



CLIENT SELF-ASSESSMENT

FALL PREVENTION & SAFE MOBILITY

What are my risks for falling in my home?

What can I do to reduce these risks?

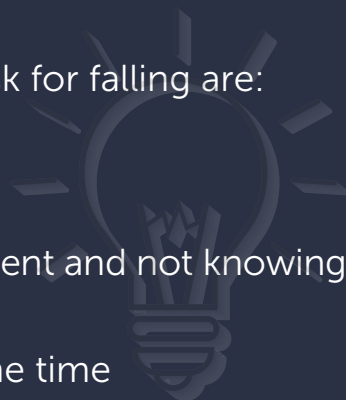
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Did you know...most people are unaware of the risks of falling and injuring themselves in their homes?

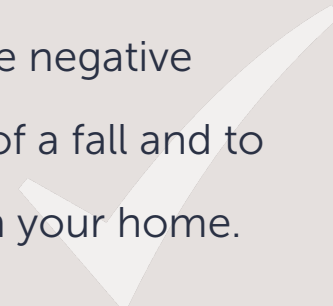
Injuries from these falls often require medical attention from the emergency department and can significantly reduce your ability to remain independent in your home.

The most significant factors that put you at risk for falling are:

- Unsteady Balance & Walking
- Having experienced a previous fall
- Unsafe conditions in the home environment and not knowing what to do to make the home safer
- Being on several medications at the same time



The following checklist will help you identify things that may put you at risk of experiencing a fall, to encourage you to identify ways to keep yourself from experiencing the negative consequences of a fall and to keep you safe in your home.



Client Self-Assessment

Fall Prevention & Safe Mobility

History of Falls

| What are my risks for falling? | Check if true | Why it matters | What to think about to prevent falling and to keep yourself safe | Comments/Additional Information |
|---------------------------------------|---|---|--|---------------------------------|
| I have fallen in the last six months. | <input type="checkbox"/> Yes <input type="checkbox"/> No | People who have fallen once are likely to fall again. | What may have caused me to fall? Am I doing anything differently to prevent the same thing from happening? | |

Balancing and Walking

| What are my risks for falling? | Check if true | Why it matters | What to think about to prevent falling and to keep yourself safe | Comments/Additional Information |
|---|---|---|---|---------------------------------|
| I use or have been advised to use a cane or walker to get around safely. | <input type="checkbox"/> Yes <input type="checkbox"/> No | People who have been advised to use a cane or walker may already be more likely to fall. | What stops me from using my cane or walker? What might be things I could do differently so that I use my cane or walker regularly – reminders? | |
| I require assistance to get up from sitting/lying down and/or to use the washroom*. | <input type="checkbox"/> Yes <input type="checkbox"/> No | People who require assistance with transfers may experience unsteady balance requiring the need for an assistive device to mobilize safely. | What stops me from asking for assistance to stand up? Are there mobility devices that might help me get up and/or use the washroom? | |
| I always wear sturdy footwear when moving around the house*. | <input type="checkbox"/> Yes <input type="checkbox"/> No | Wearing sturdy footwear helps with maintaining balance when walking and ensure a person's feet are protected from sharp objects that can cause an injury. | Are there certain times when I forget to wear sturdy shoes or rubber-soled socks? How could I remind myself to make sure to wear appropriate footwear at these times? | |

Balancing and Walking Con't

| What are my risks for falling? | Check if true | Why it matters | What to think about to prevent falling and to keep yourself safe | Comments/Additional Information |
|---|---|--|--|---------------------------------|
| I steady myself by holding onto furniture when walking at home. | <input type="checkbox"/> Yes <input type="checkbox"/> No | This is a sign of poor balance. | Would a cane or walker help me walk with more support? | |
| I am worried about falling. | <input type="checkbox"/> Yes <input type="checkbox"/> No | People who are worried about falling are more likely to fall. Likely a past near fall or a feeling of unsteadiness is at the root cause. | Why am I fearful of falling and what can I do about it? | |
| I am not able to get up from a chair without pushing with my hands. | <input type="checkbox"/> Yes <input type="checkbox"/> No | This is a sign of weak leg muscles, a major reason people fall. | Have I talked with my doctor or other health professional about daily home exercises to help strengthen my muscles and balance? Have I thought about asking for a referral to a physiotherapist? | |
| I have some trouble stepping up onto a curb. | <input type="checkbox"/> Yes <input type="checkbox"/> No | This is also a sign of weak leg muscles. | Have I talked to my doctor about daily home exercises to help strengthen my muscles and balance | |
| I have lost some feeling in my feet or have experienced neuropathy. | <input type="checkbox"/> Yes <input type="checkbox"/> No | Numbness in your feet can cause stumbles and lead to falls. | Have I talked to my doctor or dietician about how to manage my blood sugar levels, which could be causing numbness in my feet and hands? | |
| Sometimes I feel unsteady when I am walking. | <input type="checkbox"/> Yes <input type="checkbox"/> No | Unsteadiness or needing support while walking are signs of poor balance. | Would a cane or walker help me walk with more support? Is it time to have my vision checked? | |

Going to the Bathroom

| What are my risks for falling? | Check if true | Why it matters | What to think about to prevent falling and to keep yourself safe | Comments/Additional Information |
|-------------------------------------|---|---|--|---------------------------------|
| I often have to rush to the toilet. | <input type="checkbox"/> Yes <input type="checkbox"/> No | Rushing to the bathroom, especially at night, increases your chance of falling. | Have I thought about using a bedside commode or wearing incontinence briefs to prevent me from having to rush to the toilet? | |

Medication

| What are my risks for falling? | Check if true | Why it matters | What to think about to prevent falling and to keep yourself safe | Comments/Additional Information |
|---|---|--|---|---------------------------------|
| I take medicine that sometimes makes me feel light-headed or more tired than usual. | <input type="checkbox"/> Yes <input type="checkbox"/> No | Side effects from medicine can sometimes causes increased dizziness and increase your chance of falling. | Have I spoken with my doctor about taking alternate medication and /or at a different time of day when the side effects will be less noticeable? | |
| I take medicine to help me sleep or improve my mood. | <input type="checkbox"/> Yes <input type="checkbox"/> No | These medicines can sometimes increase your chance of falling. | Have I spoken with my pharmacist or doctor about the side effects of my medication to see if an alternate medication is possible or if the dosage could be lowered? | |

**Questions added to Rubenstein tool - from Carefor Falls Risk Assessment Tool
Rubenstein et al. J Safety Res; 2011; 42(6) 493 – 499*