**Early Warning Signs of Fall Risk.**

**Physical Signs**

* Unsteadiness when walking or standing
* Difficulty getting up from a chair or bed
* Holding onto furniture or walls for support when moving around
* Shuffling or dragging feet when walking
* Decreased strength in legs and arms
* Poor balance or coordination
* Dizziness or lightheadedness, especially when changing positions

**Behavioral Signs**

* Avoiding stairs or uneven surfaces
* Reluctance to engage in physical activities
* Increased caution or fear when moving around
* Slowing down of movements and reactions
* Difficulty performing routine tasks that require mobility

**Medical Signs**

* Vision problems or changes in eyesight
* Hearing loss or inner ear issues affecting balance
* Chronic conditions like arthritis, diabetes, or heart disease
* Taking multiple medications, especially those that can cause dizziness
* Recent hospitalizations or health setbacks
* Cognitive decline or confusion

**Environmental Signs**

* Clutter or tripping hazards in the home
* Poor lighting, especially in hallways and stairways
* Lack of handrails or grab bars in bathrooms and on stairs
* Slippery floors or loose rugs