

Quick Falls Risk Self-Check

How easily can you step up onto and over a street curb?

	SCORE
Not at all	= 0
Would need help	= 1
With some difficulty	= 2
Cautiously	= 3
Easily	= 4

If you scored 3 or less, you are at risk for a fall.
 The lower your score the higher your risk.
Most falls are preventable. Act now to reduce your risk.

Daily Balance Exercises can Maintain or Improve BALANCE.



Many Falls are Preventable.
 Follow these 4 steps to reduce your risk of falls

- STEP 1 : Learn what you can do to prevent falls
- STEP 2 : Check your risks for falls
- STEP 3 : Make your home safer
- STEP 4 : Do balance exercises daily

And remember... tell your friends how they can “Step Up to Stop Falls”

For more information, contact: NY Connects • 716-858-8526

STEP

1

Learn what you can do to prevent falls

- If you have a fall or fear falling talk with your primary care health professional.
- Have your vision checked for depth perception and night vision.
- If you have dizziness—check with your pharmacist to find out if your medications could be making you weak or dizzy.
- Conduct a home safety check.
- Exercise Daily:
Walk. Dance. Swim. Garden. Do tai chi. Be active every day. Ask your doctor about the best type of exercise program for you.

STEP

2

Check your risks for falls

Which of the following apply to you?
The more you check the higher your risk for falls.

- I fell recently or have a fear of falling.
- I occasionally need to steady myself by leaning on someone or something.
- I don't see very well, especially at night.
- I sometimes feel dizzy or lightheaded.
- I have trouble stepping up and down curbs or steps.
- I have trouble getting up from a chair.
- I have numbness or a "wooden" feeling in my legs or feet.

STEP

3

Make your home safer

Most falls occur in or around the home.
Make your home safer:

- Keep floors and stairs clear of clutter.
- Make sure stairways have secure railings and are well lit.
- Add night lights and make a clear path from bed to bathroom.
- Clearly mark any changes in floor levels.
- Remove any scatter rugs.
- Install grab bars and bath seats in bathrooms.
- Move frequently-used kitchen & household items to within easy reach.
- Wear sturdy, well-fitting, flat-soled shoes.

STEP

4

Do balance exercises daily

Check with your primary care health provider before beginning exercises.

Stand at your kitchen sink or a sturdy support so you can take hold to steady or recover your balance if needed while doing exercise.

- ONE-LEGGED STAND
Easy Level:
Stand on one leg for up to 10 sec. Repeat 3-6 x's for each leg.
Moderate Level:
Stand on one leg and very slowly swing the other leg forward and backwards while maintaining your balance.
- TAI CHI WALKING
Very slowly step sideways: 2-3 steps one way then the other. The slower, the better.

Turn to the side and very slowly, take a few steps forwards, then backwards. As you step, lift your foot as if stepping over something. REPEAT.



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