

Individual Health Factors that Increase My Chance of Falling: A Self-Assessment Checklist

Read the list of problems in the left hand column, writing a check mark in the box next to any that apply to you. Then, review the list of actions you can take to help alleviate any of the health problems you might be experiencing that can increase your risk of falling.

Problem	Solutions
<p>Changes of normal aging:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Decreased flexibility in ankles and hips and/or stiffness in the joints <input type="checkbox"/> Slowed reflexes 	<ul style="list-style-type: none"> ▪ Exercise for strength, balance and flexibility
<p>Vision problems:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Out-of-date lens prescription <input type="checkbox"/> Multi-focal lens wearer (poor depth perception) <input type="checkbox"/> Diabetic retinopathy (blurred and patchy vision, night vision) <input type="checkbox"/> Cataracts (hazy vision, intolerance of glare) <input type="checkbox"/> Macular degeneration (decrease in central vision) <input type="checkbox"/> Glaucoma (tunnel vision, blurring, poor peripheral vision) 	<ul style="list-style-type: none"> ▪ Talk with my doctor about any changes ▪ Regular eye exams ▪ Have 2 pairs of single vision lenses and use each as appropriate

Problem	Solutions
<p>Bone problems:</p> <p><input type="checkbox"/> Bone density changes (Osteopenia or Osteoporosis)</p>	<ul style="list-style-type: none"> ▪ Have a bone density scan ▪ Use hip protector pads ▪ Check with your doctor about recommended Calcium supplements ▪ Exercise to slow bone loss
<p>Nerve problems:</p> <p><input type="checkbox"/> Changes in nerve function</p> <p><input type="checkbox"/> Decreased circulation in limbs</p> <p><input type="checkbox"/> Decreased sensation</p>	<ul style="list-style-type: none"> ▪ Talk with my doctor about any changes and/or about disease management
<p><input type="checkbox"/> Dizziness and vertigo</p> <p><input type="checkbox"/> Dizziness with positional changes (orthostatic hypotension)</p>	<ul style="list-style-type: none"> ▪ Talk with my doctor about my dizziness ▪ Stand slowly and hold onto sturdy piece of furniture ▪ Drink water, especially if exercising ▪ Avoid positions involving looking up for long periods of time
<p>Other health problems:</p> <p><input type="checkbox"/> Frequency & urgency of urination and incontinence</p> <p><input type="checkbox"/> Diabetes</p> <p><input type="checkbox"/> Parkinsons</p> <p><input type="checkbox"/> Fainting and heart arrhythmia</p> <p><input type="checkbox"/> Dementia</p> <p><input type="checkbox"/> Arthritis</p>	<ul style="list-style-type: none"> ▪ Talk with my doctor about possible causes and disease management