

# Are you at risk for falling?

Use this survey to assess risk of falling for yourself, or on behalf of a loved one.

The possibility of a fall worries most older adults and their families. And for good reason! Falls are the most common cause of nonfatal injury for seniors, often causing hospitalization and interfering with an independent lifestyle. To find out if the time is right to take steps to minimize your falls risk, answer the following 10 simple questions.

Questions	Yes
Check the box to the right if your answer is "Yes".	
1. Have you fallen in the last 12 months?	<input type="checkbox"/>
2. Do you often have difficulty seeing clearly?	<input type="checkbox"/>
3. When seated, do you have difficulty getting back up to a standing position?	<input type="checkbox"/>
4. When you stand up, do you sometimes feel lightheaded, dizzy or off-balance?	<input type="checkbox"/>
5. Do you take four or more medications each day, including remedies from the health food or drug store?	<input type="checkbox"/>
6. Are you depressed, or do you feel "down" or "blue"?	<input type="checkbox"/>
7. Is it sometimes hard to walk because you feel stiff or weak or because your feet hurt?	<input type="checkbox"/>
8. Do you sometimes make frequent or hurried trips to the bathroom?	<input type="checkbox"/>
9. Do you limit your activities because you are afraid you might fall?	<input type="checkbox"/>
10. At home, is it sometimes difficult to move around safely because items you need are hard to reach or have to be carried down the stairs?	<input type="checkbox"/>
<b>Total checks</b> _____	

## Safety Steps

Share the results of this self-assessment with your healthcare provider and together develop a plan that addresses the following three important questions:

1. How can I minimize my falls risk?
2. What is the safest way for me to get up from a fall?
3. What is the best thing for me to do if I can't get up and call for help after a fall?

## Philips Lifeline can help

Philips Lifeline's Medical Alert Service provides quick access to help at the push of a button, 24 hours a day, 7 days a week.

**Our NEW option, Lifeline with AutoAlert\*, offers an added layer of protection; it is the ONLY pendant-style Help Button that automatically places a call for help if a fall is detected and you are unable to press your button.**

**Important note:** This self-assessment is useful in developing a preliminary picture of your fall risk, but it's important to contact a trusted health professional for a more comprehensive assessment and recommendations.

Please share the results of this self-assessment with your healthcare provider and ask for help in developing a falls prevention and safety plan.

**CCMC**

**Lifetime Partners**

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A	B	C

\* AutoAlert option is locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.

**PHILIPS**  
**Lifeline**