

FALLS RISK ASSESSMENT
DESIGNED FOR YOU TO USE – A SELF ASSESSMENT

Ref: Rubenstein et al., J Safety Research; 2011: 42(6) 493-499, adapted with permission by CDC.

1. I have fallen in the past year. *(This matters because people who have fallen once are likely to fall again.)* **Add 2 points for “Yes” answer**
2. I use or have been advised to use a cane or walker to get around safely. *(This matters because people who have been advised to use a cane or walker may already be more likely to fall.)* **Add 2 points for “Yes” answer**
3. Sometimes I feel unsteady when I am walking. *(This matters because unsteadiness or needing support while walking are signs of poor balance.)* **Add 1 point for “Yes” answer**
4. I steady myself by holding onto furniture when walking at home. *(This matters because this is also a sign of poor balance.)* **Add 1 point for “Yes” answer**
5. I am worried about falling. *(This matters because people who are worried about falling are more likely to fall.)* **Add 1 point for “Yes” answer**
6. I need to push with my hands to stand up from a chair. *(This is a sign of weak leg muscles, a major reason for falling.)* **Add 1 point for “Yes” answer**
7. I have some trouble stepping up onto a curb. *(This matters because it is also a sign of weak leg muscles.)* **Add 1 point for “Yes” answer**
8. I often have to rush to the toilet. *(This matters because rushing to the bathroom, especially at night, increases your chance of falling.)* **Add 1 point for “Yes” answer**
9. I have lost some feeling in my feet. *(This matters because numbness in your feet can cause stumbles and lead to falls.)* **Add 1 point for “Yes” answer**
10. I take medicine that sometimes makes me feel light-headed or more tired than usual. *(This matters because side effects from medicine can sometimes increase your chance of falling.)* **Add 1 point for “Yes” answer**
11. I take medicine to help me sleep or improve my mood. *(This matters because these medicines can sometimes increase your risk of falls.)* **Add 1 point for “Yes” answer**
12. I often feel sad or depressed. *(This matters because symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.)* **Add 1 point for “Yes” answer**

If you scored 4 or more points, you may be at risk. Further detailed assessment can be done by your doctor. You can make an appointment with your doctor for this purpose. You do not need to wait until your next annual exam. Just request an appointment for “fall risk assessment.”