

## Act Now to Prevent a Fall:

1. Take this Falls Free CheckUp to your next doctor's visit and discuss your results.
2. Learn steps to reduce your falls risk at [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention)
3. Check your risk online at [ncoa.org/FallsFreeCheckUp](https://ncoa.org/FallsFreeCheckUp)

This tool was created through a partnership between the National Council on Aging and the CDC Foundation with leveraged technical resources from the Centers for Disease Control and Prevention (CDC).



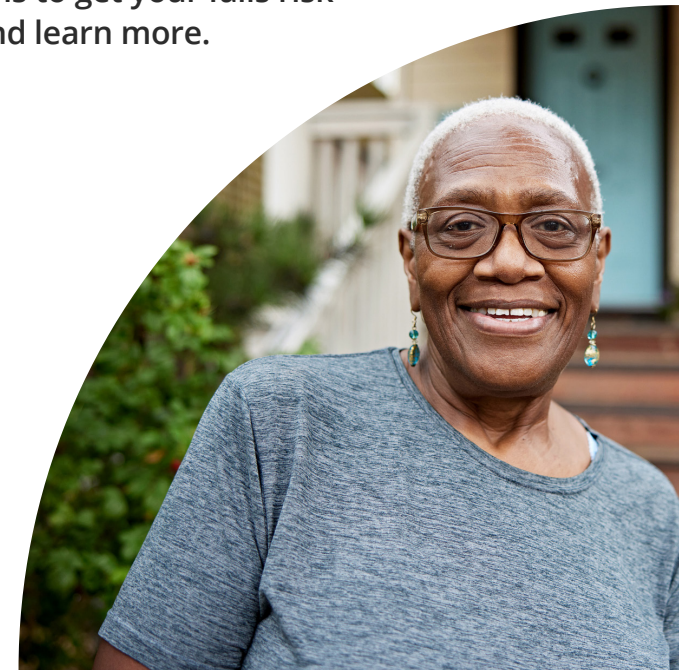
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## Falls Free CheckUp®

# Falls are not a natural part of aging.

Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions to get your falls risk score and learn more.



Question	Points	Why It Matters
<b>I have fallen in the past year.</b>	Yes – 2   No – 0	People who have fallen once are more likely to fall again.
<b>I use or have been advised to use a cane or walker to get around safely.</b>	Yes – 2   No – 0	People who have been advised to use a cane or walker may already be more likely to fall.
<b>Sometimes I feel unsteady when I am walking.</b>	Yes – 1   No – 0	Unsteadiness or needing support while walking are signs of poor balance.
<b>I steady myself by holding onto furniture when walking at home.</b>	Yes – 1   No – 0	The need to steady yourself is a sign of poor balance.
<b>I am worried about falling.</b>	Yes – 1   No – 0	People who are worried about falling are more likely to fall.
<b>I need to push with my hands to stand up from a chair.</b>	Yes – 1   No – 0	Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.
<b>I have some trouble stepping up onto a curb.</b>	Yes – 1   No – 0	Trouble stepping onto a curb is a sign of weak leg muscles.
<b>I often have to rush to the toilet.</b>	Yes – 1   No – 0	Rushing to the bathroom, especially at night, increases your chance of falling.
<b>I have lost some feeling in my feet.</b>	Yes – 1   No – 0	Numbness in your feet can cause stumbles and lead to falls.
<b>I take medicine that sometimes makes me feel light-headed or more tired than usual.</b>	Yes – 1   No – 0	Side effects from medicines can sometimes increase your chance of falling.
<b>I take medicine to help me sleep or improve my mood.</b>	Yes – 1   No – 0	Side effects from mood or sleep medicines can sometimes increase your chance of falling.
<b>I often feel sad or depressed.</b>	Yes – 1   No – 0	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>TOTAL POINTS</b>		If you scored 4 points or more, you may be at risk for falling.