

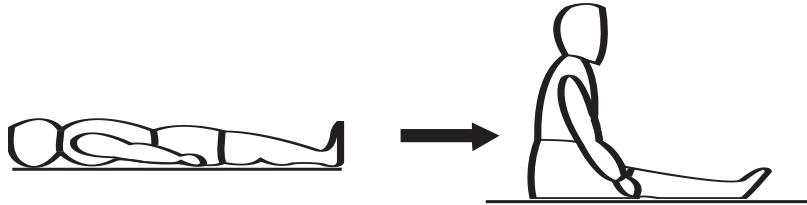
Fall Risk Checklist: Please answer all questions and bring this to the next visit with your health care provider.

Questions	Yes/No	Action (what you should do if YES)
1. • Have you fallen in the past year and/or • Do you feel dizzy or have trouble getting out of a chair and/or • Do you feel unsteady when you walk?	_____ _____ _____	Ask your health care provider to check your: - Medication - Blood pressure lying and standing - Balance and walking
2. Do you take four or more medications, including: • Prescriptions • Non-prescription <i>e.g. for sleep or allergies</i> • 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 have any vision problems while reading or driving?	_____	See your eye doctor if you haven't within the last year.
4. Do you have problems with your feet (like pain or numbness)?	_____	See your foot doctor if you haven't recently. Ask about the best footwear for you.
5. Do you have difficulty getting up from the floor without help?	_____	Review Getting Up Techniques (see back) Ask about obtaining a Personal Emergency Response System. Ask your health care provider to refer you to physical therapy.

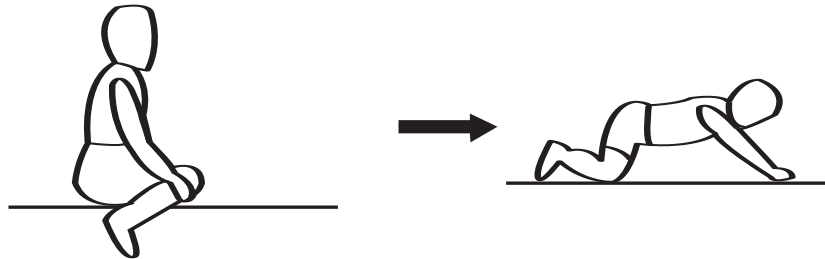
*** Don't stop prescription drugs without asking your doctor.**

Getting Up From The Floor (Don't try if you are dizzy, unsteady, or in a lot of pain)

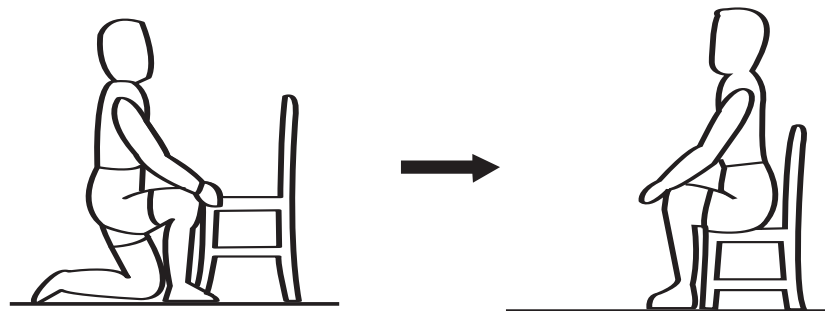
1. Move to a sitting position on the floor.
Take a few moments to regain composure.
Locate the nearest sturdy chair (best) or other solid piece of furniture.



2. Roll over onto hands and knees. Crawl to the chair.



3. Put your strongest leg under you so that the foot of that leg is on the floor.
Push up using your arms on the chair for support.



4. Sit until you feel safe to attempt walking.
5. See your health care provider for a falls risk assessment!