

Falls Prevention



Personal Risk Factor Checklist

Falls are one of the main causes of injury, disability and nursing and residential home placements in adults over the age of 65 years. The following list should be considered when deciding if you, or someone you care for, is at risk of falling.

QUESTIONS ✓ Tick all boxes that you think are relevant to you.	YES	No
I have previously had a fall or been injured because of a fall.		
I feel weaker than I used to, I have less strength in my arms and legs.		
I don't move around as much as I used to because I am afraid I will fall.		
My hands are not as strong as they used to be.		
I need to use a walking stick/Zimmer (or other piece of equipment) to walk around.		
I use the furniture to move around.		
I don't eat as well as I used to, for example food rich in calcium like milk or butter or vitamin D like fish.		
I don't drink enough fluid, not alcohol and preferably water. 8 cups a day is the minimum requirement.		
I have arthritis.		
My eyesight is not as good as it was, I have trouble judging how far away things are.		
I have problems with hearing loss.		
I have bunions, calluses or other problems with my feet that hurt or cause me to adjust my step.		
I am unsteady on my feet, I shuffle when I walk.		
I drink alcohol daily.		
I suffer from drop attacks (fainting).		
I sometimes forget to take my medicine or get confused what to take and when to take it.		
I feel dizzy when I stand up.		
I have trouble getting up from a chair, bed or toilet.		
I take medicine that makes me sleepy.		
I have low blood pressure.		

If you have answered **YES TO ONE OR MORE** of these questions we may be able to reduce your risk of falls. Talk to your GP if you think you are at risk of falls – many falls can be prevented.

If you think you need extra help to make your daily life easier you may also wish to call **Health and Community Services** to see if you are eligible for support. You can call **0300 123 4042**.

Alternatively you can also contact  HertsHelp who can provide you with guidance, information and practical support.  HertsHelp can be contacted on **0300 123 4044**.

