



Insight

## Falls Prevention Awareness Week!

September 21 - 25, 2020



Are YOU at risk for a fall? Find out by taking this short survey.

4. I have fallen in the past year.  
 yes  no
5. I use or have been advised to use a cane or walker to get around safely.  
 yes  no
6. Sometimes I feel unsteady when I am walking.  yes  no
7. I steady myself by holding onto furniture when walking at home.  
 yes  no
8. I am worried about falling.  
 yes  no
9. I need to push with my hands to stand up from a chair.  yes  no

1. I have some trouble stepping up onto a curb  yes  no
2. I often have to rush to the toilet  
 yes  no
3. I have lost some feeling in my feet  
 yes  no
10. I take medicine to help me sleep or improve my mood
11. I take medicine that sometimes makes me feel light-headed or more tired than usual.  yes  no
12. I often feel sad or depressed  
 yes  no

If you check 4 or more yes boxes, you may be at risk for falling.

**ncoa**  
National Council on Aging



# Take Control of Your Health: 6 Steps to Prevent A Fall

- (1) Find a good balance and exercise program

  - Look to build balance, strength, and flexibility.
- (2) Talk to your health care provider

  - Ask for an assessment of your risk of falling
  - Share your history of recent falls
- (3) Regularly review your medications with your doctor or pharmacist

  - Make sure side effects aren't increasing your risk of falling.
  - Take medications only as prescribed.
- (4) Get your vision and hearing checked annually and update your eyeglasses

  - Your eyes and ears are key to keeping you on your feet.
- (5) Keep your home safe

  - Removing tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- (6) Talk to your family members

  - Enlist their support in taking simple steps to stay safe.
  - Falls are not just a seniors' issue

\*6 Steps to Prevent a Fall provided by National Council on Aging. To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).



The image shows the cover of the 'AARP HomeFit Guide' on the left, which features a red door and the text 'Smart ways to make a home comfortable, safe and a great fit for older adults — and people of all ages'. To the right is a thumbnail of the guide's content, showing various home safety tips and illustrations.

For more information on keeping your home comfortable and safe, view AARP's Home Fit Guide. Download or order a free print version by visiting [aarp.org/livable-communities/housing/info-2020/homefit-guide.html](http://aarp.org/livable-communities/housing/info-2020/homefit-guide.html).

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