



ASK YOUR HEALTHCARE PROVIDER ABOUT

- Fall prevention clinics and/or community programs
- Physical or occupational therapy services
- Dietitian services
- Social work and/or home support services
- Reviewing your medications

Falls are the main reason why older adults lose their independence.

- Without prevention efforts, about 1/3 of people aged 65 years and over typically fall once or more each year.
- Falls are one of the main reasons for moving to a long-term care facility.
- Ways to prevent falls include improving mobility, correcting vision problems, and reducing trip and slip hazards in your home and outdoors.
- The more risk factors a person has, the greater their chances of falling.

Strategies and Actions for Independent Living (SAIL)

Fall Prevention for Home Support Clients

www.sailfallprevention.ca



Strategies and Actions for Independent Living: Fall Risk Screen



To help you stay independent and prevent falls:

Your health care provider may ask about:

- Previous falls
- If you feel unsteady when you stand or walk
- How you manage your daily activities
- If you are worried about falling

Your health care provider may assess your:

- Medications
- Calcium and vitamin D intake
- Blood pressure and heart rate
- Muscle strength
- Feet and footwear
- Incontinence
- Vision
- Mobility and balance



Please Circle "Yes" or "No" for each statement below

Check Your Risk for Falling	Actions for Reducing Fall Risk
Yes (2) No I have fallen in the last 6 months.	Learn more to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes (2) No I have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes (1) No Sometimes, I feel unsteady when I am walking.	Exercise to build strength and improve balance is shown to reduce the risk for falls.
Yes (1) No I steady myself by holding onto furniture when walking at home.	Exercise to improve balance and reduce home hazards for trips or slips.
Yes (1) No I am worried about falling.	Knowing how to prevent falls can reduce fear and promote active living.
Yes (1) No I have some trouble stepping up onto a curb.	Daily exercise and the right mobility aid can help improve your safe mobility.
Yes (1) No I often have to rush to the toilet.	Talk with your health care provider or incontinence specialist about solutions.
Yes (1) No I have lost some feeling in my feet.	Talk with your health care provider or podiatrist, as numbness in the feet can cause falls.
Yes (1) No I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your health care provider or pharmacist about medication side effects that may increase your risk of falls.
Yes (1) No I take medicine to help me sleep or improve my mood.	Talk with your health care provider or pharmacist about safer alternatives for a good night's sleep.
Yes (1) No I often feel sad or depressed.	Talk with your health care provider about symptoms of depression to help find positive solutions.

Total Total the number of points for each "Yes". If you scored 4 or more points, you may be at increased risk for falling. Discuss your responses with your health care provider to find ways to reduce your risk, even if you score less than 4 points.

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool. (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). Reproduced here with permission of the authors.