



Fall Free Friday

What's My Risk?

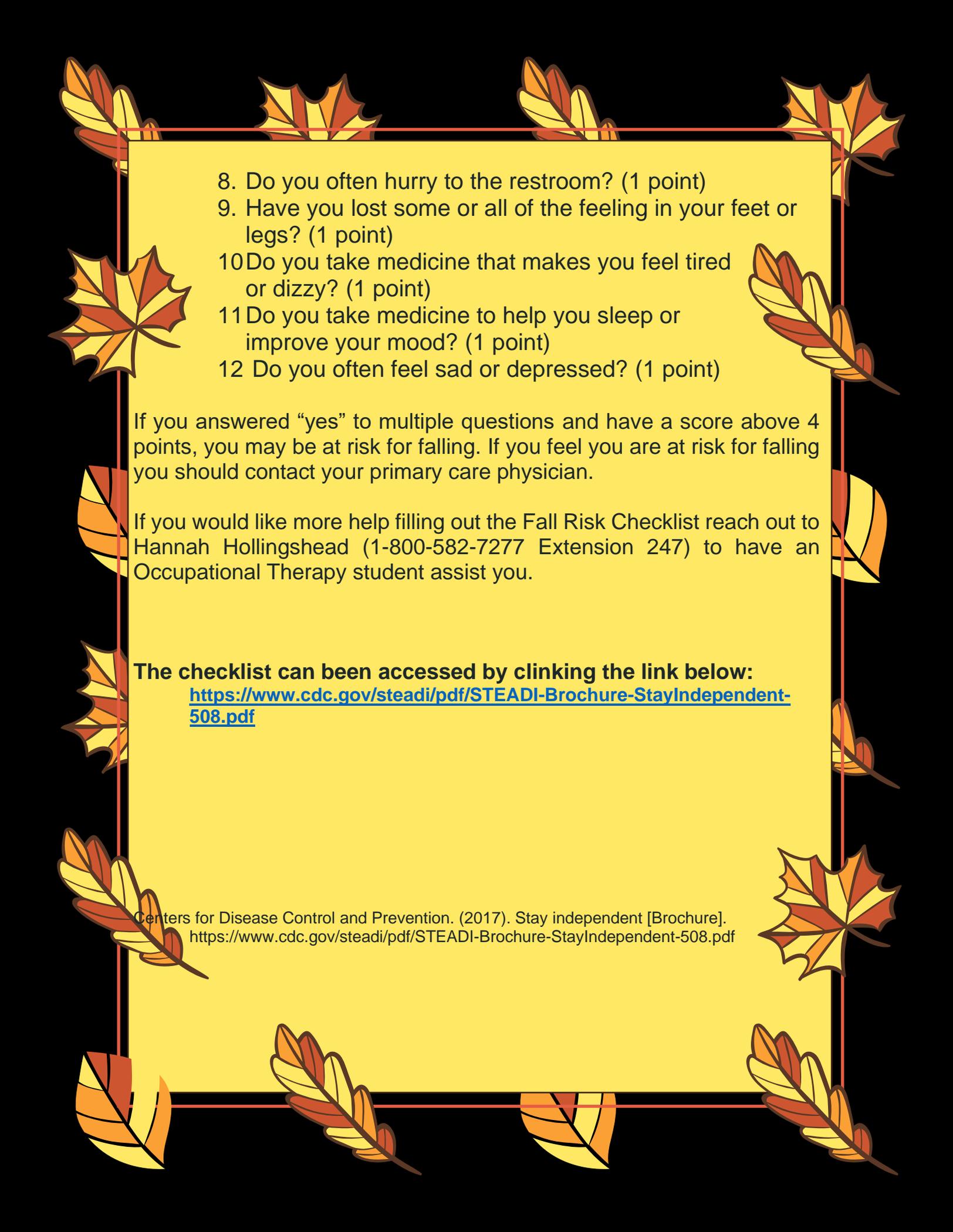
9/18/2020

10:00 AM

**AAA7 FB
LIVE**

Are you at risk for falls? Answer these self-assessment questions to find out!

1. Have you fallen in the past year? (2 point)
2. Do you use a cane or a walker? (2 point)
3. Do you feel unsteady when walking? (1 point)
4. Do you use furniture to steady yourself when walking around the house? (1 point)
5. Are you worried about falling? (1 point)
6. Do you use your arms and hands to push up from a chair when getting up? (1 point)
7. Do you have trouble stepping onto a curb? (1 point)

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8. Do you often hurry to the restroom? (1 point)
 9. Have you lost some or all of the feeling in your feet or legs? (1 point)
 - 10 Do you take medicine that makes you feel tired or dizzy? (1 point)
 - 11 Do you take medicine to help you sleep or improve your mood? (1 point)
 - 12 Do you often feel sad or depressed? (1 point)

If you answered “yes” to multiple questions and have a score above 4 points, you may be at risk for falling. If you feel you are at risk for falling you should contact your primary care physician.

If you would like more help filling out the Fall Risk Checklist reach out to Hannah Hollingshead (1-800-582-7277 Extension 247) to have an Occupational Therapy student assist you.

The checklist can be accessed by clicking the link below:

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>

Centers for Disease Control and Prevention. (2017). Stay independent [Brochure].
<https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>