

Are You at Risk For Falls?

Review the following questions carefully. Helpful hints to assist you to reduce your risk of falling are included.

- Have you fallen 2 or more times within the past year?
Were you injured?
 - Get a checkup! Ask your physician to order therapy to help with your falls.
- Are you worried about falling or do you feel unsteady when walking or standing?
 - People who are worried about falling are more likely to fall.
 - Unsteadiness or needing support while walking are signs of poor balance.
- Do you hold onto furniture or walls when walking?
 - This is a sign of decreased balance. You may need an assistive device such as a cane or walker.
- Do you take 4 or more medications daily?
 - Multiple medications can cause dizziness, drowsiness and balance problems.
 - Have all your medications reviewed at least once a year by a pharmacist or physician.
- Do you experience any lightheadedness or dizziness when changing positions?
 - This may be a side effect from medication or indication of a medical condition. Consult your physician.
- Do you have any foot problems such as pain or decreased sensation?
 - Proper foot care is important in preventing falls.
 - Wear proper footwear that fits well and has non-skid soles.
- Have you noticed a change in your hearing?
 - Dizziness can occur with hearing loss.
 - Have your hearing checked.
- Have you noticed a change in your vision?
 - Have your eyes examined once a year.
 - Seeing obstacles is important to avoid falls.
 - Keep your glasses clean and accessible.
- Do you have problems with incontinence or urgency?
 - Avoid rushing to the bathroom as it increases your risk of falling.
 - Consult your physician. A referral to a therapist specializing in treating incontinence may be appropriate.
- Do you have difficulty getting in and out of a chair?
 - Avoid sitting on low furniture; chairs with arms make it easier to get up.