



Down With Falls (DWF) Prevention Coalition of Orange County

Assess Your Risk For Falls

Questions

Action (what you should do if YES)

1. Have you fallen in the last year OR do you have trouble getting up out of a chair or feel unsteady when you walk?

YES →

Ask your health care provider to check your:

- Medications
- Blood pressure lying and standing
- Balance and walking
- Refer you to physical therapy

2. Do take four or more medications, including:

- Prescriptions
- Non-prescriptions (sleep aids, allergies, etc.)
- Herbals

YES →

Bring all prescription, non-prescription and herbal medications to your visit with your health care provider.

*Ask if any medications can be reduced or stopped

3. Do you feel dizzy when you get up from a bed or chair?

YES →

Ask your health care provider to check your:

- Medications
- Blood pressure lying and standing
- Balance and walking

4. Do you have problems with feet, knees, hips, or back? (like pain, tingling or numbness)

YES →

See your doctor and ask about therapy/treatment options. A foot doctor can recommend the best shoes for you.

5. Do you have any vision problems (like reading, driving, judging height and/or distance of steps)?

YES →

See your eye doctor if you have not in the last year.

6. Do you have difficulty getting up from the floor without help?

YES →

Review getting up techniques (included in this kit)

Ask your local Agency on Aging about obtaining a Personal Emergency Response System.

Ask your health care provider to refer you to physical therapy

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Questions	Y	N	Action (what you should do if YES)
1. Have you fallen in the last year OR do you have trouble getting up out of a chair or feel unsteady when you walk?			Ask you health care provider to check your: <ul style="list-style-type: none"> • Medications • Blood pressure lying <u>and</u> standing • Balance and walking • Refer you to physical therapy
2. Do take four or more medications, including: <ul style="list-style-type: none"> • Prescriptions • Non-prescriptions (sleep aids, allergies, etc.) • Herbals 			Bring all prescription, non-prescription and herbal medications to your visit with your health care provider. *Ask if any medications can be reduced or stopped
3. Do you feel dizzy when you get up from a bed or chair?			Ask your health care provider to check your: <ul style="list-style-type: none"> • Medications • Blood pressure lying <u>and</u> standing • Balance and walking
4. Do you have problems with feet, knees, hips, or back? (like pain, tingling or numbness)			See your doctor and ask about therapy/treatment options. A foot doctor can recommend the best shoes for you.
5. Do you have any vision problems (like reading, driving, judging height and/or distance of steps)?			See your eye doctor if you have not in the last year.
6. Do you have difficulty getting up from the floor without help?			Review getting up techniques (included in this kit) Ask your local Agency on Aging about obtaining a Personal Emergency Response System. Ask your health care provider to refer you to physical therapy