



ANYONE CAN FALL

Prevent it from happening to you

Staying Independent Checklist

Falls are a main reason many older adults lose their autonomy. To help determine your risk of falling, you should consult your primary care provider at least once a year.

Before your next appointment, you are also encouraged to answer the statements on the reverse side of this page to evaluate your own risk of falling. Remember to bring this self-screening checklist with you since it may be used by your primary care provider (family physician or nurse practitioner) to help guide the discussion about your personal fall risk factors. You may be asked about:

- Previous falls in the past year
- If you are worried about falling
- Any problems with your feet and footwear
- If you feel unsteady when standing or walking
- Any difficulties with your vision and hearing
- Medications that you are taking

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.



Check Your Risk for Falling

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6):493-499). Adapted with permission of the authors.

Circle “Yes” or “No” for each statement below		Why it matters
Yes (2)	No (0)	I have fallen in the past 6 months.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.
Yes (1)	No (0)	I am worried about falling.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.
Yes (1)	No (0)	I often have to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.
Yes (1)	No (0)	I often feel sad or depressed.
Yes (2)	No (0)	People who have fallen once are likely to fall again.
Yes (2)	No (0)	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	This is also a sign of poor balance.
Yes (1)	No (0)	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	Strengthening your leg muscles can reduce your risk of falling and being injured.
Yes (1)	No (0)	This is also a sign of weak leg muscles.
Yes (1)	No (0)	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____

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