

# Risk For Falls Survey

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

**TOTAL** \_\_\_\_\_

Add up the number of points for each "yes" answer.  
 If you scored 4 points or more, you may be at risk for falling.  
 Discuss this brochure with your doctor.

SOURCE:  Centers for Disease Control and Prevention  
 National Center for Injury Prevention and Control

