**Fall Risk Assessment for Older Adults**

**-Initial screening:** Healthcare providers should screen all adults 65 and older annually by asking about falls in the past year, feelings of unsteadiness, or concerns about falling.

**-For those who screen positive**, a more thorough evaluation should be conducted, including:

-Falls history: Number of falls, circumstances, injuries, and treatments

-Medication review: Identify medications that may increase fall risk

-Physical examination: Check for orthostatic hypotension, foot problems, neurological issues, and muscle weakness.

-Functional assessment: Evaluate activities of daily living and mobility.

-Environmental assessment: Identify home hazards[.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707663/)

Standardized tests: Several validated tools are commonly used:

-Timed Up-and-Go (TUG) test: Measures the time taken to stand up, walk 3 meters, turn, walk back, and sit down. A time ≥12 seconds indicates high fall risk[.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707663/)

-30-Second Chair Stand test: Assesses lower extremity strength and balance[.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707663/)Stage Balance test: Evaluates static balance[.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4707663/)

-Additional assessments: further evaluations may include: vision test, cognitive screening, vitamin D level check, foot and footwear examination.

**Risk stratification:** Based on the assessment results, individuals are typically classified into low, medium, or high fall risk categories.

**Intervention planning:** Develop a tailored plan to address identified risk factors, which may include exercise programs, home modifications, medication adjustments, or referrals to specialists.

To ensure a comprehensive evaluation, it's recommended to use a multidisciplinary approach involving various healthcare professionals, such as physicians, nurses, physical therapists, and occupational therapists.

[5](https://www.ncbi.nlm.nih.gov/books/NBK560761/" \t "_blank)

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