



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.



The image shows the cover of the 'AARP HomeFit Guide' on the left, which features a red door and a desk. To its right is a smaller thumbnail of the guide's content, showing various home safety modifications like grab bars and ramps.

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.

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