

Falls Prevention Checklist

Only a small number of falls are caused by tripping or slipping most are the result of health or lifestyle factors. Falling is not a normal part of ageing.

Do the checklist to find out how to reduce your risk of falling.

QUESTION	YES	NO	SUGGESTIONS
Have you had a fall in the last 12 months?			It's important to tell your Doctor about every fall. Having previously fallen increases your chance of falling again.
Do you do at least 30 minutes of physical activity on most days of the week?			Accumulate 30 minutes of physical activity on most days. Put together 10 minutes at a time.
Do you do at least 2 sessions of balance and strength activities weekly?			Balance and strength exercises eg Tai Chi, dance, group exercises and bowls have shown to reduce falls.
Have you had your eyesight examined in the last 12 months?			It is easy to not realise that your vision has changes. Take extra care when wearing bifocal and multifocal glasses, particularly on stairs.
Do your shoes fit well?			Wear footwear that fit well, with laces, buckles or Velcro fasteners, a low heel and good grip. Scuffs and thongs are a common cause of stumbles, trips and falls. If you have foot pain or foot problems see a podiatrist.
Do you take medications?			Some medications especially those for anxiety and sleeping can increase your risk of falls.
If you take medication has your medicines been reviewed in the last 12 months?			Medicine reviews can be conducted by your GP or Pharmacist. Carry an up to date medicine record card listing all medicines, vitamins, minerals and herbal medicine you take.
Have you checked your house for fall and trip hazards?			Remove rugs, install night light, paint the front of steps with non-slip paint. Install grab rails in the bathroom. Rate your house against the home safety checklist at www.healthpromotion.com.au - falls prevention.
Do you eat three healthy meals per day?			Include range of fruit and vegetables and protein. Don't forget to include 3-4 services of high calcium food for strong bones each day.
Do you feel light headed, dizzy or faint especially when getting up?			Light- headedness could be due to issues with medications, diet, blood sugar levels, blood pressure or dehydration. Speak with your doctor.
If you fall and have an injury, do you have a way to get help?			This is especially important if you live alone. Your plan should include what to do if you cannot get up. Options include a mobile phone which you carry, or to have someone check on you every day.



Health
Central Coast
Local Health District

For more information on how to avoid a fall go to
www.healthpromotion.com.au
or contact the Health Promotion Service on 4320 9700.