

# Are you at risk for falling?

Use this survey to assess risk of falling for yourself, or on behalf of a loved one.

The possibility of a fall worries most older adults and their families. And for good reason! Falls are the most common cause of nonfatal injury for seniors, often causing hospitalization and interfering with an

independent lifestyle. To find out if the time is right to take steps to minimize your fall risk, answer the following 10 simple questions. For each question, check the box to the right if your answer is "Yes."

Questions	Yes
1. Have you fallen in the last 12 months?	<input type="checkbox"/>
2. Do you often have difficulty seeing clearly?	<input type="checkbox"/>
3. When seated, do you have difficulty getting back up to a standing position?	<input type="checkbox"/>
4. When you stand up, do you sometimes feel lightheaded, dizzy or off-balance?	<input type="checkbox"/>
5. Do you take four or more medications each day, including remedies from the health food or drug store?	<input type="checkbox"/>
6. Are you depressed, or do you feel "down" or "blue"?	<input type="checkbox"/>
7. Is it sometimes hard to walk because you feel stiff or weak or because your feet hurt?	<input type="checkbox"/>
8. Do you sometimes make frequent or hurried trips to the bathroom?	<input type="checkbox"/>
9. Do you limit your activities because you are afraid you might fall?	<input type="checkbox"/>
10. At home, is it sometimes difficult to move around safely because items you need are hard to reach or have to be carried down the stairs?	<input type="checkbox"/>
<b>Total checks</b>	<input type="checkbox"/>

## Safety Steps

It's important to take steps to minimize your fall risk. Although not all falls can be prevented, research shows that many falls can be avoided. Taking this survey can be a good first step in falls safety.

## Ask yourself two important questions:

1. If you fell tonight, how would you get up?
2. If you can't get up, how will you get help?

## Philips Lifeline can help

Philips Lifeline's medical alert service provides quick access to help with the simple press of a button. The Lifeline service can help you feel more confident to continue living independently in the one place you feel most comfortable – your own home.

Please share the results of this self-assessment with your healthcare provider and ask for help to minimize your fall risk.

**Important note:** This self-assessment is useful in developing a preliminary picture of your fall risk, but it's important to contact a trusted health professional for a more comprehensive assessment and recommendations.



Mary Griffiths - Lifeline Coordinator  
800.267.6891

**PHILIPS**  
Lifeline