if you fall
- Have your phone at table level for easier access
- Find a daily telephone buddy